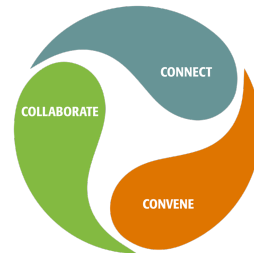




New Ways to Convene in 2025!

One of our main goals is to help connect and translate for and between our researchers and practice professionals (parks, recreation, and other programs) along with our educators and other allied organizations. Our FREE *Somebody Should...* Online Educational Convening Series starts January 9th!



Register to get the free Zoom Link for the January 9th convening:
https://us06web.zoom.us/meeting/register/tZlvdeyrqTwuH9wLuKERuG8oleA_5tZxNmtL#/registration



Somebody Should...

Handle the sticky issues we all face.

How? Register now to find out and connect with other allied **Thought Leaders** with free monthly interactive web gatherings.

Starting January 9th!

January 9, 2025 - 3:30 - 5 pm ET

Featuring...Dr. Gia Merlo
**If What We are Doing is So Great,
Why is It So Hard to Do?**



We all know that what we offer, our parks, facilities, programs, education, and research, are good for people and our communities. So why do people (including us) just not do what is needed on a daily basis? Why are we so blocked? Why do we still have so many negative behaviors when we KNOW what we are supposed to do (eat right...move our bodies...connect with people and nature, etc.)?

Together we'll explore critical challenges that prevent adoption of promising research and practices, even when they have proven effectiveness. We will highlight key internal and external barriers - such as personal mental health blocks, cultural/societal aspects, safety and perceptions of safety, physical or financial access barriers to places and programs, funding, and general resistance to change. All hinder the implementation of successful active lifestyle solutions, personally and societally. Following a short presentation, conveners will engage you in an interactive dialogue about experiences and strategies for fostering broader acceptance and adoption for ourselves, our teams and families, and our communities. Join us to help translate our

great ideas into lasting impact!

Gia Merlo, MD, MBA, MEd - Dr. Gia Merlo is a clinical professor of psychiatry at NYU Grossman School of Medicine, associate editor of the American Journal of Lifestyle Medicine, founding chair of the Lifestyle Psychiatry Caucus of the American Psychiatric Association, and a fellow of the American College of Lifestyle Medicine. She is faculty at NYU Langone Health in New York, New York. She completed her Master of Education in Health Professions at Johns Hopkins University School of Education in August 2022. She has published numerous peer-reviewed articles, chapters in books, and published four academic books for healthcare professionals and students. Links to her most recent book for the general public, [Restack](#), and more are available at <https://www.giamerlo.com>.

*Register Now for Somebody
Should...!*

Coming Each Month - Connect more with other Great Minds - 3:30 - 5 pm ET

Each 2nd Thursday of the month topics will vary based on key issues, invited Topic Leaders using an interactive format. They center around issues related to connecting, convening, and collaborating around active living, integration of nature and health, organizational management, parks, recreation, community wellbeing ecosystems, planning, policy, education, and related research.

Registrations are free, but donations are suggested to help support the operations of the series of at least \$20 per convening, collected through [ActivEnviro's Zeffy Donation Site](#). [Support what you value!](#)

Verified CEU documentation of attendance is available from ActivEnviro for for a **\$20 CEU Fee** per each Educational Event. **.1 CEU = 1.25 hour Educational Session**. For online event credits, register first for the session, attend in full online and participate, and then afterward email info@activenviro.org to order the CEU credit verification, if desired. You can then submit to your preferred certifying professional organization as needed to request your credits.

The **Somebody Should...** series is co-facilitated by Alliance for a Healthier Generation. Other Sponsors welcome!



Earlybird Registration Is Open for March 2025 ACTIVE LIVING CONFERENCE!

Join leading researchers, professionals, educators, and community leaders at the 2025 Active Living Conference to explore the latest developments in preventive health and allied active living realms.



With Organizational Support from...



2025 ~ MANHATTAN, KANSAS ~ KSU CAMPUS

March 16-20 at Kansas State University's campus in Manhattan, Kansas.

We've also secured special discounted rates at three partner hotels.

Registration is now open with earlybird pricing available – secure your spot today!

[Register Now !](#)

[Click here for more info on ALC 2025](#)

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