

Promoting Physical Activity & Good Nutrition



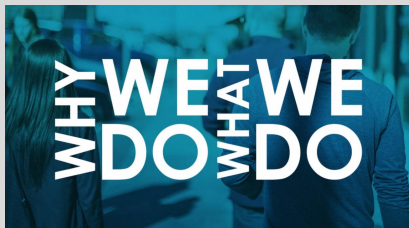
August Meeting Invitation

Join us Tuesday, August 27th, 2-3 pm at Lynette Woodard Recreation Center 2750 E 18th Street
This is the fourth of five City of Wichita Park & Recreation spotlights this summer!

Click [here](#) for the July meeting minutes. Mark your calendar for the 4th Tuesday of each month or [email](#) to be added to the calendar invitation.

Pleasing Picky Eaters

Some people are just easy to please and ready to eat whatever is set before them. Other people are so picky it seems like nothing pleases them, and especially if it is considered “healthy” or “good for you.” [Here are tips](#) to plan, buy, and prepare for kids or those who don’t understand the importance of eating healthy.



Connecting to our Mission

Hypertension is the most common health condition and increases the risk for heart disease and stroke. Click [here](#) to watch the July 23rd webinar or check out these resources:

- 1 - Comprehensive Benefit Design for Hypertension [Employer Recommendations for Action](#)
- 2 - Business Case for Employers - [Putting People First](#) - Prioritizing Hypertension



Lack of Motivation to Exercise?

Make exercise a habit, not a hassle: click [here](#) for simple tips that work.

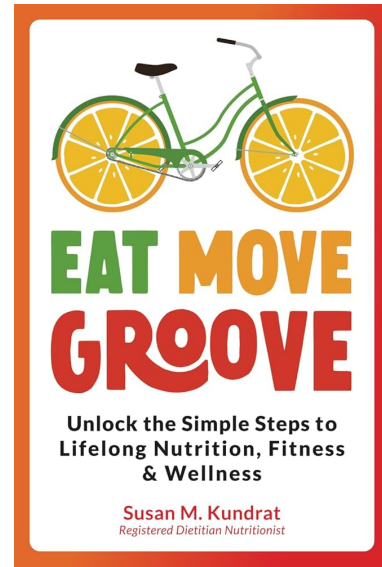
- Find your jam
- Give it time
- Build it in
- Break it up
- Keep going

Book Recommendation

[EAT MOVE GROOVE](#) - a source for positive, practical, easy-to-practice recommendations based on proven research from professionals in nutrition, fitness, and well-being. You'll find a philosophy developed as a lifestyle, not a diet - for anyone - at any age.

This program is flexible, so you can individualize the plan, and apply the basics of the plan daily, even when you're extra busy, short on time, traveling, or feeling rundown. When life gets in the way of your well-being, you can rely on *EAT MOVE GROOVE* to renew yourself and refresh your perspective.

Stay tuned for a community read and author visit this fall!



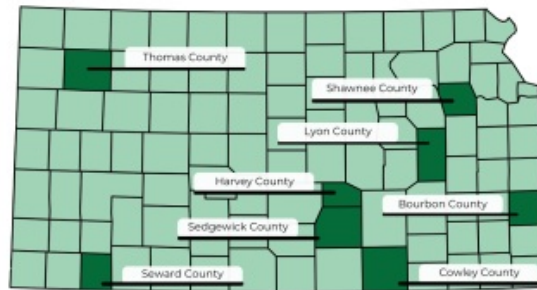
Wichita/Sedgwick County Food and Farm Council

Food and Farm Council Meetings - 1 to 2:30 pm the first Tuesday of each month. The next meeting is September 3rd. 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.](#)

The FFC will coordinate and connect food system activities, elevating the goals of the Food System Master Plan.

Kansas Food Action Network Engages Local Communities to Address Root Causes of Food Insecurity

– Eight coalitions awarded \$55,000 per year over three years to assess and address the root causes of food insecurity in their community



MANHATTAN, Kansas, – [Kansas Food Action Network](#), a program of KC Healthy Kids, announced the launch of the Food Secure Communities Initiative, which aims to end hunger in Kansas by addressing the policy, systems and environmental barriers to food security, also known as “root causes.”

“Root cause work is often considered antihunger’s last frontier because the solutions are tied to fixing systems that, when broken, result in food insecurity,” said Miranda Miller-Klugesherz, senior director of Kansas Food Action Network. “The Food Secure Communities Initiative will put systems-change in the hands of the coalitions and community members with lived experience who are uniquely positioned to understand and address the root causes of food insecurity in their region.”

Kansas Food Action Network unveiled eight Kansas health and wellness coalitions selected as inaugural members of the Food Secure Communities Initiative. Each member will receive funding of \$55,000 per year over three years, plus peer networking and strategic assistance.

Food Secure Communities Initiative Members:
Bourbon County (Healthy Bourbon County Action Team)





Thanks to the [Kansas Food Bank](#) and [Partnerships for a Healthier America](#), 250 families from Chicago, New Orleans, and Wichita will participate in this program from August - October.

Partner Announcements

This is fun!

Wichita Park & Rec is the first in the nation to offer Rent.Fun lawn game kiosks! Located at Central Riverside Park and Watson Park you'll find cornhole and ping pong kiosks where you can rent equipment to play games! All you need to do is download the [Rent.Fun app](#).



**DOC & TALK:
WALTERS BRANCH LIBRARY**

**WORLD
CANCER
SUPPORT
MONTH**

**27
AUG**



5:00PM TO 6:45PM



**2024
WAMPO BIKE-PED COUNT**

40 volunteers are still needed! By volunteering, you will contribute directly to making our community more walkable, bike-friendly, and accessible. Your involvement will help us gather essential data to plan safer routes and advocate for active transportation.

Ready to make an impact? [Sign up today](#) and secure your spot as a volunteer!

**Check out a
blood pressure
monitor at the
library today!**



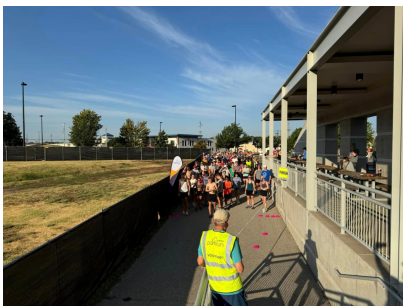
Libraries with Heart

Local library cardholders now can check out blood pressure kits for home use. Kits include blood pressure monitor & guide, monitoring log, and list of local health resources.

Blood Pressure Kits are available at:

- Wichita Public Libraries
Visit wichitalibrary.org, call (316) 261-8500 or stop by any location.
- Mount Hope Public Library
Visit the Mt. Hope Library or call (316) 667-2665.
- Clearwater Public Libraries
Stop by the library, visit clearwater.biblionix.com or call (620) 584-6474.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.



New Start and Finish Line

[Exploration Place Parkrun](#) has a new course! You should check it out!

Here are a few fun parkrun statistics:

96 events
1,541 finishers
6,797 finishers

Join us to Advance Community Health

Community residents and organizations:

Please participate in both upcoming sessions introducing MAPP 2.0, to engage residents and help us start the new Community Health Improvement cycle.



Contact Kelsey Lipkea at HealthCHIP@Sedgwick.gov or 316-660-7307 with any questions.



SEDGWICK COUNTY
Health Department

1900 E. 9th Street N., Wichita, KS 67214 | www.sedgwickcounty.org

SAVE THE DATES

MAPP COMMUNITY MEETING 1

Date: Friday, September 6, 2024

Location: Join in person at the Health Dept. *Address below* or by Zoom: <https://sched.online/MAPPMeeting1>

Time: 11:15AM–12:00PM during the Health Alliance meeting

Agenda includes health equity and defining the community

MAPP COMMUNITY MEETING 2

Date: Wednesday, October 9, 2024

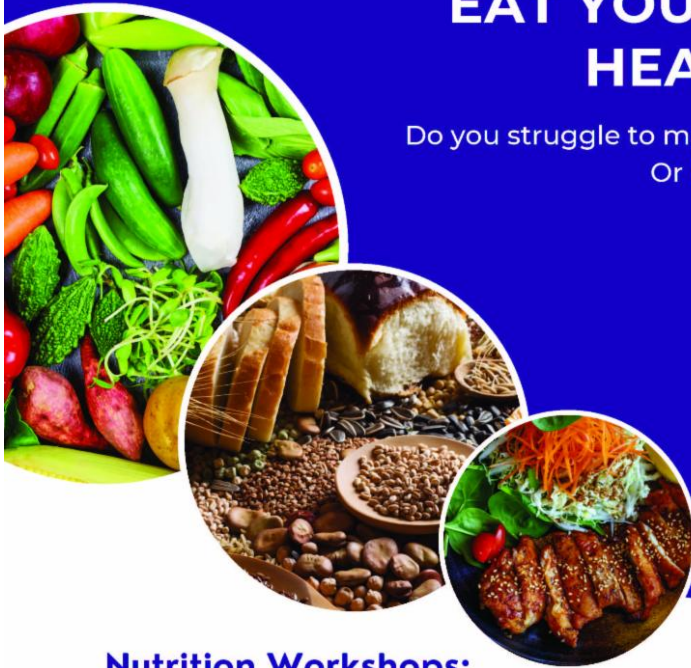
Location: Join in person at the Health Dept. *Address below* or by Zoom: <https://sched.online/MAPPMeeting2>

Time: 12:00–1:00PM

Agenda includes defining the mission and value statements

EAT YOUR WAY TO A HEALTHIER LIFE

Do you struggle to make healthy food choices?
Or believe it's too expensive?
We can help!



**Clearwater
Senior Center**
921 E. Janet Ave
Clearwater, KS 67026

Nutrition Workshops:

Join us to learn more about heart healthy eating & sample new recipes! Workshops are FREE & open to the public. Must register to attend.

- **Feeding Your Heart Healthy Fats**
August 20th, 1pm-2:30pm
- **Shake Off Excess Sodium**
September 17th, 1pm-2:30pm
- **Flavor Up: Cooking with Herbs and Spices**
October 15th, 1pm-2:30pm
- **Heart-Smart Eating When You are Out and About**
November 12th, 1pm-2:30pm



Sponsored by the Wichita Medical
Research and Education Foundation

Questions? Contact:

Sara Sawyer, MPH, RD, LD
316.660.0118
sarasawer@ksu.edu

To register for the FREE
program, visit:

<https://tinyurl.com/5ceznjlr>



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Sara Sawyer, two weeks prior to the start of the event at 316-660-0118 or sarasawer@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.



PREVENTING SUICIDE IN OUR COMMUNITY

A workshop for those who serve children and families

Join us for this free #WeSupportU Suspenders4Hope evidence-based training session and receive free CEUS.



2-4 P.M., THURSDAY, SEPTEMBER 19
MARCUS WELCOME CENTER -
WICHITA STATE UNIVERSITY

The first 100 registrants will receive a free Suspenders4Hope t-shirt.

This event is open to the public.

Registration is encouraged but not required.
Scan to register:



Sponsored by:  SEDGWICK COUNTY Health Department



 WICHITA STATE UNIVERSITY



 #WeSupportU Suspenders4Hope™



Partner Announcement Repeats



YOU MAY BE ELIGIBLE to participate in a new program and research study called eMOMS™ — electronic Monitoring of Mom's Schedule — that supports healthy weight and breastfeeding after pregnancy.



YOU MAY BE ELIGIBLE IF YOU ARE:

- Age 18 or older and speak English
- In your 2nd trimester or early 3rd trimester
- Overweight or obese before pregnancy
- Wanting to learn more about nutrition, physical activity, or breastfeeding
- Have a cellphone and internet access

eMOMS™ includes a **mobile health app** where you will be able to access information and professional support anytime, anywhere.

PARTICIPATION IS FREE OF CHARGE. You will receive FREE mom and baby care products throughout the eMOMS™ program!

To learn more about eMOMS™ call 316-293-2626, visit wichita.kumc.edu/emoms, or scan this QR code.



The Midwest Growers Collaborative Presents

Sign up now!
commongroundpg.com
/farmers-training

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- ✓ Logos
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- ✓ & More!

Email us at ashley@kcfarmschool.org or info@commongroundpg.com

Hosted by & funding from:



Do you struggle to buy groceries?

About 57,000 people in Sedgwick County don't have adequate food.



There are community resources who want to help. Scan this QR code for resources or go online here: hwcwichita.org/local-food-resources



SEDGWICK COUNTY Health Department



2024 Community Listening Sessions Schedule

Purpose: An opportunity to talk directly with community residents and learn their thoughts, perceptions, and desires for addressing community-wide health issues.

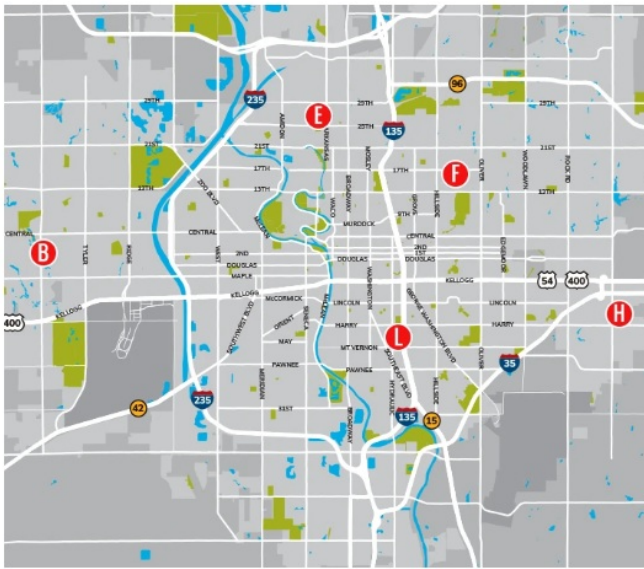
Date	Time	Location
Tuesday, June 18 th	4:30 PM	Wichita Public Library – Maya Angelou Northeast Branch 3051 E. 21 st St. N. Wichita, KS 67214
Thursday, June 27 th	1:00 PM	Prairie Homestead Senior Living 1605 W. May St. Wichita, KS 67213
Friday, June 28 th	10:30 AM	The Treehouse 151 N. Volutsia Ave. Wichita, KS 67214
Tuesday, July 9 th	1:30 PM	Northeast Senior Center 2121 E. 21 st St. N. Wichita, KS 67214
Thursday, July 11 th	5:30 PM	Boys & Girls Clubs of South Central Kansas 2400 N. Opportunity Dr. Wichita, KS 67219
Tuesday, July 16 th	5:30 PM	Wichita Public Library – Walters Branch 4195 E. Harry St. Wichita, KS 67218
Wednesday, July 17 th	5:00 PM	Hilltop Community Center 1329 S Terrace Dr. Wichita, KS 67218
Monday, July 22 nd	10:00 AM	Wichita Children’s Home 7271 E. 37 th St. N. Wichita, KS 67226
Tuesday, July 23 rd	11:00 AM	HumanKind Ministries 829 N. Market St. Wichita, KS 67214
Tuesday, July 23 rd	5:30 PM	Kansas Children’s Service League 1365 N. Custer St. Wichita, KS 67203
Thursday, July 25 th	3:00 PM	Oaklawn Improvement District 2937 E. Oaklawn Dr. Wichita, KS 67216
Saturday, August 10 th	9:30 AM	Christian Faith Center <i>Hosted by District 3</i> 3310 E. Pawnee Ave. Wichita, KS 67218
Saturday, September 7 th	9:30 AM	Senior Services of Wichita <i>Hosted by District 4</i> 200 S. Walnut Wichita, KS 67213

Community Listening Sessions gather qualitative insights from Sedgwick County residents of areas at a higher risk for health disparities as a precursor to the 2026-28 Community Health Improvement Plan.

Please contact Kelsey Lipkea, Community Health Analyst, with any questions at HealthCHIP@Sedgwick.gov



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*)


**SEDGWICK COUNTY
HEALTH
EVENTS**

18

Workgroup (CHIP) 7:30am Commun
Through Menopaus 4pm Pendants fo

25

 Scan the QR code for a calendar of upcoming health events in the community

 or visit sccd.online/events

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



WALKING BOOK CLUB

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

Nature enthusiasts will read a designated nature or wildlife focused book each month and then meet at the Great Plains Nature Center to chat about it. Discussion continues during a nature walk, weather permitting. Purchase the books at the Owl's Nest Gift Shop and receive a discount. No registration or purchase is necessary.

January 5
My Antonia
by Willa Cather

May 3
Finding the Mother Tree
by Suzanne Simard

September 6
Flight Behavior
by Barbara Kingsolver

February 2
East of Liberal
by Raylene Hinz-Penner

June 7
Nightwalk
by Chris Yates

October 4
American Buffalo:
In Search of a Lost Icon
by Steven Rinella

March 1
Before Sleep
by Jeremy Alessi

July 12
A River Runs Through It
by Norman Maclean

November 1
Coyote America
by Flores

April 5
The Last Ranger
by Peter Heller

August 2
H is for Hawk
by Helen Macdonald

December 6
Last Child in the Woods
by Richard Louv

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



www.hwcwichita.org



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

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