





Virtual Meeting Summary
Monday, December 13th 2021, 4:00 pm

***Our mission:** Promote physical activity and good nutrition for every generation living in the greater Wichita area through people, programs, and policies.*


1. **Meeting Welcome, and Coalition Updates** - while the 31 attendees added their name and organization to the chat box, the following Coalition updates were shared:
 - a. Six Coalition members volunteered to serve on the **Coalition Meeting Task Force** and met on Friday, December 17th to brainstorm 2022 meeting opportunities. Contact [Shelley](#) if you want to host a meeting or provide the education portion of the meeting.
 - b. The City of Wichita/Sedgwick County **Food System Master Plan** is on the City Council agenda for approval on January 4th, 2022 (date changed from 12/21/21).
 - c. Gov. Kelly plans to introduce the **Axe the Tax** food sales bill at the start of the 2022 legislative session with an aggressive goal to pass by the end of January. Contact [Shelley](#) for talking points and sample social media messaging.
 - d. The HWC will welcome **Malayna Webb**, a 2nd year MPH student from KSU who will do a remote internship in the spring.
 - e. Save the date for the **17th Annual Working Well Conference** on Tuesday, August 23rd, 2022, more information will be shared as registration begins in the spring.
2. **Education Session** - Making peace with food and body image from award-winning food peace dietitian, Paula Miller, of Sunrise Nutrition Consulting. Paula encouraged the attendees to let go of restrained eating and replace it with permission, as well as the Eating Issues Continuum, and what it is like to eat without food rules. For more information, contact Paula via [email](#), sign up for her newsletter on her [website](#), follow her on [Facebook](#) or [Instagram](#). She also recommends Ch. 1-5 of the book *Secrets of Feeding a Healthy Family*, or the Food Psych podcast with Christy Harrison.
3. **Good News/Upcoming Activities/Events**
 - a. Craig with the Kansas Food Bank introduced Ken Regier who is working on a cool new project with underserved communities.
 - b. Amber with The Phoenix joined the Coalition recently and shared about their free group fitness classes and invited everyone to their special New Year's Day classes - see invitation below.
 - c. Russell Fox from the Bike/Ped Advisory Board listed several projects underway for bike boulevards and connecting bike paths.
4. **Networking Activity** - Meeting attendees had one last opportunity to contribute to the meeting with the following brainstorming questions:
 - a. Health & Wellness Coalition End of Year Reflections:
 - i. Walktober and Bike Month was celebrated
 - ii. The City of Wichita is establishing a sustainability board
 - iii. Successful food boxes and food share programs
 - iv. Partnerships for a Healthier America's Good Food For All program
 - v. The first virtual Working Well Conference occurred in August
 - vi. A successful in person Coalition meeting at Botanica
 - b. Your End of Year Celebrations:
 - i. A successful Walk With Ease arthritis exercise program was started in Reno Co.
 - ii. The Derby Health Collaborative created a Mental Health chalk wall
 - iii. The Central Plains Area Agency on Aging has 13 people in T2 diabetes class
 - iv. The United Way has submitted two grants relating to food

5. **Closing - Aaron Walker**, Executive Director at Cairn Health and Chair of the Health Alliance summed up the meeting with the following comments:
- Wichita is LUCKY to have you working in this field
 - Your work is valuable and valued
 - Take 1 minute, 5 minutes, 10 minutes each day to reflect and recognize the good work you are doing
 - You are appreciated
 - Thank you for doing this hard health promotion work.



 **THE PHOENIX**
RISE. RECOVER. LIVE.

*New Years
Yoga & Meditation*



Join us New Years Day for special yoga and meditation classes focused on celebrating new beginnings and setting intentions for 2022!

Saturday, January 1st, 2022
Yoga 10:00 am
Meditation 11:15 am

FREE WITH 48 HOURS OF
CONTINUOUS SOBRIETY

145 N WABASH AVENUE

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