



**How Parks Create Healthier Communities**  
**Miami, Florida**  
**March 12-13, 2015**

Park and recreation agencies are increasingly challenged to produce solutions to solve new problems and meet new challenges that come from a rapidly changing world. Demographic, social, technological, and economic changes are forcing park and recreation agencies to adapt quickly and embrace change at a pace for which they may not be well-prepared.

**The Innovation Labs** are a new approach to bringing together some of the sharpest minds both in and outside the field of parks and recreation to explore how innovative thinking can meet emerging challenges, reduce costs, and better serve the public.

### Synopsis

The first **Innovation Lab** will be held March 12-13 in Miami, Florida at the Mayfair Hotel and at sites throughout the city to highlight how parks and recreation agencies can impact public health.

NRPA will leverage the Miami-Dade County's Department of Parks, Recreation, and Open Space (PROS) regional and health planning experience to help other agency leaders innovate in their communities. Attendance will be capped at 40 to ensure the opportunity for dialogue, networking, and information sharing.

**Key Learning Outcomes:** (What can I take home with me?)

1. How can Park and Rec play a role in regional/community planning?
2. What specific policies can help P&R agencies be a player in the public health discussion?
3. What health based partnerships generate the most bang for the buck for P&R agencies, and how do I build them?

## Agenda

Thursday, March 12, 2015

### **How Can Parks and Recreation Departments Create Healthy Communities?**

*Mayfair Hotel – Alexander Ballroom (2<sup>nd</sup> Floor)*

- 7:30 – 8:00 a.m.**      **Continental Networking Breakfast**  
*Alexander Foyer (outside ballroom)*
- 8:00 – 8:15 a.m.**      **Introductions and Why are we Here?**  
*Jack Kardys, Director Miami-Dade County PROS*  
*Kevin O’Hara, NRPA*
- 8:15 – 9:00 a.m.**      **Trends in Public Health and the Built Environment: A National Perspective**  
*Zarnaaz Bashir, NRPA*  
*Kanat Tibet, California Center for Public Health Advocacy*
- 9:00 – 9:30 a.m.**      **Policy: What Can We Do? It Starts with a Plan**  
*Maria Nardi, Miami Dade County PROS*
- 9:30 – 9:45 a.m.**      **Welcome to Miami**  
*The Honorable Carlos A. Gimenez, Mayor*  
*Miami-Dade County*
- 9:45 – 12:00 p.m.**      **The Plan in Action: Site Tour**  
*Joanna Lombard, University of Miami School of Architecture*
- 12:00 – 12:30 p.m.**      **Lunch: Mayfair Hotel**  
*Alexander Foyer (outside ballroom)*
- 12:30-2:00 p.m.**      **Interactive Planning Workshop on Health and the Built Environment**  
*Joanna Lombard, University of Miami School of Architecture*
- 2:00 – 2:15 p.m.**      **Break**
- 2:15 – 3:00 p.m.**      **Programs/Partnerships: Parks and the Health Community**  
**Measuring Impacts of Health in a Community**  
*Dr. Lillian Rivera, Florida Department of Health – Miami-Dade County*  
**Fit2Play / Partnership**  
*Jack Kardys, Director Miami-Dade County PROS*  
**Evidenced Based Measures**  
*Dr. Sarah Messiah, University of Miami Miller School of Medicine*  
**Parks Rx 4Health – A Park Prescription Program**  
*Dr. Lourdes Q. Forster, MD University of Miami Miller School of Medicine*
- 3:00 – 3:30 p.m.**      **Discussion on Programs/Partnerships**

- 3:30 – 3:45 p.m.**      **Break**
- 3:45 – 4:30 p.m.**      **Panel Discussion**  
Telling our Story: How to craft a compelling message  
*Rick Hirsch – Miami Herald*  
*Mayte Padron – WPLG Television*  
*Michael Lewis – Miami Today*
- 4:30 – 5:00 p.m.**      **Takeaways**  
*Kevin O’Hara, NRPA*
- 5:00 – 6:30 p.m.**      **Reception**  
*Palm Terrace (2<sup>nd</sup> Floor)*  
*Sponsored by the Parks Foundation of Miami Dade*

## Agenda

Friday, March 13, 2015

### **Plan in Action: Park Tour and Site Visits**

*Mayfair Hotel Lobby*

**7:30 – 8:00 a.m. Coffee and Light Breakfast (on bus)**

**8:00 a.m. Bus Departs (Florida Street)**

**8:00 - 11:00 a.m. Plan in Action Miami Dade County Park System Tour**

Key landmarks in the evolutionary role of parks in shaping the health of the community

- Museum Park
- The Underline
- Crandon Park

*Maria Nardi – Miami-Dade County PROS*

**11:00-12:00 p.m. Crandon Park Welcome**

*Bruce Matheson*

**Healthy Activities at Crandon Park**

(Kayak, Bike, Hike, Yoga, Pilates, Troops for Fitness)

*Renae Nottage, Miami-Dade County PROS*

**12:00- 1:00 p.m. Lunch on the Beach**

**1:00 p.m. Early Bus Returns to Hotel**

**1:00-3:00 p.m. Healthy Activities at Crandon Park**

(Kayak, Bike, Hike, Yoga, Pilates, Troops for Fitness)

**3:00 p.m. Late Bus Returns to Hotel**

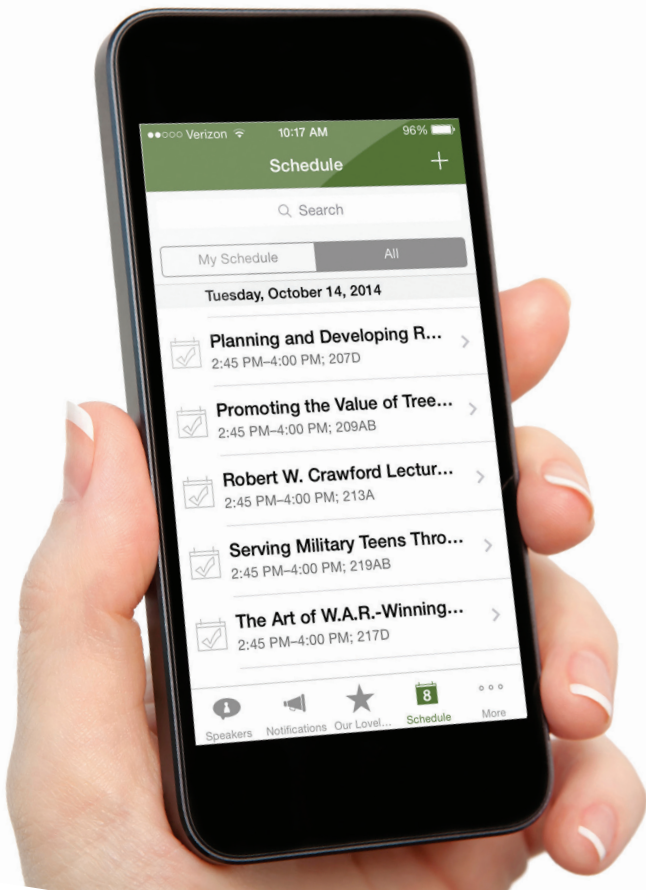
**(Casual attire recommended)**

Bikes provided by Mac Cycles

All other activities and equipment provided by Miami-Dade County PROS staff

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