



Longer lives. Stronger years. Happier people.

By 2050, we will make Park City a community where more people live longer, remain active and independent, and feel connected, purposeful and fulfilled. Together, we will make healthy living easier, more accessible and more rewarding for the people who live and work here.

90–80–8. Together by 2050.

90

YEARS

Community life expectancy

80%

ACTIVE & INDEPENDENT

Residents aged 80–89

8/10

LIFE SATISFACTION

Average resident score

SIX PILLARS. ONE SHARED FUTURE.

Nutrition • Movement • Sleep • Stress • Toxins • Purpose & Community

Our ambition is for Park City to become a globally recognised centre for longevity: a place where healthier living is designed into everyday life. We will test community programmes, measure their results and share what works, so towns and cities across the US and around the world can learn from our experience and adapt it to their own communities.

Argentis and Honest Plate are founding contributors. Vision2050 brings together local people, businesses, nonprofits and civic partners around a shared ambition—and invites every partner to contribute one practical action.

Bring your expertise, your resources and your willingness to act. Help us build a Park City worth growing older in.

Our 90–80–8 goals are aspirational. Baselines, population boundaries and consistent measurement definitions will be agreed with community and public-health partners. Active and independent includes varied abilities and appropriate aids; life satisfaction will be measured through a representative community survey.

An annual gathering for a healthier Park City

Programme update • 6 October 2026 • All times Mountain Time

Vision2050PC Wellness Weekend

Inaugural edition: Friday 13–Saturday 14 November 2026, Park City. An annual November gathering, starting small in 2026 and growing over the coming years.

Friday 13 November | 3–5 p.m.

Longevity Q&A; with local doctors: a practical conversation about healthy ageing, developments in longevity, emerging trends and the questions our community wants answered.

Saturday 14 November | Morning

Mountain Town Biohacking Challenge: make it easy for people to understand their starting point through grip-strength checks, metabolic testing and other health and fitness measurements. Build on Ashley Heather's previous community testing format; the final testing menu and participating providers will be confirmed.

Saturday 14 November | Evening

Inaugural Argentis Friendsgiving Feast: a shared meal celebrating friendship, nourishing food, belonging and the social side of longevity. The feast brings the Purpose & Community pillar to life alongside Nutrition.

Start local. Grow the invitation.

Keep the inaugural weekend small and personal. Build participation and partnerships locally, then attract visitors, clinicians and thought leaders from across the country over future editions. The ambition is for Park City to become a recognised centre for longevity, where people gather to explore questions, exchange ideas and share community programmes that other places can adapt.

A community mission

Vision2050PC is planned as a nonprofit bringing people, businesses, clinicians, civic partners and community organisations together around the 90–80–8 ambition. Argentis and Honest Plate are founding contributors. Nonprofit formation is planned; this document does not establish incorporation or tax-exempt status.

Connect the weekend to the 2050 goals

Use the annual gathering to encourage participation, practical action and community connection. Report participation and learning alongside the wider community scorecard. Individual weekend test results are not a representative population baseline; the 90–80–8 goals will be measured through agreed community and public-health methods.