



Promoting Physical Activity & Good Nutrition

A heartfelt thank you to the 36 individuals who attended the November 29th strategic planning session in person or virtually. The session generated new ideas on how the Coalition can promote physical activity and healthy eating as well as fostering worksite wellness in the next few years. A summary is being generated to share with the Advisory Council on January 13th.

The Coalition will not meet in December.



The Health & Wellness Coalition meets monthly to share Coalition updates, community education and networking opportunities. We will meet the fourth Tuesday of each month in 2023.

[VOTE HERE](#) by December 23rd to determine the meeting time!

Local Food System Updates

Apply today with the [City of Wichita](#) and/or [Sedgwick County](#) to serve on the Food and Farm Council.

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



SEDGWICK COUNTY
Health Department



KANSAS
RURAL
CENTER



Join the **Food Access Workgroup** on January 31st from 9-10:30am. Email [Tara](#) for meeting invitation.

The Sedgwick County [Community Health Improvement Plan](#) is a three-year community health improvement process that identifies priority issues, develops

Central Kansas Food Corridor

Over the next three years, KRC will work to bring farmers together to form a new food hub organization to assist with the aggregation and marketing of

Kansas Local Food Purchase Assistance Program.

The purpose of this program is to purchase and distribute Kansas grown and processed foods to underserved communities and

and implements strategies for action, and establishes accountability to ensure measurable health improvement.

locally produced agricultural products and deliver them throughout the region. Additional work will be done to connect with food purchasers and wholesale markets and make sourcing local products easier for buyers.

families through the state's existing network of food banks.

[If you are a Kansas producer and would like to participate in the program, complete this application.](#)

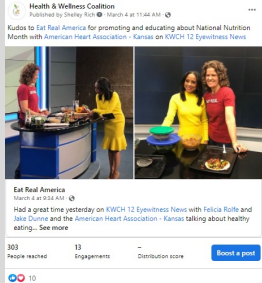
The Working Well Conference planning committee is hard at work coordinating the 18th annual conference. Save the date on your calendar and plan to spend professional development dollars on this first class, local conference. Registration is \$100/person or \$800 for a table of 10.

To be connected for sponsorship opportunities, please contact [Fern](#) or [Shelley](#).

Conference registration will be available at the end of January.

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



Exploration Place parkrun is a free, weekly, timed 5k run/jog/walk at 8am Saturdays.
Open to all ages and all abilities!
Register [here](#).
Plan now to attend the [New Years day](#) parkrun.

Local Food Producers Conference



Learn - Network - Grow

**SAVE THE
DATE**

February 4th, 2023
Wichita, KS

K-STATE
Research and Extension

Sedgwick County



**GROWING
GROWERS**

ICT

Mark your calendars for this full day of learning and networking in Wichita! All specialty crop growers are welcome - from the backyard gardener to the commercial producer. Whether you're a grower, or interested in becoming one, this is a great opportunity to deepen your knowledge and connect with like-minded people. K-State Research & Extension is currently working to curate a diverse group of speakers to cover multiple topics that range in skill level, so there will be something for everyone. Registration will be open at the first of the year. Contact [Rebecca](#) to learn more.



Intuitive Eater's Holiday Bill of Rights

Published by Evelyn Tribble on December 22, 2012

What if peace on earth could begin at the dinner table? Imagine experiencing an inner peace, free from incessant worry about what to eat. It's hard to enjoy the holidays when you are preoccupied with eating or worried about what to say to relatives who have an annual tradition of telling you what and how to eat.

Consider your [Intuitive Eating Bill of Rights](#), as we enter the holiday season, to help you foster inner peace with food, mind and body. For local helpful tips, connect with [Sunrise Nutrition](#).

Did you know Natural Grocers offers free one-on-one health coaching as well as nutrition education for your group or business? All classes are free and include a variety of health-related topics (blood sugar balance, immune support, bone health, etc!) Whether you need individual coaching, would like to schedule a class for your group or need a donation for an event, reach out to Aubrey the health coach at nhc.wt@naturalgrocers.com.



Bike Month ICT Kick Off Party

Join us to kick-off 2023 Bike Month ICT planning with a party at Bike Walk Wichita! Be the first to hear about initial plans and to add your fun ideas. Everyone welcome. Food and drinks provided by Bike Walk Wichita.

WEDNESDAY, JANUARY 11th 5 – 6:30 PM
325 St Francis, click [here](#) for event details.

Itinerary:
5:00pm Food + Beverages served
5:30pm Turtle Race & planning kick-off

KANSAS LOCAL MEAT MARKETING WORKSHOPS



K-STATE
Research and Extension

REGISTER TODAY!

Cost: \$20 per attendee. Each workshop will cover the same content and will be held from 10AM-3PM. Register at tinyurl.com/LocalMeatKSU.

February 3, 2023 - Wichita

February 24, 2023 - Olathe

March 3, 2023 - Parsons

Hosted by the Local Foods
Transdisciplinary Team at
Kansas State Research & Extension

Cost: \$20 per attendee, which includes a local foods lunch. Each workshop will cover the same content and will be held from 10AM-3PM. Register at tinyurl.com/LocalMeatKSU.

Stay active this winter - and have fun!

The winter season can be a challenging time to stay active, with colder temperatures, slippery conditions, and fewer daylight hours. But staying physically active is one of the best ways to improve your mental and physical health. Here are [six tips](#).





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

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

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