



Health & Wellness  
Coalition of Wichita  
Coordinated. Connected. Committed.



## Promoting Physical Activity & Good Nutrition

### Coalition meetings resume Jan. 28th, 2025

The December 24th meeting is cancelled due to the holidays.

Join us on the 4th Tuesday of each month in 2025.

Email [Shelley](mailto:Shelley) if you want to be added to the meeting invite, or if you have meeting location/education suggestions.



### Coalition Member Spotlight

This month, we are featuring Joanna for starting the Panther Pack Run Club at Dodge Literacy Magnet School. Joanna also promoted Walktober and other community programs.

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."* Thank you, Joanna, for being a leader in our community and inspiring youth to be physically active.

### 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 January 7th 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 Health & Wellness Coalition will present on the Good Food City Initiative.

### Mental Health During the Holidays

When we would like to be resting, much like a hibernating animal, we find ourselves juggling work, shopping for gifts, participating in events to celebrate the holiday season, preparing for our kids' winter breaks & more.

Whether you are filled with holiday cheer or would prefer to skip the whole season, there are levels of stress that accompany the holidays. [Here](#) are some ways you can make them a little merrier and brighter.





## Connecting to our Mission

The Health & Wellness Coalition has over 200 partner organizations working together to promote physical activity and healthy eating. We celebrate with [Bike Walk Wichita's](#) success in 2024.

*Coming together is a beginning; keeping together is progress; working together is success.*

## 2024 REVIEW THANKS TO YOUR SUPPORT



OVER  
**1,000**  
BICYCLES GIVENAWAY TO DATE

**640+**



KIDS ADOPT-A-BIKES



**135+**

EARN-A-BIKE  
BUILD-A-BIKE  
VOUCHER-BIKE



**130+**

REFUGEE BIKES  
DONATED



**12+** WALKS HOSTED

**5+**



RIDES HOSTED



**ALL 3**

COMMUNITY OPEN  
STREETS ATTENDED



**BOLD  
&  
BALANCED**  
*BE BOLD. BE BALANCED. BE BETTER.*

SAVE  
-THE-  
DATE

**20<sup>TH</sup> ANNUAL**  
Working Well Conference

**APRIL 8<sup>TH</sup>**  
8 a.m. - 4 p.m. | The Drury

Presenting Sponsor  
BlueCross BlueShield  
**Kansas**

If you are interested in being a sponsor for the 2025 conference, contact [Fern](#).



## Moving Matters for Your Health

Taking care of yourself is one of the most important things you can do for you and your family. One way to do that is to get regular physical activity. Increased physical activity can improve your sleep, reduce stress, and lower your risk of heart disease, stroke, some cancers, and type 2 diabetes.

The Active People, Healthy Nation<sup>SM</sup> initiative helps promote the benefits of physical activity, encourages people to find small ways to incorporate movement into their day, and reminds people that physical activity can be fun.

[Learn more](#) about the campaign and explore ways to get moving!

## Partner Announcements

### Community Health Promotion Summit

The Summit brings together the network of Chronic Disease Risk Reduction grantees from across the state alongside local health coalition members and other advocates for public health, prevention and health equity.

View the agenda and registration page [here](#).



*Communities Creating Positive Change*



“The Napkin” video course will teach you 10 life-changing habits that will help you discover the power of REAL food and enable you to achieve the health you never thought possible!

You will learn:

- The magic behind 3 simple words...Eat REAL Food.
- How to stock your pantry and your kitchen for success.
- How to prepare simple flavor-loaded meals that are so delicious you won't even realize you are eating healthy!
- The freedom that comes from no longer needing to worry about diets, deprivation, and the endless counting!
- How to maintain these habits when eating out and away from home.

**When you purchase the Champion level, the Health & Wellness Coalition will get 20% per membership.**

Click [here](#) to give yourself the gift of health and support the Coalition!



## Review the Draft Wichita Bicycle Plan

The goal of the plan, which is updated every 10 years, is to develop a comprehensive biking network that identifies priority projects to make biking safer, more comfortable and convenient and captures the community's vision and goals for biking in Wichita. The plan process is now in its final stages and a draft plan is available for review and input. View the draft plan [here](#) and send comments to [LCarmichael@wichita.gov](mailto:LCarmichael@wichita.gov).

# Save the Date!

Wichita Local Food Producer Workshop  
Saturday, Feb. 1, 2025

For those selling at farmers' markets, direct-to-consumer, and farm stands



[www.kansaslocalfoods.org](http://www.kansaslocalfoods.org)

Save the date! The 2025 Local Food Producer Workshop will be held at the K-State Research and Extension Education Center – Sedgwick County in Wichita. This workshop is for those selling at farmers' markets, direct-to-consumer, and farm stands. Registration and schedule details coming soon.



Join Bike Walk Wichita annual walk/ride through College Hill to enjoy the holiday displays. Gather at the Lincoln Heights Village parking lot. Additional details can be found on the [Facebook page](#)



**NATURAL GROCERS**

# 21 DAYS to a healthier you

A 3-STEP JOURNEY

## Experience more vibrant & optimal health in just 21 days!

Join us for a 3-class series — one class per week over 3 weeks — led by our Nutritional Health Coaches. Turn education into action with a 7-day challenge following each class.



Class:

**Eat for Your Health  
(and the Planet's Health)**

Day/Time:

Sat, Jan 18th, 2pm - 3pm

Challenge:

**Eat Like a Regivore**



Class:

**Kick Sugar Cravings**

Day/Time:

Sat, Jan 25th, 2pm - 3pm

Challenge:

**Avoid Added Sugars**



Class:

**Detoxify Your Life**

Day/Time:

Sat, Feb 1st, 2pm - 3pm

Challenge:

**Detoxify Your Home & Body**



To learn more about the series, check with your Nutritional Health Coach, scan here, or visit: [naturalgrocers.com/21-days](http://naturalgrocers.com/21-days)

¡Las presentaciones ofrecidas de nuestro programa: 21 Días para ser más saludable está disponible ahora en YouTube! ¡Escanea el código QR para ver!



This flyer shows the class times at the West store. The East store class is at 11am. Learn more [here](#)

## Parkrun Statistics Update

- 111 events
- 1,754 finishers
- 8,327 finishes
- 179 volunteers

Add to these stats by joining them on Saturdays. Learn more [here](#).





# NOVEMBER & DECEMBER 2024 WICHITA HOLIDAY RESOURCE GUIDE

## THANKSGIVING FOOD BOXES

### SATURDAY, NOVEMBER 16TH

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

### SATURDAY, NOVEMBER 23RD

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

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

### MONDAY, NOVEMBER 25TH - WEDNESDAY, NOVEMBER 27TH

**UNITED METHODIST OPEN DOOR** 2130 E 21ST ST N  
9-11:45 AM &  
THANKSGIVING FOOD DISTRIBUTION 1-3:45 PM EACH DAY  
(316) 267-4201

VISIT [KANSASFOODSOURCE.ORG](http://KANSASFOODSOURCE.ORG)  
TO SEE A LIST OF ALL PANTRIES NEAR YOU -  
BE SURE TO DOUBLE CHECK HOLIDAY HOURS  
BEFORE VISITING!

## THANKSGIVING MEALS

### THURSDAY, NOVEMBER 28TH

**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 **EVERGREEN NEIGHBORHOOD**  
**THE LORD'S** RESOURCE CENTER  
**DINER AT (316)** 2700 N WOODLAND  
**266-4966** 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** 701 E 37TH ST N  
APPS ACCEPTED NOV 1-30 (316)777-6097  
DEC 13-16 DISTRIBUTION  
[WWW.OPERATIONHOLIDAY.ORG](http://WWW.OPERATIONHOLIDAY.ORG)

**SALVATION ARMY** (316) 425-6123  
APPS ACCEPTED OCT 14-NOV 15 CALL FOR  
DEC 12-13 DISTRIBUTION PHONE APPS  
[WWW.SALVATIONARMY-WICHITA.ORG](http://WWW.SALVATIONARMY-WICHITA.ORG)

## MOBILE DISTRIBUTIONS

### IN NOVEMBER - DECEMBER

**EVERGREEN PARK MOBILE DISTRIBUTION** 2700 N WOODLAND  
STARTS @ 1:00 PM  
• FRIDAY, NOV 1ST  
• FRIDAY, DEC 6TH

**WORD OF LIFE PRODUCE DISTRIBUTION** 2020 E BLAKE  
STARTS @ 4:30 PM  
• FRIDAY, NOV 1ST  
• FRIDAY, DEC 6TH

**URBAN LEAGUE PRODUCE DISTRIBUTION** 2418 E 9TH  
STARTS @ 2:00 PM  
• THURSDAY, NOV 21ST  
• THURSDAY, DEC 19TH

**NEW LIFE CHURCH PRODUCE DISTRIBUTION** 1156 N OLIVER  
STARTS @ 4:45 PM  
• FRIDAY, NOV 22ND  
• FRIDAY, DEC 27TH

**PROGRESSIVE MISSIONARY BAPTIST CHURCH** 2725 E 25TH ST N  
STARTS @ 1:00 PM  
• NOVEMBER - CANCELLED  
• FRIDAY, DECEMBER 27TH

**MOBILE HYGIENE PANTRY** **THE LORD'S DINER**  
2823 S HILLSIDE  
STARTS @ 9:00 AM  
• SATURDAY, NOV 16TH  
• SATURDAY, DEC 21ST

SCAN THIS QR CODE FOR ALL UPCOMING  
WICHITA MOBILE DISTRIBUTIONS OR VISIT  
[KANSASFOODBANK.ORG/CTMOBILES](http://KANSASFOODBANK.ORG/CTMOBILES)



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

NATURAL GROCERS

# FREE NUTRITIONAL HEALTH COACH SERVICES



## NUTRITIONAL HEALTH COACHES (GOOD4U NHC™)

Our Nutritional Health Coaches (NHCs) are your go-to nutrition professionals, equipped with the training and tools to help you reach your health goals. With 164 hours of continuing education required annually, our NHCs are always on the cutting-edge of nutrition science. That's why they are superstars in their field, providing nutrition education to help you stay rooted in health.

### One-On-One Coaching Sessions



Are you looking for personalized care to address your unique health goals? Are you confused about which diet is best, or which bit of health advice is relevant to you? **YOU'RE IN LUCK!**

We have the Nutrition Education Experts to help you Schedule a free 1-hour health coaching session with your NHC today and receive personalized care specific to your individual needs, as well as a collaborative plan for success. You'll also receive a **\$5 OFF COUPON WHEN YOU SPEND \$25 OR MORE**. It's your time to get the support you've been looking for!

### Invite Us to Speak at Your Next Event

We love to talk about all things health and nutrition-related, including regenerative agriculture.

Do you have a group interested in kickstarting their healthy weight goals? Does your company have a wellness program that needs a reboot? Does your local senior center want to learn about immune function or brain health?

Invite us to speak at your next event for free. It would be our privilege to help **EDUCATE, EXCITE, and EMPOWER** your organization or group



Contact your local Nutritional Health Coach in Wichita, KS

**Aubrey Vereecke**

**nhc.wt@naturalgrocers.com | 316-636-4242**

## Partner Announcement Repeats

### City of Wichita Climate Action Plan

Do you have opinions about green spaces, water, community gardens, urban agriculture, and pedestrian safety? Share your thoughts on these topics and more in the [draft plan survey](#).

In collaboration with the [Sustainability Integration Board](#), city staff have worked to develop a draft Climate Action Plan for Wichita. This plan will outline goals and actions for the city and community to work towards in the coming years. Having a plan will allow for staff to apply for grant funding more effectively, highlight community





# Blood Pressure Monitor Kits



Your Wichita Public Library gives you the opportunity to borrow blood pressure monitors! Each kit comes with a blood pressure monitor, a log book, a pre-survey, and instruction booklet.

You can borrow a blood pressure monitor for 14 days.

Presented in partnership with K-State Research and Extension, the Sedgwick County Health Department, and the Wichita Medical Research and Education Foundation.

→ [wichitalibrary.org](http://wichitalibrary.org)





# NATIONAL DIABETES PREVENTION PROGRAM

Learn How You Can Prevent or Delay Type 2 Diabetes!



## Improve Your Health

A lifestyle change program can help you lose weight through eating better and being more physically active.



## Feel Better and More Energetic

Many participants feel better and are more active than they were before the program. Imagine having more energy to do the things you love.



## Flexible Learning Preferences

Whether you prefer to meet in-person or online, you have the option to choose what works best for you and your schedule.

## 1 OF 3 ADULTS HAS PREDIABETES

A CDC-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

## Contact Information

-  1-855-200-2372
-  joseph.samaniego@cpaaa.org
-  271 W. 3rd St. N. Ste. 500  
Wichita, KS 67202



# Do you struggle to buy groceries?

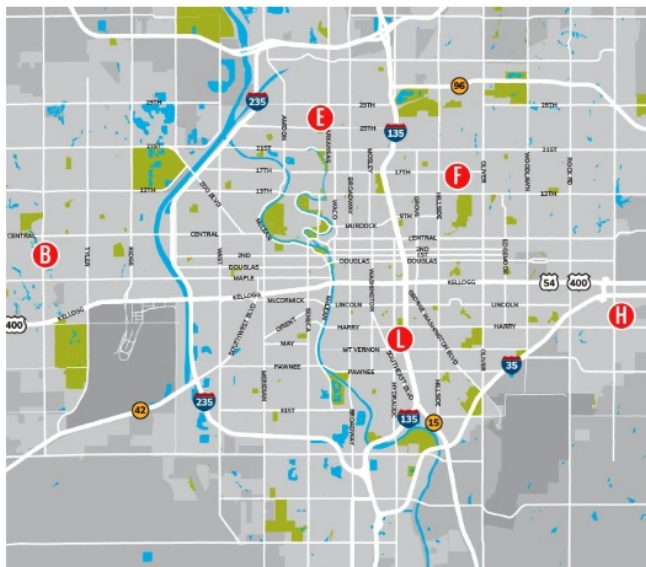
About 57,000 people in Sedgwick County don't have adequate food.



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



## 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](http://sccd.online/events)

SEDGWICK COUNTY KANSAS

### 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](mailto:healthevents@sedgwick.gov)

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[www.hwcwichita.org](http://www.hwcwichita.org)



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

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