



Colorado Public Health Parks and Recreation Collaborative

Speaker Biographies

Lauryn Lenae Bradley

Denver Community Active Living Coalition Youth Advisor

Lauryn grew up in Aurora, Colorado, where she graduated from Rangeview High School. She is attending Metropolitan State University of Denver to receive her Bachelor's of Science in Criminal Justice with a Minor in Legal Studies. As a Youth Advisor, Lauryn loves to continue learning more about the City of Denver, as well as building connections within the Montbello community.

Email: Lauryn.bradley@denvergov.org

Margit Cox Henderson, PhD

Resiliency Resources

Margit Henderson, Ph.D. of Resiliency Resources® is a clinical psychologist, professional speaker and award-winning author with 30 years of experience helping people overcome barriers to healthy living. She has written two books, *Optimistic Aging: from Midlife to the Good Life* and her new book, *From Hope to Habit: Science-Based Solutions to Live Your Best Intentions*. She teaches the online Habits Deep-Dive Course to help people apply her Action-Ability Approach to create lasting change. <https://www.margithenderson.com/>

Email: margit@margithenderson.com

Carolyn Doran

Localworks

Carolyn is the Events Director at Localworks and is in charge of all the big community events that Localworks produces in the community of Wheat Ridge. These include the Ridge at 38 Criterium bike race, The Midcentury and Modern Home Tour, Ridgefest, and The Holiday Celebration. She is also an artist herself and has had her work featured in several regional art shows.

Email: cdoran@wearelocalworks.org

Seve Ghose

Thornton Parks and Recreation

Seve has worked in the field of parks and recreation for over 35 years in five States. He takes pride in moving every agency he has worked with to an elevated status related to innovative and creative partnerships and programming, encouraging staff to take risks, and overall greater community engagement to create relevancy for the department. He has served on the parks and recreation national accreditation Board for two terms and was recently inducted into the American Academy for Park and Recreation Administration. He has mentored many young professionals to reach their career goals and was recognized as the National Distinguished Professional in 2013 by the National Recreation and Park Association (NRPA) at its Annual Congress in Houston, Texas for his advocacy, innovation, creativity, and leadership. He places great value in partnerships such as the one with Tri County Health to make the community a better place to live, work, play, and retire.

Email: Seve.Ghose@thorntonco.gov

Christine Gust

Wild Ones, Front Range Chapter, member of Denver Turnverein

Project Coordinator on Greenverein Garden, Audubon of the Rockies Wildscape Ambassador & Habitat Hero; Wild Ones, Front Range Chapter member; Permaculture & Native Plant Gardener

Email: thrivingatwork@gmail.com

Annemarie Heinrich Fortune

Tri-County Health Department

Annemarie is committed to co-creating more resilient communities through policy, systems, and environmental changes. With a background in public health and urban planning, Annemarie is passionate about exploring how our environment and community design impacts health, community connections, and access. As part of Tri-County's Land Use and Built Environment team, Annemarie reviews land development proposals for public health regulation and best practice, participates in long-range planning efforts, provides technical assistance to community partners, and collaborates across sectors to identify innovative, community-driven solutions to public health challenges.

Email: aheinrich@tchd.org

Tony Mazzeo

Site Design Principal, HDR Inc

Tony's work focuses on how the creative combination of landscape architecture and architecture might create new relationships between city and nature. His expertise lies in providing design solutions that are ecologically and culturally responsive. He is also a Senior Instructor in the graduate Landscape Architecture program at the University of Colorado, Denver.

Email: Anthony.Mazzeo@hdrinc.com

Teresa L. Penbrooke, PhD, CPRE

GP RED & GreenPlay

Dr. Teresa Penbrooke provides over 30 years of public agency and business management, teaching, and research. She is the Director of the Healthy Communities Research Group for GP RED, the CEO and Founder of GreenPlay, LLC (leading parks, recreation, and related planning for nearly 600 communities since 1999). Teresa authors books and articles, teaches for associations and universities, and consults on access to nature, modifying preventive health, community engagement, and planning. More information can be found at www.gpred.org or www.greenplayllc.com.

Email: teresap@greenplayllc.com

Nicole Reeves

Widefield Parks and Recreation

Nicole's experience includes working at University of Wyoming Campus Recreation and Athletics Departments, in Minor League Baseball, and currently for Widefield Parks and Recreation as a Recreation Specialist, focused on youth sport programs for the community.

Email: reevesn@wsd3.org

Amber Rotramel

Widefield Parks and Recreation

Amber's experience includes working at Black Hills State University, USA Triathlon and currently for Widefield Parks and Recreation as a Recreation Specialist, focused on arts and cultural services and special events for the community.

Email: rotramela@wsd3.org

Amirah Shahid

Landscape Architect, HDR Inc

Amirah specializes in transforming challenged urban areas into highly valued and ecologically functional public realm open spaces. She has the ability to take projects from concept through construction and believes in looking beyond the boundaries of a project to consider the contextual factors that influence a site including community, culture, history, and the environment to find authentic solutions to open ended problems.

Email: Amirah.Shahid@hdrinc.com

Jenny Snell

Localworks

Jenny is the Community Programs Manager for Localworks, and is in charge of all community engagement, active, and business support programming. She is an avid cyclist and works with the local active transportation advisory team in Wheat Ridge to advocate for safe walking and biking in the community. She is excited to share her love of Wheat Ridge!

Email: jsnell@wearelocalworks.org

Sally Spencer-Thomas, PhD

Sally Spencer-Thomas is a clinical psychologist, inspirational international speaker and an impact entrepreneur. She currently serves as the Executive Secretary for the American Association of Suicidology and the President of United Suicide Survivors International. Connect with Sally at www.SallySpencerThomas.com and on Facebook (@DrSallySpeaks), Twitter (@sspencerthomas) and LinkedIn.

Email: sallyspencerthomas@gmail.com

Sally Spencer-Thomas, LLC

Phuong Tran

Denver Community Active Living Coalition

Phuong has a Master's degree in Public Health and a background in community health. She is currently a Community Connector Coordinator for Denver CALC. Phuong has a passion for health equity and cares about improving opportunities for health and safety through physical activity in her community. She also supports and leads engagement efforts for projects in Southwest Denver.

Email: Phuong.tran@Denvergov.org