



Promoting Physical Activity & Good Nutrition

August Virtual Coalition Meeting

Tuesday, 8/22 at 2pm

Join virtually [here](#)

The August meeting will include Coalition and partner updates. This month the education topic is: **How to Tame the Calendar Chaos**

Join local technical educator, [Dawn Monroe](#), for a quick guided tour of popular products available with free options:

- Google: "New" bookable appointment scheduler
- Bookings: Personal booking page in Microsoft 365
- Calendly: Popular scheduling software

Setting up a booking link is guaranteed to save you time and reduce emails - to ultimately help you promote more physical activity and healthy eating resources!



The HWC was interviewed by Empower Wichita

Click [here](#) to listen!

Empowering people with information to change their lives.



Connecting to our Mission

Each Coalition meeting since January has featured research or data to connect the work we do to the community.

Wichita made the 2023 ACSM American Fitness Index list of cities - barely! # 99 out of 100. Click [here](#) to learn more

MEASURING WELL-BEING

BUILDING AN EVALUATION STRATEGY THAT MEASURES WHAT MATTERS MOST

Virtual Introductory Webinar

Tuesday, August 22nd

12:00-12:45pm CST

Click [here](#) to register

Learn more about a 6-
week Mastermind Course
offered September 12-
October 17.



PRESENTER:
MARI RYAN, MBA, MHP
www.advwellness.com



Click [here](#) to register for the Free Virtual Introductory Webinar. Learn more about a 6-week Mastermind Course offered September 12-October 17th.

Employee wellness initiatives are commonplace in workplaces today. But many fall short when it comes to understanding the impact of these efforts to support employee well-being. Increasingly human resources, benefits, and wellness professionals are being asked to justify the well-being initiative in a quantifiable manner. Are you uncomfortable when it comes to measuring the impact of well-being in your workplace? Are you unsure how to show the link between a thriving workforce and bottom-line results? Do you struggle to identify metrics that are meaningful to your senior leadership team? In the age of big data and the quantified self, are you curious how the impact of employee well-being is being measured?

In this interactive Mastermind you will learn how to measure well-being in the workplace. You will leave with the skills, tools, resources, and confidence you'll

needed to build a measurement and evaluation strategy that captures the attention of business leaders by demonstrating the true value of well-being initiatives and measuring what matters most.

Mastermind 6-week course fee: \$300 (\$100 of each registration will be donated to the Health & Wellness Coalition)

HEALTH FAIR
AUGUST 12 | Noon to 3 PM
 Vendors ♥ Back to School Exam
FREE Health Screenings
 Speakers ♥ Food Trucks ♥ Car Show
THE CENTER 1914 E. 11th Street N. | Wichita, KS 67214

HEALTH FAIR
Routin Doctor Visits & COVID-19 Health
 Presented & Sponsored by:
FACTS NOT FEAR ICT GET THE FACTS.
www.FactsNotFearICT.com
\$50 GIFT CARD
 SPONSORED BY FACTS NOT FEAR ICT
\$50 gift card (Must be 18+)
CoronaVirus.KDHEKS.gov
KDHE.info@ks.gov

Acknowledgement of Federal Assistance This opportunity was supported by 1 CPMR21300 01 00 issued by the Office of the Assistant Secretary for Health of the U.S. Department of Health and Human Services (PHS) as part of a financial assistance award totaling \$4,000,000 with 100 percent funded by the Office of Minority Health (OMH) HHS. The contents are solely the responsibility of the author(s) and do not necessarily represent the official views of, nor an endorsement by the Office of Minority Health (OMH) HHS, or the U.S. Government. For more information, please visit <https://minorityhealth.hhs.gov>.
 This Incentive Health grant program is supported by the Centers for Disease Control & Prevention (CDC) of the U.S. Department of Health & Human Services (HHS) as part of a financial assistance award totaling \$7,527,462 with 100 percent funded by the CDC/PHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by the CDC/PHS, or the U.S. Government. For more information, please visit <https://www.cdc.gov/> 110-01-2021

Co-sponsored by The Center & Sistahs Can We Talk (SCWT).

AUG. 10
 1914 E. 11th St. N., Bldg. A
AUG. 11
 1914 E. 11th St. N., Bldg. B

IN 2023 COVID-19 ISN'T FOR ME!

Attendees can elect to **PRE-REGISTER** for one of two offered sessions:
August 10 - Session #1 6:00 pm - 8:00 pm *(On-site registration from 6:00 pm - 6:30 pm)
August 11 - Session #2 6:00 pm - 8:00 pm *(On-site registration from 6:00 pm - 6:30 pm)

PRE-REGISTER ONLINE! www.factsnotfearict.com/healthsessions

Note: Attendance is capped at 40 attendees per session. Pre-register online or register on-site from 6:00 pm - 6:30 pm on August 10 and 11. Attendees must arrive prior to the start of the session. No entry is allowed once the session begins.

Participants should complete both a pre-survey and a post-survey with KUSM-W, our evaluation partner, in order to earn a \$50 gift card. You must be at least 18 years old to qualify. All attendees must attend the entire session in order to be eligible for the \$50 gift card. **No entry is allowed once the session begins.**

BIKE-PED COUNT 2023

SIGN UP TODAY!



2023 Bicycle & Pedestrian Count Event

Every year, the [Wichita Area Metropolitan Planning Organization](#) (WAMPO) coordinates a count of bicycle and pedestrian activity across various sites in Park City, Goddard, Andover, Derby, Mulvane, and Wichita, among other locations in the metropolitan area.

The data collected during the count is used to plan the locations of future bicycle and pedestrian investments.

To effectively gather this information, they rely on a team of volunteers to spend a short period of time at each site counting bicycle riders and pedestrians. So, would you consider [signing up](#)?

Volunteer Dates and Times Are As Follows:

- Wednesday, September 13: 10 AM - 12 PM
- Wednesday, September 13: 5 - 7 PM
- Thursday, September 14: 10 AM - 12 PM
- Thursday, September 14: 5 - 7 PM
- Saturday, September 16: 12 - 2 PM

Without volunteers like you, none of this would be possible! Gather your friends and [sign up today](#)!





AUGUST 2023 SCHEDULE

MONDAY

[Open Gym](#) 5:30a-11a (JD)
[CrossFit](#) 6-7a (David, Adam)
[CrossFit](#) 12-1p (Cody P)
[Open Gym](#) 3-5:30p (Corey)
[CrossFit](#) 6-7p (Cody P)

TUESDAY

[Open Gym](#) 3-5:30p (Jeremiah)
[Gentle Yoga](#) 5:30-6:30p (Jackie)

WEDNESDAY

[Open Gym](#) 5:30-11a (Leigh)
[CrossFit](#) 6-7a (David, Adam)
[Open Gym](#) 3-5:30p (Kris)
[CrossFit](#) 6-7p (Sean)
[Zumba](#) 7:10p - 8:10p (Luz)

THURSDAY

[Open Gym](#) 10a-12p (Shay)
[Open Gym](#) 3-5:30p (Kris)
[Power Yoga](#) 5:30-6:30p (Danita)
[Impact Bible Study](#) 6:30p-7:30p (Zayvion)

FRIDAY

[Open Gym](#) 5:30-11a (Mandy)
[CrossFit](#) 6-7a (David, Adam)
[Open Gym](#) 3-5:30p (Corey)
[Yoga Flow in Spanish](#) 6-7p (Myra) *8/11 and 8/25*

SATURDAY

[Park Run](#) 8am AT 300 N. McLean (Michael)
[Functional Fitness](#) 8:30-9:30a (AJ)
8/5 and 8/19
[Power Yoga](#) 10-11a (Danita)
[Open Gym](#) 11a-1p (Corey)

SUNDAY

[Open Gym](#) 10a-12p (Drew)

SPECIAL EVENTS

MOBILE ART AND MOCKTAILS 8/4 @ 6-8P
RESTORATIVE YOGA 8/11 @ NOON
SKATE NIGHT 8/11 @ CAROUSEL 9-11P
WOMEN'S ONLY SELF DEFENSE 8/12 @ 9-10A
MOVIE NIGHT 8/15 @ AMC THEATRE 7P
BACK TO SCHOOL BASH 8/18 @ 6P-9P
INJURY SCREENING 8/23 @ 6:30A-8A

DOWNLOAD THE APP



WE WELCOME EVERYONE - WHETHER YOU'RE IN RECOVERY, CHOOSE TO LIVE A SOBER LIFE, ARE SOBER CURIOUS OR WANT TO SUPPORT SOMEONE IN RECOVERY AS AN ALLY. ALL PHOENIX EVENTS ARE FREE WITH 48 HOURS OF SOBRIETY.

Plant a Row for the Hungry



Drop-off information

Produce is accepted at the locations listed below. Donations will be collected by ICT Food Rescue volunteers, and distributed through Common Grounds Producers & Growers Mobile Market and ICT Food Rescue at no charge to those in need in our local community.

Drop-off locations

- Augusta Ace Home Center, 316 W. 7th Ave. (Augusta)
- Brady Nursery, 11200 W. Kellogg
- Hillside Nursery, 2200 S. Hillside
- Hillside Feed and Seed, 1805 S. Hillside
- P&P Seed & Bait, 1901 E. 21st.
- Johnson's Garden Centers, 6225 E. Shadybrook and 2707 W. 13th
- Valley Feed & Seed, 1903 S. Meridian
- Woodard Mercantile, 4160 N. Maize Rd. (Maize) and 1313 E. US-54 (Andover)
- ICT Food Rescue, Town West Square, 4600 W. Kellogg Drive, #307

What is Plant a Row for the Hungry? Plant a Row for the Hungry is rooted in the tradition of gardeners sharing a bountiful harvest with others. It is a program that encourages home gardeners to help the hungry in their community by planting and harvesting produce, flowers, and herbs. Locally, the cooperative effort between the Sedgwick County Extension Master Gardener volunteers, Common Ground Producers & Growers Mobile Market, and ICT Food Rescue is making it possible for home gardeners to make a positive impact on hunger and nutrition challenges in Kansas.

What is the impact?

- Nationally, since 1995, over 20 million pounds of produce providing over 80 million meals have been donated by American gardeners.
- Locally, since 2000, nearly a million pounds of produce have been donated by local gardeners for local distribution.
- There are over 84 million households with a yard or garden in the U.S. If every gardener plants one extra row of vegetables and donates their surplus to local food agencies and soup kitchens, a significant impact can be made on reducing hunger.

What produce is needed? All peak-quality fresh fruits and vegetables are appreciated. From the potatoes of spring to tomatoes of summer and squash from fall, all products are shared within the community.

One pound at a time...one row at a time. Together we make a difference.



PRODUCE Pantry

DRIVE-THRU

At the Urban League of Kansas

When: Thursday, August 17, 2023

Where: Urban League of Kansas
2418 E. 9th St N
Wichita, KS 67214

Time: 2:00 pm to 3:00 pm
(while supplies last)

Who is Eligible: Anyone in need of food assistance

What is Required: Guests sign in with their zip code
and number in household.

- Limit one visit per household.
- Guests may only pick up for one household.

Call (316) 512-1071 or (316) 265-3663 for more information



Sponsored by:



Urban League of
Kansas

*Empowering Communities.
Changing Lives.*



BANK OF AMERICA



MEMBER OF
FEEDING
AMERICA



The Urban League of Kansas, Bank of America and the Kansas Food Bank are partnering together to provide a fresh produce drive-thru mobile. Anyone in need of food assistance is encouraged to attend. Guests will check in with their zip code and number in the household.

The line for this mobile starts at the Poplar Street entrance to the Urban League's back parking lot. Cars should continue lining up to the North.

For more information, please contact Frankie at the Urban League (316) 512-1071 or Ken at the Kansas Food Bank (316)-265-3663.

The City of Wichita Park & Recreation department offers 100's of classes weekly. Here are a few that caught our attention this month!



CircI Mobility FREE DEMO (Ages 16+)

Saturday, Aug. 19 | 11am-12pm | Edgemoor Rec Center (5815 E 9th)

Focus on flexibility, breathwork and mobility exercises promoting muscle and joint health with CircI Mobility! Edgemoor Rec Center is offering a FREE demo session so you can see what this class is all about!

Spots are limited! Register ahead by calling Edgemoor at (316) 688-9392.



Calling all Vendors!

At Open Streets ICT, you can host an activity, represent your business, sell your products or all three!

The upcoming event will be held on Sunday, Sept. 17 (12-5pm) along Douglas Ave from Delano to College Hill. Click [here](#) to learn more or to register as a vendor today!

Deadline to register as a Vendor at Open Streets ICT is Friday, Aug. 25.



Date night options:

Discover Scuba Classes

Floatin' on the River Kayak Tours
Glow Tour 8/26, Sunset Tour 9/8

Cooking Classes

And More!

Click [here](#) for the Fall 2023 Evolve Guide.

Free Resources

Click [here](#) to access the following resources:

- Making Active Habits Stick
- Managing the Strain of Stress
- Pathways to a Healthy Kansas
- Well Women Fact Sheets



NATIONAL EXTENSION WORKING GROUP

Do you need help making healthy food choices, but don't know where to start?

Next series meets at the KSRE office, 7001 W. 21st from 2-4pm starting September 6th and includes menu planning, carbohydrate counting, portion control, and label reading. \$25 for five classes, scholarships available.

Click [here](#) to register or call 316-660-0143



Drive-thru Mobile Pantry

FRIDAY, August 25, 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.

**PROGRESSIVE
COMMUNITY
OUTREACH PROGRAM**



**KANSAS
food
bank**
HELPING THE HUNGRY • SINCE 1984

MEMBER OF
**FEEDING
AMERICA**



**WICHITA
BLACK ALLIANCE**

The Progressive Missionary Baptist Church and the Kansas Food Bank are partnering together to provide a mobile pantry in Progressive's parking lot. Anyone in need of food assistance is encouraged to attend.

Line up to the south of 25th Street on Estelle Street.

For more information, please contact Craig at the Kansas Food Bank 316-265-3663.



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

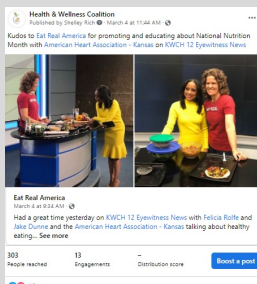
FREE

5K



Register

Volunteer at parkrun! Email explorationplace@parkrun.com to learn how!



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.



THE PHOENIX

BRAZILIAN JIU-JITSU

For women's
self-defense

-  **AUGUST 12TH**
-  **9 AM - 10 AM**
-  **THE PHOENIX**

WHAT YOU LEARN?

- ✓ How to escape harmful situations

ALWAYS FREE

with 48 hours sobriety

REGISTER IN THE APP



145 North Wabash Avenue | Wichita, KS



Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER

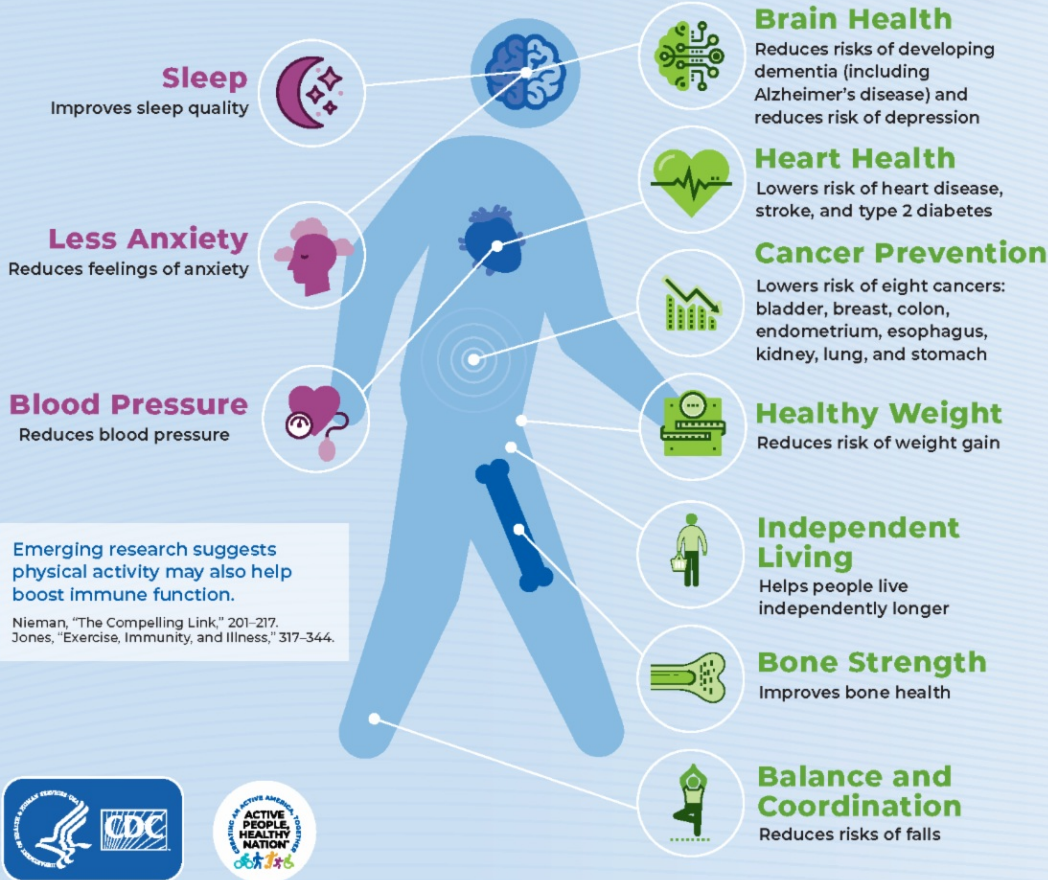
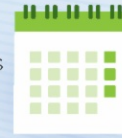


IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity.html>

June 2023

PRODUCE Pantry

at New Life Church

When: Friday – August 25, 2023

Where: New Life Church
1156 N Oliver
Wichita, KS 67208



Time: 4:45 pm to 5:45 pm
(while supplies last)

Who is Eligible: Anyone in need of food assistance

What is Required: Guests sign in with their zip code and number in household.

- Limit one visit per household.
- Guests may only pick up for one household.

Hosted by
New Life Church



In partnership with:



For more information contact
Ken at (316) 265-3663





Upcoming Wellness Classes



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



Scan QR code for
a list of other
up coming
training sessions



Revised Sept. 2022



SelfManagementResource.com

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



Salina Crossroads Marathon

5K Walk, 5K Run, Half Mile Kids Run,
Half Marathon Relay/Full Marathon Relay

\$5.00 ENTRY THROUGH AUGUST 31ST!

ENTER CODE: RACE25



- Scenic Courses
- Finishers Medal
- Race Shirt
- Music/Great Food
- 2600+ Runners
- USATF Certified
 - Marathon
 - Half Marathon
 - 5K
- 200+ Volunteers
- Flat/fast courses
- Plenty of close parking
- Free downloadable photos

www.hwcwichita.org



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

[Unsubscribe shelley.rich@ymcawichita.org](mailto:shelley.rich@ymcawichita.org)

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