



WHERE YOU LIVE IMPACTS YOUR HEALTH HELP FOSTER SMARTER COMMUNITY DESIGN & PUBLIC ACTION

– *Arizona Forward Stewardship Summit Brings Resources Together On May 1* –

WHAT: Arizona Forward's Stewardship Summit is a half-day forum focusing on the impact of the built environment on public health and wellness. Leading voices on this critical connection will address:

- How physical spaces can create stress and make us sick — and how good design often trigger our "brain's internal pharmacies" and help heal us
- What our Statewide Mayoral Panel is doing to enhance Arizona communities
- Why you should care and what you can do to make a difference

WHEN: Friday, May 1 (8 a.m. – 1:30 p.m.)

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| 8 – 9 a.m. | Registration, Networking & Interactive Exhibits |
| 9 – 9:30 a.m. | Welcome; An Assessment of Arizona's Health |
| 9:30 – 10:30 a.m. | MORNING KEYNOTE: Jeff Speck Walkable Cities, The Fight Against Urban Sprawl |
| 10:30 - 11:30 a.m. | Statewide Mayoral Panel (Yuma, Pinetop-Lakeside, Avondale) |
| 11:30 – NOON | Networking & Interactive Exhibits |
| 12:30 – 1:30 p.m. | LUNCHEON KEYNOTE: Dr. Esther Sternberg Healing Spaces: The Science of Place & Well-being |

WHERE: Sheraton Downtown Phoenix

340 N. 3rd Street
Phoenix, AZ 85004

WHO: **Jeff Speck**, City Planner, Urban Designer & Bestselling Author has dedicated his career to determining what makes cities thrive. He's boiled it down to one key factor – walkability. In the typical American city, the car is still king and downtown is a place that's easy to drive to but often not worth arriving at. Speck reveals how simple decisions have cascading effects and ways to make the right choices for our individual communities.

LOCAL PANELISTS

Dr. Esther Sternberg, Research Director for the Arizona Center for Integrative Medicine at **The University of Arizona** spotlights the physical environment's impact on our emotions, which triggers the brain's stress or relaxation responses. Internationally recognized for her discoveries in the science of mind-body interactions in illness and healing, Dr. Sternberg is a major force in translating these connections into meaningful health outcomes.

Driven by passions of a deeply invested native Arizonan, **Suzanne Pfister**, President & CEO, **St. Luke's Health Initiatives** has dedicated her career to promoting health and wellness. She's Co-Chair of the State's Health Improvement Plan and has a compelling track record of health leadership and collaboration expertise.

STATEWIDE MAYORAL PANEL

Yuma Mayor Douglas J. Nicholls, **Pinetop-Lakeside Mayor Roger Williams** and **Avondale Mayor Kenn Weise** will showcase innovative initiatives that Arizona cities are undertaking to promote more sustainable practices.

VISUALS:

- B-roll footage and interviews with mayors throughout Arizona discussing how they are making positive differences in their communities
- On-camera interview with keynote speakers Jeff Speck and Dr. Esther Sternberg
- 300+ community and business leaders previewing exhibits and displays on local sustainability initiatives
- How Arizona Forward is spearheading healthy community initiatives statewide, including its most recent Canalscape project in Phoenix, transportation advocacy in Tucson and healthy forest project in Flagstaff.

ABOUT:

Arizona Forward brings business and civic leaders together to promote cooperative efforts to improve the environmental sustainability and economic vitality of Arizona's cities and towns. Its collective influence will help ensure healthy communities through smart growth and development, efficient transportation, improved air quality, responsible water management, energy alternatives, healthy forest ecosystems and meaningful education.

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