



Promoting Physical Activity & Good Nutrition



Happy Healthy Holidays!

The Coalition meets on the 4th Tuesday of each month. ***We will not be meeting on Tuesday, December 26th.*** Mark your calendar for 2024 meetings or [email](#) to be added to the monthly calendar invitation.

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



ICT/SC Food and Farm Council

Food and Farm Council Meetings - 1 to 2:30 pm the First Tuesday of the Month

2024 Meeting Dates: January 9, February 6, March 5
Location: Rockwell Branch Library, 5939 East 9th Street North, Wichita, KS 67208

[Click here for meeting agendas and the virtual option link.](#)

At the December meeting, the Coalition was pleased to announce \$12,600 in professional development funds to council members thanks to funding from the Wichita Foundation & the Chronic Disease Risk Reduction grant.



KITCHEN
restore

Kitchen Supply Drive

DECEMBER 1 - 22, 2023

Drop-off between 8am-5pm on weekdays at
7001 W 21st St N, Wichita, KS 67205

Kitchen Restore is a community donation initiative with a mission to provide starter kitchen kits that include gently used or new household kitchen tools and equipment to low-resource individuals and families.

Every donation helps us provide a kit to a household in need.

We accept donations of basic kitchen items including: spatulas, mixing bowls, matching plates and bowls, matching utensil sets, food storage containers, pots and pans, mixing spoons, kitchen towels, dish cloths, and more! To view a full list or purchase directly from our Amazon wishlist, scan the QR code below.



<https://tinyurl.com/2skfatba>



INTRODUCTORY WORKSHOP:

New & Beginning Farmers

Soil Health Sustainability

For Cropland, Cover Crops, Grazing & Specialty Crop

Scholarships Available!

11-12
DECEMBER
Salina, Kansas
8:30 AM-3:30 PM

16
DECEMBER
Kansas City, KS
8:30 AM -3:30 PM



PLEASE RSVP!

To apply for a scholarship or for questions contact Mary Howell at

✉ mary@kglc.org

☎ 785-562-8726

➔ REGISTRATION \$30/DAY*

*Payment can be made at the door.

Agricultural Experts Will Cover

- ✓ Soil Health Basics
- ✓ Linking Soil Biology to Soil Health
- ✓ Regenerating Soil Health & Planning for a Soil Health Management
- ✓ Putting the System Together
- ✓ And More



Additional Sponsors:

- Kansas Center for Sustainable Agriculture and Alternative Crops
- Kansas NRCS
- Kansas Farmers Union

All Expenses Paid Workshop

The first 10 BIPOC farmers to sign up to [this link](#) will receive all expenses paid to attend the Kansas Grazing Land Coalition Soil Health Sustainability Workshop.



Save the date

WORKING WELL CONFERENCE

📅 April 11, 2024

📍 The Vail, Wichita

🕒 8:30 a.m. - 4 p.m.



Presenting Sponsor



Connecting to our Mission

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

On November 15th, we co-hosted a Local Food System Roundtable with the ICT/SC Food and Farm Council and K-State Research & Extension. [Here are the data slides.](#)



Healthy Holiday Gift Ideas

To help you find truly special gifts for friends and family, Kansas Farm Food Connection has compiled [an extensive list](#) for stocking stuffers, corporate “thank you” gifts, things to give family and friends or even ways to treat yourself.

Some items are made in Kansas and others are unique ideas for people who like to garden, cook, bake, eat, and drink — so, pretty much everyone!

Save 15% on cookbooks & courses with coupon code HOLIDAY15 in [Zonya's store.](#)

14th Annual Community Health Promotion Summit

Get ready to immerse yourself in two-days of dynamic learning sessions and opportunities to forge connections that will elevate your community initiatives!

Inspiring Sessions

Dive into thought-provoking discussions, gain insights, strategies, and knowledge to amplify the impact of your community development projects.


Networking

Connect with like-minded individuals who share your passion for reducing chronic disease and addressing health disparities.


Bring a Colleague

Two heads are better than one! Encourage collaboration and innovation by bringing a colleague along. Double the ideas, double the impact.

Register Here!

 [CHPSummitregistration](#)

Hotel Information

 [Bookyourhotelhere](#)

If you do not wish to stay all 3 nights, please click the dates next to the calendar on the top of the page and edit the dates.

SHUTTLE SERVICE WILL BE AVAILABLE



Vendors Welcome!

Register and choose "Exhibitor" option.

GET READY TO CELEBRATE!

Join us for the 2024
Governor's Council on Wellness
Health Champions Awards Ceremony!

After a day of learning, unwind at the hotel with the Tobacco Free Kansas Coalition Social Hour.



Experience the strength of collective empowerment. Together, we will explore ways to ensure that our actions are guided by the principle of "Nothing About Us, Without Us."



**2024
10 & 11
JANUARY**

**WSU WOOLSEY
HALL**

1845 FAIRMOUNT ST.
WICHITA KS 67208



Jump start your public health career with the American Heart Association in

Sedgwick County

Join HeartCorps

HeartCorps is a public health AmeriCorps service opportunity for those interested in gaining valuable professional public health experience while advancing more equitable health outcomes for rural communities.

People in rural areas live **three years fewer** than people in urban areas, with rural areas having **higher death rates** for heart disease and stroke.

Under-resourced communities and those living in rural areas face the highest death rates due to hypertension.

Making matters worse, rural communities face a critical shortage of health care professionals, including public health workers, which negatively impacts the care rural residents receive.

HeartCorps Service Members will serve in-person and gain valuable experience supporting, developing, and implementing programs and education around high blood pressure, nutrition security and smoking cessation.

Service placements start February 12, 2024



Locations and Apply

Learn more at heart.org/HeartCorps or contact us at HeartCorps@heart.org.



Benefits for full-time members include:

- A bi-weekly living stipend of \$1062.50 (pre-tax).
- An educational award (pre-tax) of \$6895.00 upon successful completion of service.
- Healthcare benefits and a childcare subsidy if eligible
- Professional development
- Direct access to job opportunities upon successful completion of program.





Winter Walking Hours Wichita Rec Centers

1. Carl G. Brewer Community Center

1329 E 16th | 316.337.9222

Mon, Tues, Thurs, Fri: 9-11am

2. Boston Recreation Center

6655 E Zimmerly | 316.688.9301

Mon, Wed, Thurs: 9am-12pm

3. Edgemoor Recreation Center

5815 E 9th | 316.688.9392

Wed: 9-11:30am, 1-3:30pm

Thurs: 9-11:30am

Fri: 1-3:30pm

4. Evergreen Recreation Center

2700 N Woodland | 316.303.8036

Mon – Fri: 12-3pm

5. Linwood Recreation Center

1901 S Kansas | 316.337.9191

Mon, Tues, Thurs: 11:30am-4pm

Wed, Fri: 9am-4pm

6. Orchard Recreation Center

4808 W 9th | 316.337.9244

Mon – Fri: 8-9am, 11am-1pm

7. Woodard Recreation Center

2750 E 18th | 316.303.8015

Mon: 1-3pm

Wed: 2-4pm

Stay Active this Winter

When it's cold outside, walk inside!

Wichita Recreation Centers are offering

free walking times during their winter session (January to Mid-March). Get

your recommended dose of 30 minutes

of activity five or more days of the week

with Wichita Park & Recreation!



MOBILE PRODUCE DISTRIBUTION

at Urban League of Kansas



3RD THURSDAY OF EACH MONTH
THURSDAY, DECEMBER 21ST
STARTS @ 2:00 PM
(WHILE SUPPLIES LAST)



2418 E 9TH ST N
WICHITA, KS



DRIVE-THRU DISTRIBUTION
GUESTS SIGN IN WITH BASIC INFORMATION
ABOUT THEIR HOUSEHOLD



Questions? Call the Kansas Food Bank at (316) 265-FOOD



SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT KANSASFOODBANK.ORG/ICTMOBILES



MOBILE PRODUCE DISTRIBUTION

at New Life Church



THURSDAY, DECEMBER 21, 2023
STARTS @ 4:45 PM
(WHILE SUPPLIES LAST)



1156 N OLIVER
WICHITA, KS



WALK-UP DISTRIBUTION IN GYMNASIUM
GUESTS SIGN IN WITH BASIC INFORMATION
ABOUT THEIR HOUSEHOLD



Questions? Call the Kansas Food Bank at (316) 265-FOOD



SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT KANSASFOODBANK.ORG/ICTMOBILES



MOBILE FOOD DISTRIBUTION

at Progressive Missionary Baptist Church



LAST FRIDAY OF EACH MONTH
FRIDAY, DECEMBER 29TH
STARTS @ 1:00 PM
(WHILE SUPPLIES LAST)



2727 E 25TH ST N
WICHITA, KS



DRIVE-THRU DISTRIBUTION
GUESTS SIGN IN WITH BASIC INFORMATION
ABOUT THEIR HOUSEHOLD



Questions? Call the Kansas Food Bank at (316) 265-FOOD



SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT KANSASFOODBANK.ORG/ICTMOBILES



MOBILE PRODUCE DISTRIBUTION

at Word of Life Church



FRIDAY, JANUARY 5TH
STARTS @ 4:30 PM
(WHILE SUPPLIES LAST)



WORD OF LIFE SOUTH CAMPUS
2020 E BLAKE ST
WICHITA, KS



WALK-UP DISTRIBUTION IN GYMNASIUM
GUESTS SIGN IN WITH BASIC INFORMATION
ABOUT THEIR HOUSEHOLD



Questions? Call the Kansas Food Bank at (316) 265-FOOD



SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT KANSASFOODBANK.ORG/ICTMOBILES



MOBILE FOOD DISTRIBUTION

at Evergreen Park



1ST FRIDAY OF EACH MONTH
FRIDAY, JANUARY 5
STARTS @ 1:00 PM



2700 N WOODLAND
WICHITA, KS



DRIVE-THRU DISTRIBUTION
GUESTS SIGN IN WITH BASIC INFORMATION
ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD



BANK OF AMERICA

SCAN QR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT [KANSASFOODBANK.ORG/ICTMOBILES](https://www.kansasfoodbank.org/ictmobiles)



Bundle up! Exploration Place parkrun continues this winter.

With the right preparation and motivation you can still volunteer, walk and run throughout the colder months.

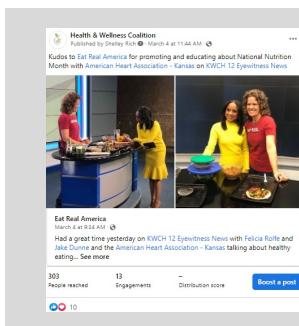
[Click here](#) for tips parkrunning in cold weather.





Working Out to Relieve Stress

Stressed out? You're not alone. Everyone experiences stress at one time or another, and stress affects all of us in different ways. But this much is true for everyone: **regular exercise reduces the harmful effects of stress**. But let's start with this question: what effect can chronic stress have on your health? [Click here](#) to read this article by the American Heart Association to learn how being more active can relieve stress, tension, anxiety and depression.



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.

Produce on Your Plate Makes the Holidays Great!

'Tis the season for food, friends, fun and FOOD! Cookies, fruit cake, holiday dinners, buffets are part of what makes the season bright, right? How about if we add some produce in the mix as the base of an appetizer, as a garnish sprinkled on a flatbread, or as the dippers? [Here are 4 appetizers](#) that score high on taste with delish flavor combinations and nutrient amplifications. Unleash your inner creativity with decorations to add to the festivity.



Fun & Fitness

Deadline Dec. 13

2 x 6.5 (5" x 6.5")

\$490 b/w ~ \$550 color



For more information contact

Teresa Schmied 316-613-3547
or teresa@theactiveage.com

Dave Gear 316-644-6379 or
dave@theactiveage.com

2 x 2 (5" x 2")

\$175 b/w ~ \$200 color



2 x 4 (5" x 4")

\$320 b/w ~ \$375 color



4 x 2 (10" x 2.5")

\$360 b/w ~ \$425 color

Contact us for larger size options and prices

theactiveage.com

THANKSGIVING FOOD BOXES

SATURDAY, NOVEMBER 18TH

BREAD OF LIFE 1301 E GALENA
THANKSGIVING DINNER 9 AM-3 PM
GIVEAWAY (316) 689-6866

COLLEGE HILL UNITED 2930 E 1ST ST
METHODIST CHURCH 9-11 AM
TURKEY DISTRIBUTION (316) 683-4643

***CENTRAL COMMUNITY CHURCH** 6100 W MAPLE
THANKSGIVING FOOD BAG 6:30 AM
*NOT A FOOD BANK PARTNER AGENCY DRIVE-THRU ONLY

MONDAY, NOVEMBER 20TH -
WEDNESDAY, NOVEMBER 22ND

UNITED METHODIST 2130 E 21ST ST N
OPEN DOOR 9:00-NOON &
THANKSGIVING FOOD 1-4:00 EACH DAY
DISTRIBUTION (316) 267-4201

WEDNESDAY, NOVEMBER 22ND

NEW LIFE CHURCH 1156 N OLIVER
PRODUCE DISTRIBUTION 4:45 PM
ONLY (NO TURKEYS) (316) 265-3663

THANKSGIVING MEALS

THURSDAY, NOVEMBER 23RD

THE LORD'S DINER 520 N BROADWAY
THANKSGIVING "TO-GO" 2825 S HILLSIDE
OR SIT DOWN DINNERS 5:30-7:30 PM

THE LORD'S DINER ATWATER
MOBILE FOOD NEIGHBORHOOD
TRUCK LOCATIONS RESOURCE CENTER
2755 E 19TH ST
4-6 PM

CALL
THE LORD'S EVERGREEN NEIGHBORHOOD
DINER AT (316) RESOURCE CENTER
266-4966 2700 N WOODLAND
4-5 PM

FOR ADDITIONAL HILLTOP COMMUNITY
INFORMATION CENTER
1329 S TERRACE
4-6 PM

***BETHEL LIFE CENTER** 3777 S MERIDIAN
THANKSGIVING MEAL 11 AM-2 PM
IN-PERSON, WHILE SUPPLIES LAST (316) 522-7148
*NOT A FOOD BANK PARTNER AGENCY

CHRISTMAS RESOURCES

THE LORD'S DINER 520 N BROADWAY
CHRISTMAS DAY "TO-GO" 2825 S HILLSIDE
OR SIT DOWN DINNERS 5:30-7:30 PM

THE LORD'S DINER SAME AS
MOBILE FOOD THANKSGIVING DAY
TRUCK LOCATIONS MEAL SITES & TIMES

OPERATION HOLIDAY 223 S MAIN ST
APPS ACCEPTED NOV 1-30 (316)777-6097
DEC 12-16 DISTRIBUTION
WWW.OPERATIONHOLIDAY.ORG

SALVATION ARMY (316) 425-6123
APPS ACCEPTED OCT 16-NOV 15 CALL FOR
DEC 14-15 DISTRIBUTION PHONE APPS
WWW.SALVATIONARMY-WICHITA.ORG

MOBILE DISTRIBUTIONS

IN NOVEMBER - DECEMBER

EVERGREEN PARK 2700 N WOODLAND
MOBILE STARTS @ 1:00 PM
DISTRIBUTION
• FRIDAY, NOV 3RD
• FRIDAY, DEC 1ST

WORD OF LIFE 2020 E BLAKE
PRODUCE STARTS @ 4:30 PM
DISTRIBUTION
• FRIDAY, NOV 3RD
• FRIDAY, DEC 1ST

URBAN LEAGUE 2418 E 9TH
PRODUCE STARTS @ 2:00 PM
DISTRIBUTION
• THURSDAY, NOV 16TH
• THURSDAY, DEC 21ST

NEW LIFE CHURCH 1156 N OLIVER
PRODUCE STARTS @ 4:45 PM
DISTRIBUTION
• WEDNESDAY, NOV 22ND
• THURSDAY, DEC 21ST

PROGRESSIVE 2725 E 25TH ST N
MISSIONARY STARTS @ 1:00 PM
BAPTIST CHURCH
• NOVEMBER - CANCELLED
• FRIDAY, DECEMBER 29TH

MOBILE THE LORD'S DINER
HYGIENE 2823 S HILLSIDE
PANTRY STARTS @ 9:00 AM
• SATURDAY, NOV 18TH
• SATURDAY, DEC 16TH

SCAN THIS QR CODE FOR ALL UPCOMING
WICHITA MOBILE DISTRIBUTIONS OR VISIT
KANSASFOODBANK.ORG/ICTMOBILES



CALL THE KANSAS FOOD BANK
AT (316) 265-3663 WITH ANY QUESTIONS
REGARDING THIS FLYER.

The graphic features a dark blue background on the left with the text "SEDGWICK COUNTY HEALTH EVENTS" in large, white, sans-serif font. Below this is the Sedgwick County seal, which depicts a Native American figure holding a bow and arrow, surrounded by the words "SEDGWICK COUNTY" and "KANSAS". To the right of the seal are three blue arrows pointing right. Further right is a QR code. To the right of the QR code is the text "or visit sccd.online/events". The background of the graphic is a light blue grid with some text from a calendar visible, including "18", "25", "Workgroup (CHIP)", "Through Menopaus", "7:30am Commun", and "4pm Pendants fo".

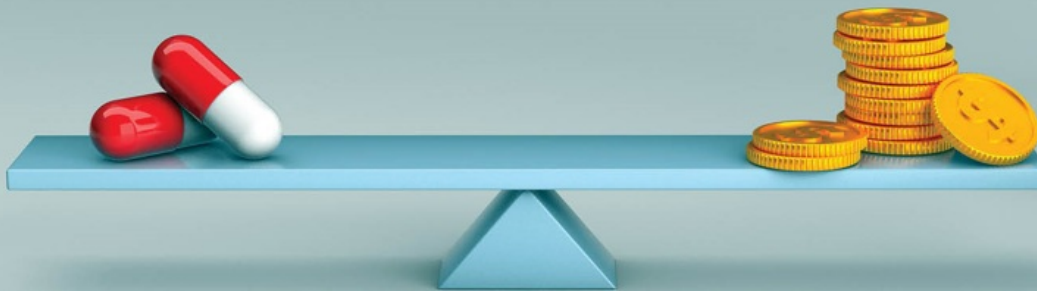
NEW! Community Sedgwick County Health Department Health Events Calendar

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

To submit an event, email healthevents@sedgwick.gov

46th Annual Healthcare Roundtable Conference

Leaping to Value in Health Benefits



Keynote Speaker

Matt Ohrt

Co-Founder & Chief Healthcare Officer at Self Fund Health.

Sharing the healthcare success formula any employer can use.



Gain valuable insights and real-world advice from innovative employers and industry experts

When / Where: Feb. 29, 2024,
9 a.m. – 3:30 p.m. at Wichita
Advanced Learning Library

Early Bird Rates (through Jan. 15):
Members: \$35
Non-members: \$125

Other Topics

- ◆ Improving benefits through value-based insurance design
- ◆ Addressing high-cost claims
- ◆ First "Positive Deviant Award"
- ◆ Legal update
- ◆ And more!



Kansas Business Group on Health

See this and all our events at www.ksbgh.org/events

Click [here](#) to learn more and to register. Because you support the Health & Wellness Coalition, use this code for \$25 off registration: hwcguest25.

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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