



Promoting Physical Activity & Good Nutrition

**Join us at 2023 N. Arkansas for the April 25th
Health & Wellness Coalition meeting at 2pm.**

Agenda includes brief Coalition updates, information/garden tour from Children 1st, and partner announcements.

All Coalition members are welcome!

**How much food do students waste of their school lunches?
Children First CEO Kansas (Children 1st) has completed "Weigh
the Waste" to find the answer.** Here about this and other initiatives as
we will gather in the St. Patrick Catholic School Mother Theresa Room.

To read a summary of the Partner Spotlight meeting in March, click
[here](#).



LIVESTRONG

The Greater Wichita LIVESTRONG at the YMCA team is excited to bring you a day of fellowship, activity and education **FOR ALL** cancer survivors led by special guest speakers. A cooking demonstration will be part of the event followed by a light lunch.

The retreat is open to any cancer survivor; prior involvement in LIVESTRONG at the YMCA isn't required. Please join us!

> GUEST SPEAKERS



SHERILYN DALKE
Holistic Psychotherapist



KRISTA SANDERSON
EatRealAmerica.com



SHELLI HILL, DPT



SUSAN PALMER, PT

3RD ANNUAL YMCA CANCER SURVIVOR RETREAT

> **THURSDAY, APRIL 27, 2023**

9:00AM-3:00PM

WICHITA BOATHOUSE 505 S. Wichita St., Wichita, KS 67202

FREE! Registration Required at ymcawichita.org/livestrong

LIVESTREAM AVAILABLE THROUGH YMCA360.ORG

FOR MORE INFORMATION CONTACT DEBBIE CRUZ, 316.776.8178 OR DEBBIE.CRUZ@YMCAWICHITA.ORG



APRIL 30 2023

TOUR DE WICHITA

WALK & RIDE WITH US



Bike Walk Wichita and Great Plains Diabetes are coming together to hold the first Tour de Wichita.



GREAT PLAINS
DIABETES

DATE
Sunday
April 30
2023

TIME
1 p.m.
to 6 p.m.

WHERE
Wave
Old Town
650 E. 2nd St.

HOW MUCH
\$25 ride only \$30 party only
\$100 VIP ticket
(ride, party, swag bag)

15-mile urban bike route • Urban Hike
Family-friendly Downtown Art + Architecture Walk
Afternoon party with music, inflatables, food and drink



LEARN MORE, SIGN UP

Scan the QR code or visit
www.TourdeWichita.org
to register or to be a sponsor



SPONSORS INCLUDE:



BlueCross BlueShield



Kansas

RE/MAX



Commerce Bank

Challenge Accepted.

SouthWest
National Bank

Cargill



HUTTON

6 MERIDIAN

WAVE

Local Food System Updates

Thank you to [Growing Growers ICT](#) for hosting a farm tour at [Victory Garden Maize](#).

The City of Wichita has appointed all 7 members of the Food and Farm Council. Click [here](#) for the names.

The Health & Wellness Coalition will be presenting about the local food system at the [Kansas Nutrition Council](#) Conference on April 27th.

Email [Shelley](#) with questions or to submit your updates for future newsletters.



VOLUNTEER AT SUMMER GAMES!

VISIT [BIT.LY/413WAJ6](https://bit.ly/413WAJ6) TO SIGN UP!

FOR QUESTIONS, PLEASE EMAIL WARRENR@SOKS.ORG

8AM
EVERY
WEEK

EXPLORATION PLACE PARKRUN

Who

Anyone can participate however they wish: run, walk, volunteer, spectate. Register online if you'd like your name listed in the results.

When and Where

every **Saturday at 8am**
at Exploration Place's Festival Plaza

More Info

parkrun.us/explorationplace
facebook: Exploration Place parkrun

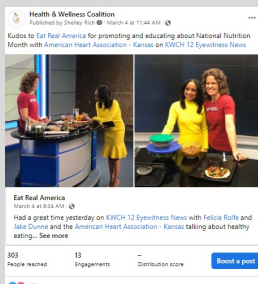
RUN
WALK
JOG

FREE

5K



Register



Follow the Health & Wellness Coalition on Facebook!

The Health & Wellness Coalition is on Facebook. **Click here to follow our page** and engage with us on social media. We are willing to share your community events relating to physical activity and good nutrition on our page.



Drive-thru Mobile Pantry

FRIDAY, April 28, 2023

Time: 1:00 pm to 2:00 pm

**Where: Progressive Missionary Baptist Church
2725 E 25th Street North**



Who is Eligible: Families in need of food assistance may attend

What is required: Guests will be asked for total number of people living in their household along with # of seniors and # of kids in the home and zip code

For more information: call (316) 265-3663, ask for Craig

Guests - Please do not arrive early. Enter south from Estelle Street.

Each household receiving food must be represented. While Supplies Last.



Go bananas for this nutrition crossword puzzle



The best way to prevent cardiovascular disease is through good nutrition. Do you know your root

vegetables from a hole in the ground? Start by trying this fun nutrition crossword puzzle!



[Learn more at Intensati ICT](#)

OPEN STREETS ICT- WSU & SHOCKER NEIGHBORHOOD



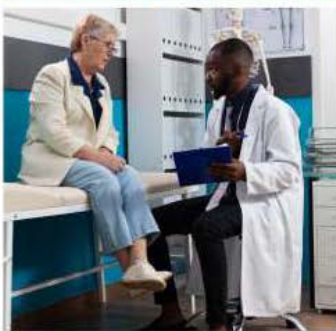
Join us this Spring for Open Streets ICT - WSU in Shocker Neighborhood Sunday, April 16, 12-4pm! One mile of 17th Street will be closed to traffic from Oliver to Volutsia and open for biking, walking, running, food, and more! There will be a route south on Yale connecting you to Fairmount Park where additional activities are being held. Cruise along the 1-mile stretch on 17th Street and stop at participating shops, businesses and food vendors along the route.



Upcoming Wellness Classes



Scan QR code for
a list of other
upcoming
training sessions



Revised Sept. 2022

FREE WORKSHOP SERIES LED BY TRAINED LEADERS:

Chronic Disease Self Management

April 18 – May 23

Tuesdays from 9:30 – 12:00

Diabetes Self Management

May 17 – June 21

Wednesdays from 1:00 – 3:30

Either Chronic Disease OR Diabetes Self Management

(To be determined, based on interest)

August 16 – September 20

Wednesdays 1:30 – 4:00

-or-

November 8 – December 13

Wednesdays 1:30 – 4:00

A Matter of Balance (Fall Prevention)

July 5 – July 28

Wednesdays and Fridays from 1:30 – 3:30

-or-

September 26 – October 19

Tuesdays and Thursdays from 9:30 – 11:30



SelfManagementResource.com

1900 E. 9th St. N, Wichita, KS
316-660-7428
phperformance@sedgwick.gov



April is... PARKINSON'S Awareness Month!

DID YOU KNOW?

↑ #1

Parkinson's disease is the fastest growing brain disease.



6 MINS

Someone is diagnosed every 6 minutes with Parkinson's disease.



2X

Parkinson's disease is expected to double between 2015 - 2030.

Making a Difference, One Donation at a Time



DONATE HERE



Club Parkinson's Programs

- Fitness Classes
- Mental Health Support Group
- Education Series
- Social Events
- Care Partner Support Group
- Research Opportunities



More information

(316)-252-1877

www.clubparkinsons.org

*Bridge the gap being diagnosed with
Parkinson's Disease and living well*





Vendors Needed for Open Streets ICT - Nomar

Open Streets ICT - Nomar is Sunday, May 7! We are looking for vendors to stage along the one mile route! [REGISTER](#) to be at vendor at our next event.

Open Streets ICT at Nomar is a family-friendly event intended to promote healthy active living in a safe, fun space to the citizens of Wichita and surrounding communities. Another goal is to promote the interaction of local businesses and organizations within the community to help strengthen the connections in Wichita. Open Streets ICT at Nomar is currently seeking vendors to host an activity, represent your business, sell your products or all three! All businesses along the route are welcome to apply for free. Other family and pet-friendly businesses and organizations are welcome to apply for a small fee.

Deadline to register as a vendor at Open Streets ICT at Nomar is Friday, April 21, 2023. For all questions related to Open Streets ICT, contact [Matt Martinez](#) at 316-303-8036.





The Girls on the Run 5K is open to the public and is for **EVERYONE!** We encourage walking, running, skipping, cartwheeling-even dancing-to move forward! [Click HERE to register.](#)

The Girls on the Run 5K events are the culminating celebration for near 350 girls who have complete their 10-week Girls on the Run program. In the weeks leading up to the 5k, Girls on the Run inspires girls to take charge of their lives and define the future on their terms. It's a place where girls learn that they can. No constraints. Only opportunities to be remarkable!

Community runners can be anyone within our amazing community! All are welcome to join the 5k. Through your race entry, funds will fuel our Scholarship Fund empowering young girls each and every season to join our program!

Interested in forming a team? Groups of 10 or more can form a team and receive \$5 off your registration. Email [Christy](#) to get your team set up!

All Girls on the Run Participants must have a **Running Buddy** during the race. A Running Buddy can be a parent, family member, or family friend. However, some girls do not know anyone that can be a Running Buddy so we look for Community Running Buddies. We would assign you to a girl and you would complete the event by the girl's side--encouraging her from start to finish! Community Running Buddies must have a background check completed and register and pay the 5K entry fee.

www.hwcwichita.org



Health & Wellness Coalition | 1102 S. Hillside, Wichita, KS 67211

[Unsubscribe](#) shelley.rich@ymcawichita.org

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