

# PHIL UP YOUR CUP

## A GATHERING FOR MULTISECTOR COLLABORATIVES

The [Population Health Innovation Lab \(PHIL\)](#) a program of the [Public Health Institute](#), invites you to join us at “a third place” for multisector collaboratives: **PHIL Up Your Cup!**

### INTRODUCING PHIL UP YOUR CUP!

PHIL Up Your Cup provides a comfortable and inviting space for practitioners involved in multisector collaboration. Think of it as a café where your soul is nourished and meaningful conversations flow. Our focus is on increasing success in advancing health, well-being, and equity.

PHIL Up Your Cup serves as an informal and supportive space that encourages experimentation, risk-taking, and genuine, open conversations without judgment. Along the way, PHIL will share our knowledge, provide insights, and draw upon our extensive experience in developing effective strategies for advancing equity and community health. So go ahead, fill up your physical cup, join us, and let your cup be *PHILed*.

### WHAT TO EXPECT?

PHIL is piloting PHIL Up Your Cup as a series of 30-minute meetups, occurring approximately every six weeks or so.

We envision PHIL Up Your Cup as a dedicated platform for health-focused multisector collaboratives from across the country to convene, exchange insights, and learn from one another.

During these gatherings, participants will engage in conversations centered around topics of mutual interest. These discussions may encompass a wide range of subjects such as community engagement, skill building, research, and more. The aim is to provide a comfortable environment that caters to the unique needs and preferences of the multisector collaborative participants.

Our primary goals for PHIL Up Your Cup are to facilitate knowledge sharing, promote best practices, and encourage collaborative problem-solving. By fostering an atmosphere of open dialogue, we hope to inspire innovation, accelerate progress, and address common challenges within the field.



**POPULATION HEALTH  
INNOVATION LAB**

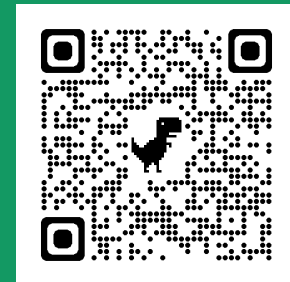
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## WHAT IS A “THIRD PLACE”?

Third places are public spaces on neutral ground where people can come together and interact. In contrast to first places (home) and second places (work), third places allow individuals to set aside their concerns and simply enjoy the company and conversations around them. These places facilitate regular, voluntary, informal, and eagerly anticipated gatherings beyond the realms of home and work.

Main streets, beer gardens, pubs, cafés, coffeehouses, post offices, and other third places are the heart of a community’s social vitality. They lay the foundation for a functioning democracy, promote social equity by leveling the status of guests, facilitate grassroots politics, foster public association, and offer psychological support to individuals and communities.

## WHY THE COFFEEHOUSE INSPIRATION?



**SIGN UP FOR  
OUR NEXT  
MEETING!**

**Join us at PHIL Up Your Cup and experience the power of coming together, sharing ideas, and building connections. We can’t wait to see you there!**

*For more information, contact Sue Grinnell, Director of PHIL, at [sgrinnell@phi.org](mailto:sgrinnell@phi.org). Visit the Population Health Innovation Lab website to learn more about our work.*

