

CHOW

CULINARY HOSPITALITY OUTREACH WELLNESS

CHOW in 2023

CHOW's mission is to support wellness within the hospitality industry and to improve the lives of our community through shared stories, skills, and resources.

694 people attended CHOW Discussion Groups

8 CHOW Groups on Schedule



CHOW Discussion Groups

244 Meeting hours

10 Guest Speakers

5

Updated Amuse' Mental Health Course

To stay up to date with best and most current mental health, recovery and wellness practices

108 Educational Hours total

5 FREE Community Trainings:

Mindful Consumption

Raise the Bar

Workplace Inclusivity Training with The Center

Resource Panel for Hospitality

Question, Persuade, Refer

68

Created the CHOW Scripts for Difficult Conversations

Community Events Attended



Added CHOW All Men's Meeting

5

Participated in over 20 community events

20

FIVE Holiday Series

For additional community support during the holidays

Community Meet and Greet

Hosted in:

Vail

Boulder

Denver

Colorado Springs



CHOW Internal Expansion:

Hired:
Programs Director
ExPOS Superviso
Head of Philanthropy

Received grants from:

Caring for Denver

Signal Behavioral Health

RWCF

Fat Brands

Behavioral Health Administration

CHOW 2023 Speaking Engagements

Spritz into Summer with Chareau at Cart Driver

FAB Conference, NRA Conference, HRRRA Conference, Thompson Hotel Town Hall, Hyatt Denver Women's Lunch and Learn, Mindful Consumption at Nocturne, Baker's Guild of America, 7Shifts, Poached, Vollrath

CHOW 2023 Partnerships

Mile High Spirits, Chareau, Cart Driver, Tupelo Honey, ENAY Brewing (The Staff Project), Avanti F&B, Bonfire Burritos, Seven Grand, Horse and Dragon Brewery, Nocturne Denver, Rooted Craft, ACE EAT SERVE, Lady Jane, Osaka Ramen, ACF Culinary Passport (Pike's Peak Chapter), January Coffee Thrift and Trade, JAX Fish House, Compagnie Art Benefit, Larimer Beer Hall, Colorado Health Foundation, Alliance for Suicide Prevention of Larimer County, Connect for Health Colorado, Colorado Restaurant Association Mile High Chapter, City of Fort Collins, Tito's