



Promoting Physical Activity and Good Nutrition

The August Coalition Meeting (8/23/22) is cancelled to allow everyone to attend the [17th annual Working Well Conference](#).

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

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



17TH ANNUAL WORKING WELL CONFERENCE

AUGUST 23 | 8:30AM-4PM
DRURY PLAZA HOTEL

take
NOTE
take
ACTION

KEYNOTE PRESENTATIONS:



“Developing a Remote/Hybrid Work Policy that Supports Wellness”

MIKE GUTMAN



“The Power of Cognitive Reframing for Lasting Behavior Change and Happiness”

DR. KATIE LEVISAY

BENEFITS OF WORKPLACE WELLNESS PROGRAMS:

- » Support healthy lifestyles
- » Increase engagement, morale and loyalty
- » Promote presenteeism, fewer workman's comp claims, and offer healthier benefits

With all these benefits and more, it's not surprising an increasing number of employers are choosing to implement workplace wellness programs within their companies.

PRESENTING SPONSOR:



ADDITIONAL SPONSORS INCLUDE:

IMA, Delta Dental, MidAmerican Credit Union, Brown & Brown, and United Healthcare

REGISTER AT:
HWCWICHITA.ORG

The last day to register online is Friday, August 19th. Click [here](https://hwcwichita.org) to register.

Food System Master Plan Updates

The Food & Farm Council draft ordinance language has been reviewed by City and County legal staff. A meeting will be scheduled and sent to the local food system email distribution list as soon as the 1st reading of the ordinance is scheduled at the City and County. Contact [Shelley](#) to stay connected.

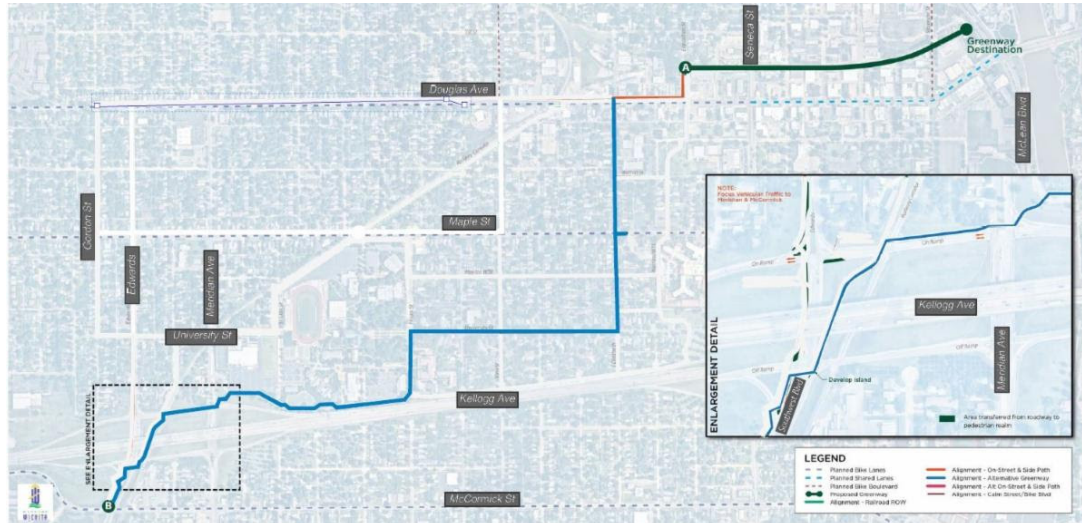


Follow the Health & Wellness Coalition



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.



Delano/Chisholm Trail/Prairie Travelers Bikeway

The Delano/Chisholm Trail/Prairie Travelers Bikeway is being developed in sections, as follows. The [Prairie Travelers](#) supports the Prairie Sunset Trail that extends to Garden Plain.

Greenway Destination to Point A

- Oak Street to Exposition

Complete design August 2022

Construction begin fall 2022; estimate 6 months for completion

Exposition to Edwards (Point A to Point B)

- Route approved by WBPAP on December 13, 2021, as shown on the attached map
- Supplemental Design Agreement to City Council August 16, 2022 for final design
- Final design completed March 2023
- Construction begin spring 2023; estimate 6-8 months for construction

I-235 Crossing (using old railroad bridge across the 'Big Ditch')

- Supplemental Design Agreement to City Council August 16, 2022 for final design
- Government agencies approval and design coordination

US Army Corps of Engineers (USACE) - Floodway crossing

Preliminary approval complete, official permit during design

KDOT and Federal Highway Administration (FHWA) support the project.

- Final design completed March 2023
- Construction begin spring of 2023; estimate 9 months for construction
- \$1.5 million construction estimate

MONDAY

Open Gym 5:45-10a (Nick S)
 CrossFit 12-1p (David H)
 Open Gym 4-6p (Nick S)
 CrossFit 6-7p (Cody P)

TUESDAY

Open Gym 5:45-7a (Christy F)
****HIIT 5:45-6:30**
 Open Gym 4-5:30p (Cale R)
 Yoga 5:30-6:30p (Liz G)

WEDNESDAY

Open Gym 5:45-11:30a
 (Nick/Mandy)
 Power Yoga 12-1p (Danita R)
 Open Gym 4-6p (Nick S)
 CrossFit 6-7p (Sean O)

THURSDAY

Open Gym 5:45-7a (Christy F)
****HIIT 5:45-6:30**
 Open Gym 10-12p (CJ P)
 Open Gym 4-5:30p (Mallory F)
 Yoga 5:30-6:30p (Danita R)

FRIDAY

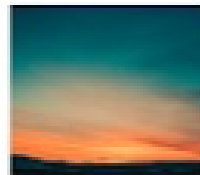
Open Gym 5:45-10a (Nick/Mandy)
 CrossFit 9-10a (David H)
 Open Gym 4-6p (Nick S)

SATURDAY

Open Gym 8-10a (Ella R)
 Power Yoga 10-11a (Danita R)
 Open Gym 11-1p (Eddie S)

SUNDAY

Open Gym 10-12p (Volunteer)



COFFEE, PAINT, SOCIAL!
JOIN US FOR A GUIDED
SUNSET PAINTING ON
SUNDAY, AUGUST 28TH
FROM 4-6 PM AT THE PHOENIX
MUST REGISTER TO ATTEND!



Sign up for a class at
the phoenix.org/findaclass

Free with 48 hours of sobriety
 Download The Phoenix app on
 Google Play or App Store
[WWW.FACEBOOK.COM/THEPHOENIXWICHITA](https://www.facebook.com/the phoenix wichita)



Searching for Open Streets ICT Vendors & Volunteers

It's that time of year again! We are looking for businesses, organizations, and volunteers to participate in this year's Open Streets ICT event on September 18! We invite you to be an important part of this difference-making initiative!

At Open Streets ICT, you can host an activity, represent your business, sell your products, or all three! All Douglas Avenue businesses are welcome to apply for **FREE**, while all other family and pet-friendly businesses and organizations are welcome to apply for a small fee. [Click here for more info!](#)



Meal Prep Ideas: No Cook Options For Busy People

If you're feeling strapped for minutes, let "snack meals" be your new BFF! Make meals easy by ensuring you have filling and nutritious options on hand with limited prep and cleanup. Have A Plant® Ambassador Cara Harbstreet, MS, RD is here to [show you how](#).

It's time to begin meeting for the 2023-2025 Community Health Improvement Plan (CHIP)!

The Sedgwick County Health Department (SCHD) and community partners invite you to provide input in the development of the 2023-2025 CHIP for Sedgwick County. You can do this through participating in the community partner meetings on the dates below. **More details to come, for now save the dates!**

Tuesday, October 18th from 8am-2pm
Monday, November 14th from 8am-2pm
Tuesday, December 13th from 9am-2pm
*Breakfast and lunch provided

For more information, contact [Daisy](#).



Adult Coed Kickball League

Kickball? Yes please! Adult Coed Kickball league registration is now open for the fall. Play Wednesday evenings over six weeks with your team and have the best time playing your favorite childhood game! Teams consist of 10 players, with a minimum of 4 girls. Registration ends August 26, so [register today!](#)



KANSAS APPLESEED



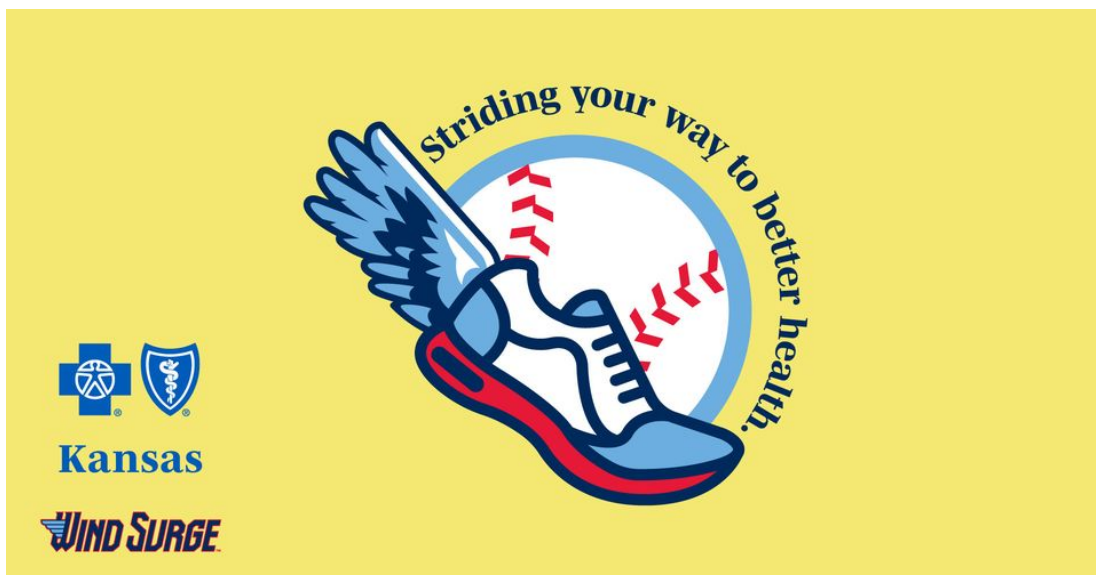
Let's Talk Hunger

COMMUNITY,
CONVERSATIONS, & COFFEE

Every 4th Friday from 10 am - noon
R Coffeehouse, 1144 Bitting St, Wichita, KS

Join Thriving Advocate Tajahnaé Stocker as she hosts conversations at local coffee shops in Wichita every 4th Friday of the month. If you are interested in learning about the SNAP application, have questions about your SNAP application, want to learn more about KS Appleseed and our policy priorities this past session, or just want to share your hunger stories, the Thriving Team empowers you to join Tajahnaé for coffee and conversations!

Can't make it to a meet-up? Prefer virtual meetings? You can schedule a 1:1 meeting with Tajahnaé through calendly! Schedule [here](#).



- Saturday, September 3
- Saturday, October 1

Blue Cross Blue Shield of Kansas invites you to join their Stadium Striders from 10 a.m. to 12 p.m. Three laps around the ballpark is a mile! Walkers who attend will receive a limited-edition tee shirt, while supplies last. Come stride your way to better health with Blue Cross and Blue Shield of Kansas!

Please enter through the Maple St. entrance of the stadium, on the south side. Click [here](#) to learn more.



It's the 5th Annual Orie's Garlic Fest! Click [here](#) for more information

Sunday, September 11th 11am-4pm at [Public at the Brickyard](#).

Vendor applications [now open](#)!

Free admission

Enjoy shopping and eating from wide variety of food and drink vendors and handmade artisans

Live music from 12 to 4

Complimentary garlic shots

COMMERCIAL FRUIT PRODUCTION

Bus Tour to NE Kansas

Wednesday, September 14, 2022



REGISTER:

\$35 - includes lunch and dinner
sedgwick.ksu.edu/events
316-660-0100

K-STATE
Research and Extension

Sedgwick County



**GROWING
GROWERS**

ICT

Join K-State Research & Extension for a one-day bus tour of five commercial fruit farms located in northeast Kansas and learn about a variety of topics such as soil preparation, planting, pruning, fruit establishment and production, perennial care, orchard management, marketing and more! The tour will include five stops in NE Kansas: Holy Field Vineyard, Next to Nature Farm, Z&M Twisted Vines Vineyard, Wohletz Farm Fresh, and South Baldwin Farms.

[Learn more and register](#)



Be a Girls on the Run

COACH!



Throughout the season, coaches facilitate two 75–90-minute practices a week over the course of 10 weeks. Coaches are provided with all of the resources, training and tools they need to operate a memorable and successful program.

Will you join us as a volunteer coach this year? We have opportunities available at Bel Aire Recreation, Garfield Elementary, and Maize Recreation Commission Click [here](#) to get started. If you have questions, please do not hesitate to reach out!

Registration for girls to participate in the Fall 2022 Season (starting September 12th) is OPEN and spots are limited! Visit the link [here](#) to find a location near you!

"DRIVE LESS, BIKE MORE" RIDES AGAIN

Last year, The League of American Bicyclists set a goal to make 1 million miles of transportation trips by bike. In total, you rode more than 1,500,000 miles for transportation, that's over 167,337 lbs of CO2 spared for the planet! Can you imagine just how much greener we can get in 2022? How about 2 million miles worth!

Starting now (that's if you ever stopped), we're asking you to find as many opportunities as possible to put down the car keys and put on a helmet. Make your next trip to the movies or ice cream shop by bike and join tens of thousands of others in making 2 million miles of bike trips for transportation by the end of 2022.

[Sign up to "Drive Less, Bike More"](#)





Wichita Athletics is excited for the return of the [Miracle League](#) of Wichita in 2022! Thanks to our generous league sponsor Scheels, 100 athletes will play in the Miracle League for free this fall!

The Miracle League of Wichita provides an opportunity for players, ages 5-21, with disabilities to play baseball. With a specially designed rubber surface field, the Miracle League makes dreams come true for children of all disabilities. All registered players will receive a game jersey and team hat. Every athlete will be partnered with a Buddy to assist during the game.

What makes this league unique is:

- Every player bats once each inning
- All players are safe on the bases
- Every player scores a run before the inning is over (last one up gets a home run)
- Community children and volunteers serve as "buddies" to assist the players
- Each team and each player wins every game

[Click here for more information and to register as a player or a buddy.](#)





THE PHOENIX
WICHITA CHAPTER

OVERDOSE AWARENESS MEMORIAL WALK

TOGETHER WE REMEMBER

Sunday, October 2, 2022

11AM to 1:30PM

Registration Begins at 10:30AM

Brightwater Bay

4900 W. 31st St. S.

Registration Fee - \$20

12 and Under - FREE

The Phoenix Wichita is helping individuals transform their lives from substance use disorder. Together we walk to remember those who have lost their lives to overdose and support those lives affected by substance use. Join us for our second annual walk fundraiser event including lunch, speakers, resources, and activities for the whole family.



Register At:
[https://runsignup.com/Race/KS/
Wichita/OverdoseAwarenessMemorial](https://runsignup.com/Race/KS/Wichita/OverdoseAwarenessMemorial)

For more information contact Bri Schrader -
bschrader@thephoenix.org



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ROADS
MARATHON**

**BOSTON
QUALIFIER**

**FULL & HALF
MARATHON**

**4.01 K
FUN RUN**

**TEAM RELAYS
FOR FULL & HALF
MARATHON**

SATURDAY, NOV 5TH • 2022 • SALINA, KS

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MESSINGER
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COMPANIES

THE
GARAGE

THE BENNINGTON
STATE BANK

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www.hwcwichita.org

