



## Promoting Physical Activity and Good Nutrition

### April Coalition Meeting Details - Join us 4/26/22

The Health & Wellness Coalition will meet on 1pm on Tuesday, April 26th at Exploration Place for updates, networking, education, and a tour of the Health Inside Out exhibit.

Exploration Place has a lot happening related to healthy living—the arrival of a real rescue helicopter, Nutrition Skee-ball, a giant “Operation” game, and so much more—as part of its new permanent health exhibit, Health Inside Out! This wonderfully weird exhibit will be a hub of discovery, fascination and respect for the human body – inside and out! Visitors will enjoy carnival games with a health twist that inspires them to consider healthy life choices and learn about their bodies. Plus, they will learn the many ways to be a health care hero. To supplement the exhibit, a new Live Science Show, Anxiety Busters, is also in the works.

Click [here](#) for the March meeting summary.

[Email us](#) to be added to the calendar invitation for Coalition meetings.



# MAY 2022



# BIKE



# MONTH



# ICT

Open Streets Nemar <b>MAY 1</b>	Bike to School Day <b>MAY 4</b>	Bike Month Proclamation <b>MAY 10</b>	Haysville Bike with the Mayor <b>MAY 19</b>	<b>All month activities:</b>
Bike to Work Lunch <b>May 20</b>	Bike Share ICT 5th Birthday <b>May 20</b>	Find local group rides: <a href="https://bikewalkwichita.org/local-rides/">https:// bikewalkwichita .org/local- rides/</a>	Bike to the Ballgame <b>May 31</b>	<b>Bike Ride &amp; Seek</b>
<b>Bike Month ICT Events Calendar</b> Check out our calendar on <a href="https://bikemonthict.org">bikemonthict.org</a> or visit our Facebook page for local biking events! Don't see it on the calendar? Make sure to share your event so others can join in on the fun!				<b>Bike Basket List</b>

  @bikemonthict  [bikemonthict.org](https://bikemonthict.org)

Bike Month has been celebrated each May in Wichita since 2010 as a month full of rides, events, and informative bicycling activities. Highlights include month-long activities, group rides, Bike to the Ballgame, plus our favorites: bike to school day and bike to work day! We're excited to bring attention to biking in ICT! For a full calendar of events, visit us [online](https://bikemonthict.org) or Facebook @BikeMonthICT.

\* Planning organizations include Bike Walk Wichita, Bike Share ICT, Health & Wellness Coalition of Wichita, Safe Kids Wichita, Kansas Business Group on Health, City of Wichita, Jajo, and Visual Fusion

# AUGUST 2022



## SAVE THE DATE

### Working Well Conference

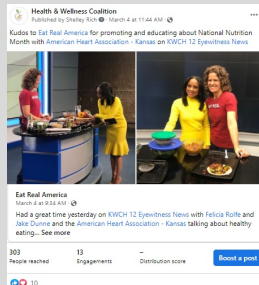
**Tuesday, Aug. 23**  
Drury Plaza Hotel Broadview

Visit the website for updated times,  
speaker details and registration fees.  
[HWCWichita.org](http://HWCWichita.org)

Presenting sponsor



SUN	MON	TUE	WED	THU	FRI	SAT
		23				



## Follow the Health & Wellness Coalition on Facebook!

Thanks to our spring intern, the HWC Facebook page is bursting with great content, don't miss out! [Click here to follow our page](#) and engage with us on social media.

### 2ND ANNUAL YMCA CANCER SURVIVOR RETREAT

**THURSDAY, MAY 5, 2022**  
**9:00AM - 12:30PM** (Check-in 8:30AM)  
**FARHA SPORTS CENTER SOUTH**  
3405 S. Meridian Bldg 2, Wichita, KS 67217  
**FREE** - registration required!

#### GUEST SPEAKERS

With guest speakers Erica Shaver, RDN, LD, Board Certified in Oncology Nutrition, and Peggy Johnson, Executive Director and COO of Wichita Medical Research and Education Foundation

**LIVESTRONG<sup>®</sup>**  
**AT THE YMCA**

**REGISTER ONLINE AT [YMCAWICHITA.ORG/SURVIVORRETREAT2022](http://YMCAWICHITA.ORG/SURVIVORRETREAT2022)**

A morning of fellowship, activity and education for cancer survivors.

The LIVESTRONG at the YMCA program is a place where cancer survivors reclaim their energy and strength. Our Survivor Retreat brings individuals from all walks of life together who not only share a common journey, but also an unstoppable will to embrace hope and enjoy life.

- All cancer survivors are invited – no YMCA membership or prior Livestrong at the Y participation necessary
- Virtual option for the guest speaker sessions for survivors that are unable to attend in person
- Register [online](#) or contact Debbie for more information at 316-776-8178



## Get Outdoors This Month!

Spending time getting active outdoors can provide many physical, mental, and social benefits. As the weather gets warmer, take advantage of the sun, and get outside with your loved ones to enjoy fun activities and [these benefits!](#)

- **Physical-** we all know that being active for 30 minutes a day is good for your health, but did you know it's also good for aging and chronic disease risk?
- **Mental-** the psychological benefits of exercise are many, including decreased stress, anxiety, and even depression. It also benefits your self-esteem which can affect many aspects of daily life.
- **Social-** getting active outside can help your social wellbeing too! Spend more time with people you love or meet new people through your outdoor hobbies!





4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

· **Added sugars**- these do not occur naturally and are added into the food. The word 'includes' means the number of added sugars is a part of the total sugar count.

· **Sodium**- many processed foods contain lots of sodium, so make sure to check out the nutrition label and the %DV.



Hello Pickleball players - Senior Services is proud to announce the return of the 50+ Competitive Pickleball Tournament. Formerly known as the Heartland Games Tournament, this double elimination competition is now rebranded as part of the Picklepalooza series of events focused on the community at large who love Pickleball and want to support the programs of Senior Services including Wichita Meals on Wheels. Sign up now until March 15th for early bird special rate!



PRESENTS

## The PICKLEPALOOZA 50 & Better Competitive Tournament

**Saturday, April 30, 2022**

**Ralph Wulz Riverside Tennis Center  
551 North Nims**

8:00am - check in

9:00am - competitions start

11:00am - hamburger & hot dog cookout hosted by the  **WICHITA WAGONMASTERS**

Tournament play - Men's, Women's, Mixed Doubles

Pre-registration: \$55 (ends 3/15/2022)

Registration: \$60 (3/15 to 4/23/2022)

\*registration includes cookout, 1 complimentary beverage (soda, beer or hard seltzer)

**REGISTER HERE:** <https://www.pickleballtournaments.com/tournamentinfo.pl?tid=6213>

For details contact Ms. Chris Heiman - [chrish@seniorservicesofwichita.org](mailto:chrish@seniorservicesofwichita.org)  
or call 316.267.0302 ext. 216

**SPONSORED BY:**



**PROCEEDS BENEFIT:**





**Girls on the Run  
Heart of Kansas**

**2022 Program/5K  
Sponsorship  
Opportunities**



Girls on the Run Heart of Kansas would like to invite you to take part in our upcoming GOTR 5k Saturday, May 7, 2022 from 7:30am-9:30am in Wichita, Ks. We anticipate about 900 runners and over 1500 spectators! The 5k is a family friendly event that strives to provide an exceptional race experience. Please help GOTR create a fun and interactive pre-race area. GOTR asks that vendors bring their own table, tent and provide a fun interactive activity (craft, face painting, temporary tattoo's, etc.). Vendors need to be set up and ready to go by 7:30am. Vendors are free to leave once the race begins at 9:00am, however if you would like to stick around for after the race we would love to have you! This is an excellent opportunity to share important information about your organization! To reserve your booth space please click [here](#).





**Monday**

**Open Gym** 5:45 - 9:00 am (Christy & Nick)  
**Open Gym** 9:30 - 11:30 am (Staff)  
**\*\*CrossFit** 12:00 - 1:00 pm (First Responder)  
**Open Gym** 4:00 - 6:00 pm (Nick S)  
**CrossFit** 6:00 - 7:00 pm (Cody P)

**Tuesday**

**Open Gym** 5:45 - 7:00 am (Christy F)  
**Open Gym** 4:00 - 5:30 pm (Amber K)  
**Yoga** 5:30 - 6:30 pm (Amber K)

**Wednesday**

**Open Gym** 5:45 - 11:30 am (Nick & Mandy)  
**Yoga** 12:00 - 1:00 pm (Danita R)  
**Open Gym** 4:00 - 6:00 pm (Nick S)

**Thursday**

**Open Gym** 5:45 - 7:00 am (Christy F)  
**Open Gym** 10:00 am - 12:00 pm (DJ P)  
**Open Gym** 4:30 - 5:30 pm (Mallory F)  
**Yoga** 5:30 - 6:30 pm (Danita R)

**Friday**

**Open Gym** 5:45 - 10:00 am (Nick & Mandy)  
**\*\*CrossFit** 9:00 - 10:00 am (First Responder)  
**Open Gym** 4:00 - 7:00 pm (Nick S)

**Saturday**

**Yoga** 10:00 - 11:00 am (Danita R)  
**Open Gym** 11:00 am - 1:00 pm (Eddie S.)

**Sunday**

**Open Gym** 10 am - 1:00 pm (Vol. / Sean O)

**COME RISE WITH US!**



**\*\*These CrossFit classes are led by first responders and open to the community!**

**All events are free with 48 hours of continuous sobriety**

Register in advance at [www.thephoenix.org/find-a-class/](http://www.thephoenix.org/find-a-class/)

Download The Phoenix app on Google Play or App Store

Call, text, or email **Amber @ 316-644-5421** or [aklaver@thephoenix.org](mailto:aklaver@thephoenix.org) for more info

**145 N WABASH AVE | [WWW.FACEBOOK.COM/THEPHOENIXWICHITA](https://www.facebook.com/thephoenixwichita)**



# Mobile Food Pantry!



Starting the week of  
February 28th  
And every week after!!!

## Mobile Food Pantry Schedule:

2PM to 6PM

Monday: **Goldenrod Park**  
1340 S. Patty St.

Tuesday: **Colvin Community Center**  
2820 S Roosevelt St.

Wednesday: **Fairmount Park**  
1647 N. Yale Blvd

Thursday: **Colvin Community Center**  
2820 S Roosevelt St.



## What to Bring:

- A smile
- Information on your family: names, address, birth dates. Proof is not required.



*A caseworker will be available to talk with you about other needs you may have and other services we provide.*

# OPEN STREETS

# ICT



Streets connect us to each other and the places where we live, learn, work and play. The goal of **Open Streets ICT-Nomar** is to foster an appreciation among community members and businesses. Activated streets facilitate safe spaces for residents, visitors, and businesses to thrive, improve health and air quality.

**Join us on Sunday, May 1 from 12-4pm!** Visit [openstreetsict.com](http://openstreetsict.com) for details.

Interested in being a VENDOR or VOLUNTEER at Open Streets ICT-Nomar on May 1? Click [here](#) to register!

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Mark your calendars  
for the 19th Annual

## Step UP for KIDS

5K & Memorial Walk

Saturday, April 30, 2022

8:30am - Noon

At Old Cowtown or Virtual  
Wichita, KS

Step Up for KIDS is the  
signature fundraising  
event for the  
Kansas Infant Death and  
SIDS Network

Register at:  
**KIDSKS.ORG**



For more information about the event, click [here](#).

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**Tuesday**

**May 17**

**2pm - 7pm**

Health \* Wellness

# EXPO<sup>2022</sup>

Derby / South Wichita



## The Venue

at Madison Avenue Central Park  
in Derby, Kansas  
512 E. Madison Ave.

**Pre-Expo Luncheon  
Speaker, 12:30 noon**  
(by reservation only, \$15)

- ♦ Exhibitor Booths
- ♦ Free A1C and Lipid Screening
- ♦ Cooking Demos & Speakers
- ♦ Fitness Previews
- ♦ Give-a-ways
- ♦ T1D Kidz Walk

## FREE ADMISSION



**STOP DIABETES**



Sedgwick County



Woodlawn  
United Methodist Church  
Working with God's Love



# 7 Days of Embracing Hope

May 14- 21, 2022

Join MHA as we embrace hope to celebrate Children's Mental Health Awareness Month.



## 7 days - 1 goal

### Improving Mental Health

This is not a fundraiser, nor does it require a lot of time...

IT IS a campaign to raise awareness of mental health. The beauty is how simple it is to focus on your mental health. It costs nothing and you can complete it anywhere. You execute an act of kindness on the first day, show inspiration on the second, and on and on.

### THAT'S IT!

The hardest part is registering, which only takes about 60 seconds.

- 1 Kindness
- 2 Inspiration
- 3 Respect
- 4 Generosity
- 5 Gratitude
- 6 Connect/Listen
- 7 Fitness



Register today [www.mhasck.org/events](http://www.mhasck.org/events)

Share your Acts of Hope online  
#MHAembracinghope

For more information visit [www.mhasck.org](http://www.mhasck.org) or contact  
[hillary.zwetzig@mhasck.org](mailto:hillary.zwetzig@mhasck.org)



555 N Woodlawn, Suite 3105  
[www.mhasck.org](http://www.mhasck.org)



[www.hwcwichita.org](http://www.hwcwichita.org)

