

Pre-Conference Optional Activities
Tuesday, May 12, 2026
9:00 am - 12:00 pm

Tour 1: Food Systems – Farm to Table

Cost: \$50

Stops:

- Utah Food Bank – Understand how local partnerships and direct sourcing help reduce food insecurity.
- Bar 10 Ranch – Heaton Cattle Company – Explore ranch-to-consumer practices and how shortening the supply chain impacts sustainability and profitability.
Lunch: *Grass-Fed vs Grain-Fed* – Taste and discuss the differences in production methods and consumer preferences.
- Transportation: Provided

Tour Description- This tour highlights the growing movement toward Farm-to-Table and direct-to-consumer food systems. Participants will see firsthand how shortening the supply chain, from ranch and farm directly to the consumer, can improve freshness, transparency, and sustainability. The Utah Food Bank visit will showcase innovative ways to connect surplus food to communities in need, food security, and a service learning opportunity. A comparative lunch experience will deepen understanding of how production choices influence flavor, nutrition, and environmental impact.

Tour 2: Outdoor Adventure

Cost: \$50

Activities:

- Shotgun Shooting – Learn basic firearm safety and experience clay target shooting.
- Archery – Practice drawing a bow and understand the fundamentals of this timeless sport.
- Hiking – Explore Southern Utah’s scenic landscapes while discussing outdoor recreation benefits.
- Transportation: Provided

Tour Description- Southern Utah offers an incredible variety of outdoor recreation opportunities that promote healthy living and community connection. This tour provides hands-on experiences with popular outdoor hobbies, including shotgun shooting and archery, paired with a scenic hike. Participants will discover how these activities support physical wellness, mental health, and social engagement, while also learning about safety, skill development, and the cultural significance of outdoor recreation in rural communities.

Tour 3: Community Garden

Cost: \$50

Stops & Activities:

- High Tunnel Production – Learn how season extension techniques support local food systems.
- Community Gardens – Explore how shared spaces foster food security, education, and social connection.
- Youth Engagement – See how high school students are involved in gardening projects and agricultural education.
- Transportation: Provided

Tour Description- This tour dives into the heart of community-based agriculture and its role in building resilient food systems. Participants will visit a high tunnel operation to understand season extension and crop management, explore community gardens that strengthen local food access, and observe programs where high school students gain hands-on agricultural experience. The tour emphasizes how gardening initiatives promote sustainability, education, and community health.

In-conference Optional Meet Up Sessions

Wednesday, May 13, 2026

4:00 pm - 6:00 pm

Meet Up 1: Healthy Communities

Cost: \$10

Stops & Activities:

- The Stairs – Dragon's Tail – Explore how natural landscapes and trails promote physical activity and mental well-being.
- Red Hills Gardens – Learn about the role of green spaces in community health and environmental education.
- Adaptive Playground – Discover inclusive design principles that make recreation accessible for all abilities.
- Transportation: Provided

Tour Description- This tour focuses on how built and natural environments contribute to healthy communities. Participants will experience scenic trails, botanical gardens, and an adaptive playground designed for inclusivity. Discussions will highlight how outdoor spaces encourage physical activity, mental health, and social connection, as well as strategies for creating environments that support diverse community needs.

Meet Up 2: Know Your Roots

Cost: \$10

Stops & Activities:

- Brigham Young Home & LDS Temple Grounds – Explore historical architecture and cultural heritage that shaped Southern Utah communities.
- Family History Center – Learn how genealogy connects to mental health, identity, and resilience.
- Opera House & Museum of Art – Discover local art and performance spaces that preserve cultural narratives.
- Children’s Museum – Engage with interactive exhibits that foster learning and family connection.
- Transportation: Provided

Tour Description- This tour invites participants to explore the roots of community identity through history, art, and family connections. From historic homes and temple grounds to genealogy resources and cultural institutions, attendees will gain insight into how heritage and storytelling strengthen mental health and social bonds.

Meet Up 3: Easy Hike

Cost: \$10

Activity:

- 2–3 Mile Scenic Hike – Enjoy a gentle hike through Southern Utah’s stunning landscapes, perfect for all fitness levels.
- Transportation: Provided

Tour Description- This tour offers participants a chance to connect with nature and experience the beauty of Southern Utah through a short, accessible hike. The hike is designed for all skill levels and emphasizes wellness, mindfulness, and appreciation of local ecosystems.

Meet Up 4: Moderate Hike – Lava Tubes, Snow Canyon State Park

Cost: \$10

Activity:

- Moderate Hike to Lava Tubes – Explore the unique geological formations of Snow Canyon State Park and learn about the natural history of Southern Utah.
- Transportation: Provided

Tour Description- This tour takes participants on a moderate hike through Snow Canyon State Park, featuring the fascinating lava tubes formed by ancient volcanic activity. This hike is ideal for those seeking a slightly more challenging adventure while enjoying breathtaking scenery, elevation change and some scrabbling over rocks and boulders.