



**A partnership among Regis University, Aria Denver and the neighborhoods  
in which we live, work and learn**

# CULTIVATE HEALTH

## HEALTH CARE

### *Regis Neighborhood Health*

- Primary health care led by nurse practitioners
- Integrated physical and mental care
- Behavioral health and counseling services
- Physical therapy
- Pharmacy
- Health education and prevention

### **PREVENTIVE CARE**

- Physical activity and healthy food prescriptions
- Linked with community resources for healthy living

### **COMMUNITY ENGAGEMENT**

- Healthy living coordinator
- Community alliance
- Community health worker

## HEALTHY EATING

### *Seed to Plate*

- Food production partners (*UrbiCulture Farms and Groundwork Denver*)
- Greenhouse (*Groundwork Denver*)
- The Center for Food Systems and Community Health
- Permaculture gardens (*Regis College*)
- Community education

## HEALTHY LIVING

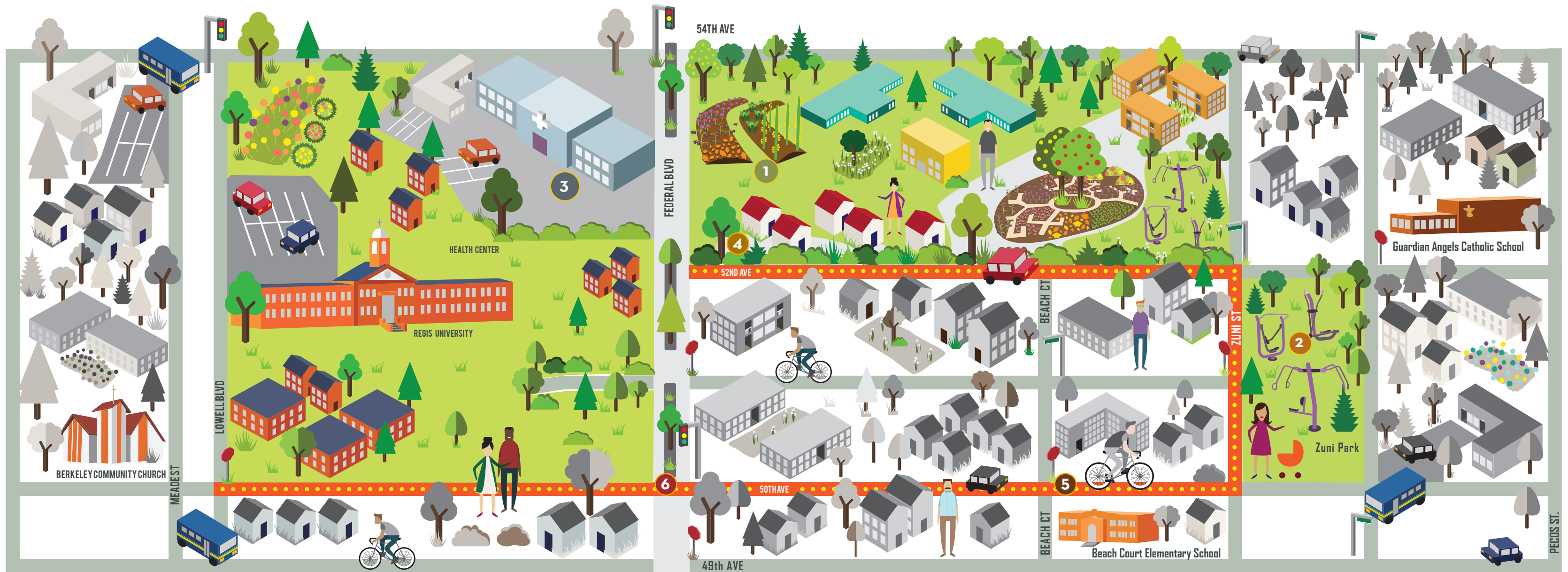
### *Active Living*

- Bicycle safety repair and urban cycling classes (*Bicycle Colorado*)
- Walkability audit (*WalkDenver*)
- Outdoor adult fitness equipment (*Trust for Public Land*)

### *Infrastructure*

- Median installation on Federal Blvd.
- Shared bicycle/vehicle lanes with markings
- Signed wellness walk

# CULTIVATE HEALTH



## 1 ARIA PRODUCTION AND PERMACULTURE GARDEN

UrbiCulture Community Farms currently oversees an organic vegetable and herb garden on the Aria Denver campus. Garden produce is sold at a Pay-What-You-Can Farmstand so neighborhood residents have access to affordable, healthy food. In 2015, permaculture pocket gardens will be installed as well as an 1,800 square foot greenhouse, which will be used as a job-training facility for local high school students. Aria Denver will be an experiential learning site for Regis and community educational programs.

## 2 OUTDOOR FITNESS EQUIPMENT

The Trust for Public Land is installing two Fitness Zones® at Zuni Park and the Marycrest Assisted Living facilities to provide adults with opportunities to be physically active, socialize and enjoy the outdoors. At Marycrest Assisted Living, three pieces of specially designed equipment will be installed for people with limited mobility.

## 3 REGIS NEIGHBORHOOD HEALTH

The Regis Neighborhood Health will house an interprofessional team of Regis faculty and students that will provide proactive, preventive and personalized health services. Nurse practitioners, physical therapists, behavioral health specialists, pharmacists and community partners will work together to provide coordinated primary care for the community.

## 4 HEALTHY LIFESTYLE EDUCATION

The Cultivate Healthy Living Coordinator will be requesting the community's input on what types of educational programs should be offered as part of the Cultivate Health project. The Coordinator will organize a variety of learning opportunities for the community. We will partner with organizations such as Cooking Matters to offer cooking and nutrition classes to neighborhood residents, using produce from the Aria gardens, and will seek additional partners to help deliver the programs desired by the community.

## 5 BICYCLE INFRASTRUCTURE AND SAFETY CLASSES

Bicycle Colorado will continue to provide city cycling, safety and repair classes at Beach Court Elementary School and will train community members to lead bicycle rides throughout the neighborhood. We will be working with the City of Denver to install bicycle lanes and shared bicycle / vehicle lanes along 50th Avenue and Zuni Streets and will include the community's input in that process.

## 6 WALKABILITY

WalkDenver will coordinate a walkability audit of the neighborhood with community input. Based on this input, we will design a 3.7-mile wellness walk that will link Regis University's campus, Aria Denver, Zuni Park, Beach Court Elementary School and other neighborhood destinations by using special signage and maps that will indicate walking and bicycling distances from place to place. We will work with the City of Denver to install a median in Federal Boulevard just south of 52nd Avenue.

