



## Promoting Physical Activity & Good Nutrition

### April Coalition Meeting

Join us Tuesday, April 22nd at 2pm at Evergreen Community Center and Library as we celebrate Earth Day. 2601 N. Arkansas Ave

Learn about the intersection between environmental health and physical health. **Wear your walking shoes** because weather permitting, we will be exploring the area parks at the end of the meeting. Email [Shelley](#) if you want to be added to the meeting invite. All Coalition members are welcome.

Click [here](#) for the March meeting summary including the recipe for Mexican Squash Salsa.



### National Public Health Week

National Public Health Week highlights the vital role of public health in our communities. National Public Health Week, observed annually during the first full week of April (7-13), raises awareness about key health issues, promotes healthier lifestyles, and celebrates the dedicated professionals who work tirelessly to protect and improve public health.

This year's theme encourages collaboration and action to create healthier environments for all. We extend a heartfelt thank you to our community partners for their commitment to the health of our

# 2025 NATIONAL BIKE MONTH

@bikemonthict

bikemonthict.org



## Bike Month Events



## Bike To Work Challenge



Apr 27th  
Tour de Wichita



May 4th  
Open Streets Nomaar



May 11th  
2nd Sunday Slow Roll & Stroll



May 12th - 16th  
Bike To Work Challenge



May 16th  
Bike Anywhere Day & BWB Parking Lot Bash

Bike To  
Happy Hour

Various  
Dates

In  
May

Check  
Calendar

For  
List

**BikeMonthICT.org**

Get ready for a month filled with biking adventures across Wichita! Join us for exciting events like Bike to Happy Hour and Bike Anywhere stops sponsored by local merchants. Whether you're riding for fun, fitness, or transportation, there's something for everyone! Check out the full calendar of events at [BikeMonthICT.org](https://BikeMonthICT.org)

Grab your bike, explore Wichita, and celebrate National Bike Month with us



# Open Streets ICT

a FREE community-building event bringing Wichitans of all ages and fitness levels together to promote healthy active living and social engagement.

## **WSU Shocker Neighborhood - April 13, 12-4pm**

Two miles of 17th Street will be closed to traffic from Oliver to Grove and open for biking, walking, running, food, and more! There will be a route south on Yale connecting you to Fairmount Park and a route north on Volusia connecting you to Atwater Neighborhood Resource Center where additional activities are being held. Participants will cruise along the 2-mile stretch on 17th Street and stop at participating shops, businesses and food vendors along the route.

## **Nomar - May 4, 12-4pm**

Open Streets ICT - Nomar takes place along 21st Street in Wichita, for a full day of biking, fun physical activities, music, dancing, yoga, and much more! We will be closing one mile of 21st Street to traffic from NoMar Market at Broadway Ave to Woodland Park, and open the street for biking, walking, running, live music and dancing, entertainment, food, art, yoga, and more!





# KITCHEN FLEX SERIES:

ABS MADE IN THE GYM ARE UNCOVERED IN THE KITCHEN



## HANDS-ON COOKING CLASS

This series is designed to get you on track to achieve the health results you are looking for.

- Make three new recipes each class
- Learn key kitchen and eating strategies
- Sign up for one class, some or all
- Enroll and participate in all four classes and receive 50 points in the YMCA360 app

**\$10/class members**

**\$20/class non-members**



**LEARN MORE  
INFORMATION ONLINE  
AND REGISTER**

CLASS	DATE	TIME	LOCATION
The 75/25 Plate	4/10/25	10:30AM-12:00PM	Andover YMCA
Naked Carbs - No More!	4/24/25	10:30AM-12:00PM	Andover YMCA
Fake-Out on Take-Out	5/1/25	10:30AM-12:00PM	Andover YMCA
Flip Your Fridge to Power Up Your Plate	5/8/25	10:30AM-12:00PM	Andover YMCA

**CONTACT TAMMI KRIER WITH QUESTIONS:  
TAMMI.KRIER@YMCAWICHITA.ORG  
316.776.8183**

**Sponsored By**



BlueCross BlueShield

**Kansas**

GREATER WICHITA YMCA | ymcawichita.org | #FORALL

 /ymcawichita

 /greater\_wichita\_ymca

# We need Your SHOES

HELP US RAISE FUNDS BY BRINGING YOUR  
GENTLY WORN, USED AND NEW SHOES!  
Running shoes, flip flops, boots- ANY SHOES!

EVERY SATURDAY IN APRIL AT  
PARK RUN!

EVERY  
PAIR  
COUNTS!



**BIG ANNOUNCEMENT! Starting April 19, Exploration Place will host free weekly yoga classes taught by experts from the Greater Wichita YMCA**

Every Saturday morning through mid-October, join us for a free [community yoga session](#) along the scenic Arkansas River in the Wichita Foundation Amphitheater. Whether you're a seasoned yogi or brand new to the practice, this is your chance to flow under the open sky and connect with others in a beautiful outdoor setting





# CRAFTING COMPLIANCE

## Your Guide to Food Packaging and Labeling

Please join Create Campaign for a Packaging & Labeling Workshop designed for food businesses across Wichita. This session will help food entrepreneurs meet legal requirements and choose the right packaging. Learn about compliance, packaging selection, food safety, and expert resources to grow your business. Perfect for startups and scaling brands!

### Event Details & Registration



**April 24, 2025**



**5:30 p.m. - 6:30 p.m.**



**Boston Park**

6655 E Zimmerly St Wichita, KS 67207



**A La Carte Members: Free**  
**Non-Members: \$25**

Scan to Register



### Meet The Speakers



**Karen Blakeslee**

Co-Director  
Kansas Value Added Food Lab



**Jenny Doty**

Food Systems Entrepreneurial Resource Navigator  
Rural Grocery Initiative & Heartland Regional  
Food Business Center

This project has received funding and support from K-State 105, Kansas State University's economic growth and advancement initiative for all 105 counties in Kansas. Learn more at [k-state.edu/105](https://k-state.edu/105).

**KANSAS STATE**  
UNIVERSITY



# It's time to celebrate!

Join us for an unforgettable  
afternoon of celebration as we  
officially open our new Empower  
home and commercial kitchens!



**April 25th ♦ 3pm - 9pm ♦ 103 E. 21st, Wichita, KS 67214**

This space was built to empower local entrepreneurs, support small businesses, and bring our community together. Now it's time to celebrate with the fiesta it deserves!

**What to Expect:**

3 PM - Ribbon Cutting & Remarks  
3:30 PM - Vendors + Market  
3:30-5 PM - Building Tours  
4 PM - Food Competition  
3-9 PM - Vendors, Market, DJ & Music



# ICT AEROBELLES WING-DING

Granny  
Basketball



Derby North Middle School  
Derby, KS  
April 26, 2025

Game time  
10:00am-6pm

Donations for the  
Alzheimer's Association appreciated

## Participating teams:

All Stars, Norman, OK  
Basket Cases, Lawrence, KS  
Derby Her-icanes, Derby, KS  
ICT Aerobelles, Wichita, KS  
ICT Sugar & Spice, Wichita, KS  
Kansas Grayhawkers, Lawrence, KS  
Kansas Meadowlarks, Lenexa, KS  
Kansas Tornadoes, Lawrence, KS  
Oklahoma Twisters, Oklahoma City, OK  
The Hot Flashes, Emporia, KS  
Thunderbolts, Mustang, OK  
Tonics, Louisburg, KS

*It's a slam  
dunk*



Gift baskets will be available  
during a silent auction.

Chance to Win a Ford Bronco  
with a \$10 donation, proceeds will  
go to the Alzheimer's Association.  
Bronco donated by Rusty Eck Ford.





SPONSORED BY SEDGWICK COUNTY EARLY  
CHILDHOOD COORDINATING COUNCIL

# GROW TOGETHER

## FREE FAMILY PLAY DAY

- FOOD
- SENSORY FOCUSED FUN
- TAKE HOME ACTIVITIES
- NATURE EXPLORATION FIRST 50 FAMILIES
- RECEIVE A FREE BOOK FAMILY & CHILD
- DEVELOPMENT RESOURCES

APRIL 26TH

10AM - 1PM

DESIGNED FOR EARLY  
CHILDHOOD, BUT FUN FOR  
THE WHOLE FAMILY.  
RAIN OR SHINE.

  
GREAT PLAINS NATURE CENTER  
6232 EAST 29TH STREET  
WICHITA, KS 67220  
(316) 683-5499



[Tour de Wichita](#) is the only urban ride and walk that both highlights Wichita's attractions and helps two great local nonprofit organizations—Bike Walk Wichita and Great Plains Diabetes!

This year's event will be on Sunday, April 27, 2025 and we want YOU to join us!



**May 7th, 2025**



**Kansas**  
Safe Routes to School



## May 7th is Bike to School Day! Register NOW!

On May 7th, schools across Kansas and the country will be celebrating [Bike to School Day](#). The celebration is designed to encourage students and families to bike to school and in their communities. Follow the steps below to join the fun!

- [Complete this form](#) to register your school or community. Registration is open until May 7.
- Register by April 14 to get these fun, free items to support your celebration, while supplies last:
  - Kansas Bike to School Day banner
  - Kansas Safe Routes to School encouragement items (bike lights, bike bells)
  - Bike to School Day utility kit (bike pump, first aid kit, multi-tool, and more!)
- Download event resources on our [Bike to School webpage](#), including the event planning toolkit, posters, flyers, and communications templates.

If you have any questions about the materials or the event, reach out to **Ann Katt, KDOT Safe Routes to School Coordinator**, at [ann.katt@ks.gov](mailto:ann.katt@ks.gov). We're so excited to see Kansas celebrate Bike to School Day this year!

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## Shaking the Salt Habit

Reducing the sodium in your diet can help lower your blood pressure. Sodium is often hiding in processed foods. Follow [these tips](#) below for reducing sodium at home and when eating out.





### Girls On The Run Spring 5k

The GOTR Celebratory 5K is right around the corner! Join us for a pre-race party and 5K, or volunteer to help us make it a great day for our participants, their running buddies and community runners! The Spring 5k is open to the community, you do NOT have to be part of the GOTR program to participate!

Saturday, May 10th 2025

9:00am Start

Downtown Wichita

All participants receive a 5k T-Shirt, Race Number, 5k Medal and snacks at finish line!

Proceeds benefit GOTR Heart of Kansas and help us expand our program to more girls in the community!

[5K Registration](#)

[Sign up to volunteer](#)





Mental Health America of South Central Kansas presents:



**Children's Mental Health Awareness Day**

**May 10, 2025 11am - 1 pm**

**Sedgwick County Park  
Shelter #1**

**6501 W 21st St S, Wichita, KS 67212**

***FAMILY FRIENDLY ACTIVITIES, GAMES AND FUN FOR ALL!***

Face Painting

Mascots

Cartoon Characters

Games

Informational Booths

Food

Build/Craft Projects

Singing/dancing

**FREE! FREE! FREE! FREE! FREE! FREE!**





# BIKE TO WORK CHALLENGE

## MAY 12-16, 2025



- Form a team with co-workers
- Challenge friends and other businesses
- Scan the code to sign up and record your miles for the week
- Win the Golden Pedal Award
- Don't have a bike? Use one for free from Bike Share ICT using the coupon code BIKEMONTH25 (bikeshareict.com)

SCAN HERE



The Golden Pedal award goes to the individual with the highest average miles during Bike To Work Week (May 12-16). The trophy will be awarded at the Bike Bash Parking Lot Party at Bike Walk Wichita, 325 N. St. Francis, on Friday, May 16

Bike To Work  
Week  
**May 12-16**

Bike Bash  
Parking Lot  
Party  
**May 16**

 @bikemonthict

 bikemonthict.org



## Personalized Fitness Plans via Mobile Health Technology

Smartphones, smart TVs, smart soccer ball, or a virtual reality exercise bike. These devices not only keep us connected or entertained but also transform how we approach health and fitness. Click [here](#) to learn about mHealth.



Saturday May 17th 10am-12:00pm

[Create a team](#)



# COOKING UP FUN



## JR. CHEF ACADEMY

### LEVEL 1

AGES 6-12 | 10 WEEKS | 75 MINUTES

\$144/10-CLASS SESSION OR \$48/MONTH FOR 3-MONTH DRAFT | MEMBER RATE  
FINANCIAL ASSISTANCE AVAILABLE

Build basic culinary skills, incorporating nutrition and fun food experiments while making new recipes each week. This Academy includes a chef hat and apron, progress reports, and a kid-prepared recipe showcase at the end of the 10-week session!

DATES	DAYS	TIMES	LOCATION
6/3/25-8/5/25	Tuesdays	5:30-6:45PM	Andover Y

## ENROLL AT ANY MEMBERSHIP DESK

### QUESTIONS?

Contact Tammi Krier, Nutrition Director  
tammi.krier@ymcawichita.org or  
316.776.8183

Sponsored by



GREATER WICHITA YMCA | [ymcawichita.org](http://ymcawichita.org) | #FORALL  /ymcawichita  /greater\_wichita\_ymca

# PICKLEPALOOZA 2025

## Friday, June 6, 2025



Senior Services of Wichita and The Wichita Cancer Foundation are thrilled to announce a partnership for Picklepalooza 2025, a community event aimed at raising funds and awareness to support local cancer patients and seniors in need.



This collaboration represents our shared commitment to making a difference in the lives of local individuals facing significant challenges. By working together, we can amplify our efforts and strengthen vital support systems in our community.

### FOR SPONSORSHIP OPPORTUNITIES & MORE INFORMATION CONTACT:

**Chris Heiman**

Development Director  
Senior Services of Wichita  
316-267-0302 ext. 216

[chrish@seniorservicesofwichita.org](mailto:chrish@seniorservicesofwichita.org)

OR

**Wyatt Sheeder**

Executive Director  
Wichita Cancer Foundation  
316-932-2108

[wyatt@wichitacancerfoundation.org](mailto:wyatt@wichitacancerfoundation.org)

## Coalition Updates

Do you work in the local food system?  
Professional development funds are available to  
attend conferences, receive certifications, etc.

**Email** to learn more.

Funds have been distributed for the following:

- Launch Leadership Training RevWell

- National Bike Summit lodging
- Governor's Public Health Conference
- National Health Outreach & Engagement Conference

## Wichita/Sedgwick County Food and Farm Council

The next meeting is May 6th 1 to 2:30 pm in the first floor conference room of the Ronald Reagan Building (271 W 3rd St N). Click [here](#) to sign up for Council alerts. [Click here for meeting agendas and the virtual option link.](#)

Ask any Council member about his or her thoughts about Emotional Support Chickens!

## Coalition Spotlight - Reggie Davidson

Interim Park and Recreation Director Reggie Davidson, MSRLS, CPRE has been selected as the next director of Wichita Park and Recreation.

Davidson has served as the interim Park and Recreation director since September 2024 and is an engaged Coalition member.

Davidson first joined the City of Wichita in 2018 when he was hired as the Superintendent of Recreation for Wichita Park and Recreation, managing recreation programming and facility operation, , assisting with strategic planning for the department and more.



The 2025 County Health Rankings & Roadmaps Annual Release was published on March 19 by the University of Wisconsin Population Health Institute with support from the Robert Wood Johnson Foundation.

## Connecting to our Mission

To support state and local health improvement efforts, the Kansas Health Institute has produced individual county profiles that include a five-year comparison of County Health Rankings data and the “drivers,” or measures with the greatest impact, on the health grouping of each county.

[Click here for the Sedgwick County Profile.](#)

## Partner Announcement Repeats



## Take the CEO Pledge for Physical Activity

The CEO Pledge for Physical Activity is a nationwide campaign inspiring leaders to adopt movement-friendly strategies that enhance employee health and productivity. The Pledge proudly supports the CDC's Active People, Healthy Nation SM.

By signing the CEO Pledge, an organization leader commits to:

- ✓ Adopting strategies that create a culture where physical activity is encouraged.
- ✓ Leading by example by engaging in regular physical activity.

### How to take action:

- ☐ Are you a CEO, executive director, or organizational leader? [Sign the CEO Pledge](#) today.
- ☐ Not a leader but care about workplace wellness? Ask your leadership to sign! [Learn More](#)



An initiative of the  
Physical Activity Alliance

## Blood Pressure Monitor Kits



Your Wichita Public Library gives you the opportunity to borrow blood pressure monitors! Each kit comes with a blood pressure monitor, a log book, a pre-survey, and instruction booklet.

You can borrow a blood pressure monitor for 14 days.

Presented in partnership with K-State Research and Extension, the Sedgwick County Health Department, and the Wichita Medical Research and Education Foundation.

→ [wichitalibrary.org](http://wichitalibrary.org)



Sedgwick County



# NATIONAL DIABETES PREVENTION PROGRAM

Learn How You Can Prevent  
or Delay Type 2 Diabetes!



## Improve Your Health

A lifestyle change program can help you lose weight through eating better and being more physically active.



## Feel Better and More Energetic

Many participants feel better and are more active than they were before the program. Imagine having more energy to do the things you love.



## Flexible Learning Preferences

Whether you prefer to meet in-person or online, you have the option to choose what works best for you and your schedule.

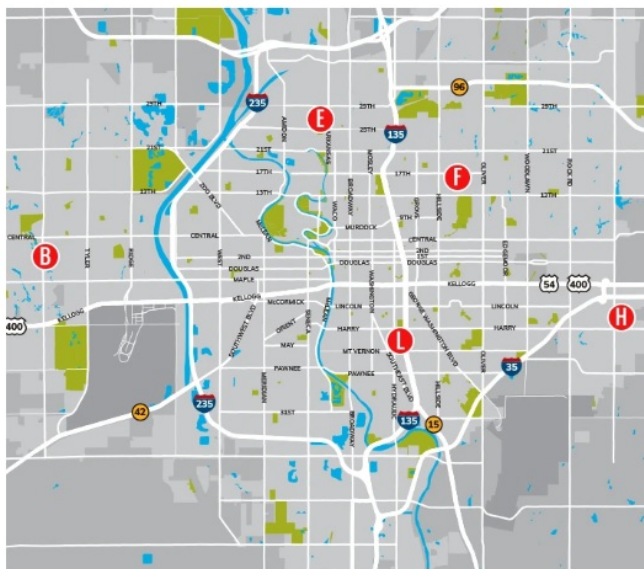
## 1 OF 3 ADULTS HAS PREDIABETES

A CDC-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

## Contact Information

-  1-855-200-2372
-  joseph.samaniego@cpaaa.org
-  271 W. 3rd St. N. Ste. 500  
Wichita, KS 67202

## StoryWalk Locations & Current Stories



**B** Buffalo Park, 10201 Hardtner



[Construction](#) by Sally Sutton

**E** Evergreen Park, 2700 N. Woodland



[Finding Home](#) by Esteli Meza (*bilingual*)

**F** Fairmount Park, 1647 N. Yale



[Lola Loves Stories](#) by Anna McQuinn (*bilingual*)

**H** W.B. Harrison Park, 1300 S. Webb Road



[Please, Mr. Panda](#) by Steve Antony (*bilingual*)

**L** Linwood Park South, 1901 S. Kansas



[My Friends](#) by Tarō Gomi (*bilingual*)

# SAVE THE DATE FATHERHOOD SUMMIT: EMPOWERED DADS ELEVATE FAMILIES

June 26-27, 2025

**Keynote Speaker: Coach Mark Potter**



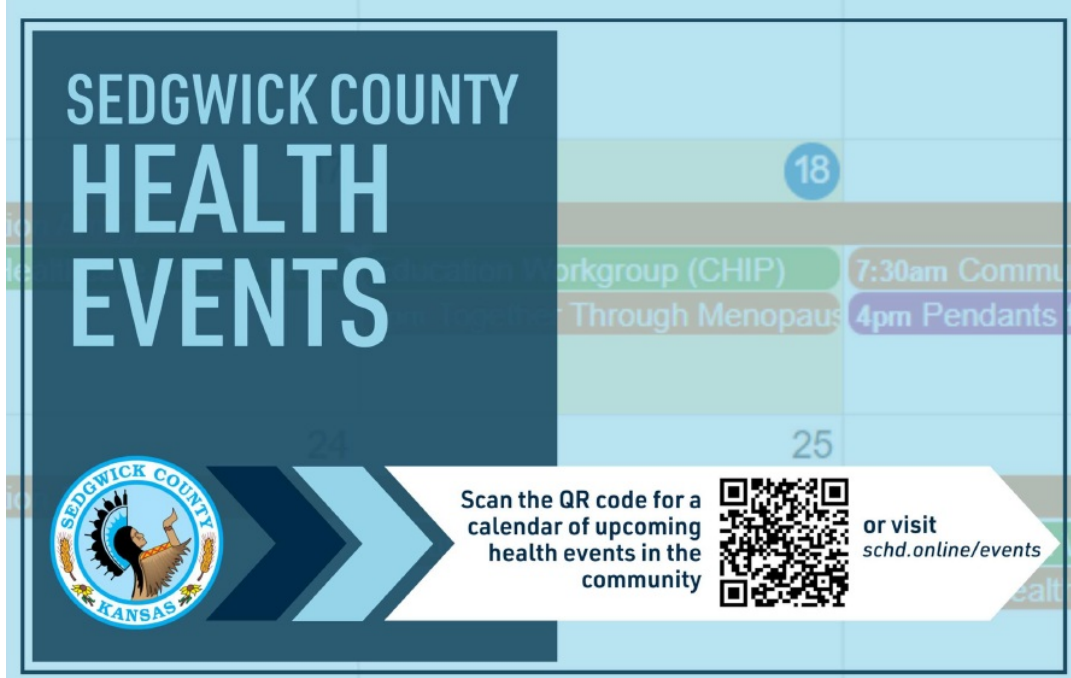
SEDGWICK COUNTY  
Health Department



FATHERHOOD PROGRAM  
DADS MAKING A DIFFERENCE

This resource is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,100,000 with 0% financed with non-governmental sources. Produced through the full or partial support of the Kansas Department of Health and Environment (KDHE). The content of this publication may not necessarily reflect the views of KDHE.





## Community Sedgwick County Health Department Health Events Calendar

Click [here](#) to find out about upcoming events in Sedgwick County that focus on improving health.

To submit an event, email [healthevents@sedgwick.gov](mailto:healthevents@sedgwick.gov)



NATURAL GROCERS

# FREE NUTRITIONAL HEALTH COACH SERVICES



## NUTRITIONAL HEALTH COACHES (GOOD4U NHC™)

Our Nutritional Health Coaches (NHCs) are your go-to nutrition professionals, equipped with the training and tools to help you reach your health goals. With 164 hours of continuing education required annually, our NHCs are always on the cutting-edge of nutrition science. That's why they are superstars in their field, providing nutrition education to help you stay rooted in health.

### One-On-One Coaching Sessions



Are you looking for personalized care to address your unique health goals? Are you confused about which diet is best, or which bit of health advice is relevant to you? **YOU'RE IN LUCK!**

We have the Nutrition Education Experts to help you. Schedule a free 1-hour health coaching session with your NHC today and receive personalized care specific to your individual needs, as well as a collaborative plan for success. You'll also receive a **\$5 OFF COUPON WHEN YOU SPEND \$25 OR MORE**. It's your time to get the support you've been looking for!

### Invite Us to Speak at Your Next Event

We love to talk about all things health and nutrition-related, including regenerative agriculture.

Do you have a group interested in kickstarting their healthy weight goals? Does your company have a wellness program that needs a reboot? Does your local senior center want to learn about immune function or brain health?

Invite us to speak at your next event for free. It would be our privilege to help **EDUCATE, EXCITE, and EMPOWER** your organization or group.



Contact your local Nutritional Health Coach in Wichita, KS

**Aubrey Vereecke**

**nhc.wt@naturalgrocers.com | 316-636-4242**

# SUN Bucks 2025

A \$120 one-time benefit per eligible child to help purchase groceries during the summer months.

## \*Eligibility Requirements:



The child is aged 7 to 17 and their household already participates in Food Assistance or Temporary Assistance for Needy Families (TANF).

OR



The child attends a school that offers the National School Lunch or School Breakfast Program, and their household income meets the requirements for free or reduced-price school meals.

\*Some families may receive a letter from Kansas DCF in January notifying them that their child(ren) is eligible for SUN Bucks. These families do not need to apply. Visit [SUNBucks.dcf.ks.gov](https://SUNBucks.dcf.ks.gov) for a full list of eligibility requirements.

Relatives, non-related kin, and foster homes will need to submit a SUN Bucks application for children in the custody of the DCF Secretary after April 1, 2025.

## Learn More:

[SUNBucks.dcf.ks.gov](https://SUNBucks.dcf.ks.gov)



If your child is not automatically eligible for SUN Bucks, you can submit an application at [SUNBucks.dcf.ks.gov](https://SUNBucks.dcf.ks.gov) beginning **January 27, 2025**.

Applications must be submitted no later than **5 p.m., August 29, 2025**.





20



25

# OUTSIDE THE BOOK CLUB

October - March 2-4 p.m. | April - September 9-11 a.m.

Nature lovers are invited to join us for a monthly book club focused on nature and wildlife! Each month, we'll read a selected book and then gather at the Great Plains Nature Center for a discussion, accompanied by a bonus nature walk. Club members can enjoy discounted book purchases at the Owl's Nest Gift Shop. No registration or purchase is required!

## January 3

*To the Bright Edge of the World*  
by Eowyn Ivey

## February 7

*What an Owl Knows*  
by Jennifer Ackerman

## March 7

*Mozart's Starling*  
by Lyanda Lynn Haupt

## April 4

*Beaverland*  
by Leila Philip  
Meeting at Kansas Wildlife Exhibit  
in Riverside Park.

## May 2\*

*Spring Rain:  
A Life Lived in Gardens*  
by Marc Hamer

\*Contact Amanda@gpnc.org  
for the location of May's book club.

## June 6

*Crossings: How Road Ecology Is  
Shaping the Future of Our Planet*  
by Ben Goldfarb

## July 11

*Soil: The Story of a  
Black Mother's Garden*  
by Camille T Dungy

## August

No book club this month.

## September 5

*Who Has Seen the Wind*  
by W.O. Mitchell

## October 3

*Gathering Moss: A Natural and  
Cultural History of Mosses*  
by Robin Wall Kimmerer

## November 7

*Greenwood: A Novel*  
by Michael Christie

## December 12

Instead of reading a book in  
December, we'll have an end of the  
year celebration potluck with dishes  
inspired by this year's books!

For info, contact Amanda@gpnc.org | 316.683.5499 | 6232 E 29th St N, Wichita, KS 67220 | GPNC.org

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



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

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