



Promoting Physical Activity & Good Nutrition

Join us in person for **Physical Activity Focus** at the February 28th meeting at 2pm at [Bike Walk Wichita](#), 325 St. Francis.

The Health & Wellness Coalition meets monthly to share Coalition updates, community education and networking opportunities.

All Coalition partners are welcome!



2022 Health & Wellness Coalition Year in Review Video



18th Annual **WORKING WELL CONFERENCE**



April 11, 2023
8:30 AM - 4:00 PM
Drury Plaza Hotel



We're rolling out the red carpet to celebrate your hard work and shine a spotlight on your efforts. Join us to receive the VIP backstage pass on wellness trends and learn creative solutions to attract and retain talent in your workplace!

THE SPEAKERS



Mari Ryan, MBA, MHP, CWP
CEO & Founder of
AdvancingWellness
How to Create a Thriving Hive:
How People Centric
Workplaces Ignite
Performance & Fuel Results



David Hoke
Chief Well-Being
Officer at Thrive Global
Investing in workplace well-being can change the future of work, and discover ways to drive engagement.

Presenting Sponsor



Additional Sponsors



Brown & Brown Insurance
IMA

REGISTRATION

HWCWichita.org



[Register today](#) for the conference, plan to spend professional development dollars on this first class, local conference, and share this flyer. Registration is \$100/person or \$800 for a table of 10.

Local Food System Updates

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

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



PRODUCE Pantry

DRIVE-THRU

At the Urban League of Kansas

When: Thursday, February 16, 2023

Where: Urban League of Kansas

2418 E. 9th St N

Wichita, KS 67214

Time: 2:00 pm to 3:00 pm
(while supplies last)

Who is Eligible: Anyone in need of food assistance

What is Required: Guests sign in with their zip code
and number in household.

- Limit one visit per household.
- Guests may only pick up for one household.

Call (316) 512-1071 or (316) 265-3663 for more information



Sponsored by:

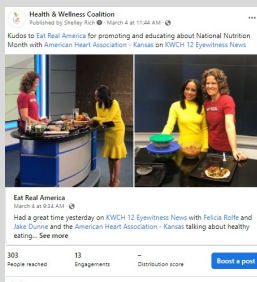


Urban League of
Kansas

*Empowering Communities.
Changing Lives.*



BANK OF AMERICA



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.

February Events

11 BACK & HIP WORKSHOP FOR LIFTERS
Top Crop Barbell - 3737 N. Hillside - 10 a.m.

18 HEALTHY HIPS FOR RUNNERS
Fleet Feet East, 2350 N Greenwich Rd. *following a.m. group run

21 BABY GOT BACK (PAIN)
Foundations Fitness, 2512 E. Douglas Ave. - 7 p.m.



teamnaturalwellness.com

Sistahs Can We Talk



IT'S A HEART THING FOOD FOR LIFE

**SATURDAY,
FEBRUARY 25TH**

FROM 10AM - 2PM
THE CENTER
1914 E. 11TH

Let's Take a
Stand Against
Heart Disease

EVENTS:

- Vendor Booths
- Heart Health Speaker
- Exercise Classes
- Enjoy Healthy Foods

REGISTRATION

EMAIL:
scwtwchita@gmail.com
WEBSITE:
www.sistahscanwetalk.com
Free to attend
Vendor Fee \$35

MORE INFO CALL MICHELLE: 316-530-2601

GO RED TO SUPPORT WOMEN'S HEALTH

Hypertension Awareness and Prevention Project (HAPp)

PROGRAM GOAL

Participating adults with hypertension (HTN) will learn how to lower and manage their blood pressure.

WHAT IS HAPp?

A self-monitoring blood pressure program that will provide participants with:

- A FREE blood pressure monitor & other incentives for participating!
- An opportunity to meet with a trained Heart Healthy Ambassador Coach twice a month to help take and track blood pressure.
- Monthly nutrition education workshops.



Kick-Off Meeting: March 1st, 6-7 pm
Community Wellness Hub
4904 S. Clifton Ave
Wichita, KS 67216

WHY JOIN HAPp? YOU WILL:

- Learn how to monitor your blood pressure accurately at home.
- Increase your knowledge about hypertension & healthy living.
- Learn how to become an advocate for your health.
- Have access to community resources.
- Learn how to make connections between lifestyle & blood pressure readings.

WHO IS ELIGIBLE?

- ✓ Age 18 or older
- ✓ HTN diagnosis or on antihypertensive Rx
- ✓ Interest in & readiness for the program
- ✗ Significant cardiac event- last 6 months
- ✗ Atrial fibrillation or other arrhythmias
- ✗ Diagnosis of lymphedema or risk of developing lymphedema

Contact your local coach
for more info!

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

To register for the FREE
program, visit:

<https://bit.ly/3jWxWA9>



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 (February 15, 2023) at 316-660-0118 or sarasawyer@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.



Drive-thru Mobile Pantry

FRIDAY, February 24, 2023

Time: 1:00 pm to 2:00 pm

**Where: Progressive Missionary Baptist Church
2725 E 25th Street North**



Who is Eligible: Families in need of food assistance may attend

What is required: Guests will be asked for total number of people living in their household along with # of seniors and # of kids in the home and zip code

For more information: call (316) 265-3663, ask for Craig

Guests - Please do not arrive early. Enter south from Estelle Street.

Each household receiving food must be represented. While Supplies Last.



10 Ways to Improve Your Heart Health

Celebrate American Heart Month by incorporating [these tips](#).



YOU ARE INVITED TO JOIN US FOR

MI SALUD ES PRIMERO

'CUIDAR DE MI CORAZÓN'

11 A.M. - 1 P.M., SATURDAY, FEB. 25

DOORS OPEN AT 11 A.M.,
LUNCH SERVICE BEGINS AT 11:15 A.M.

EVERGREEN ACTIVITY CENTER
2700 N. WOODLAND
WICHITA, KANSAS 67204



IGNACIO DE CICCO, MD
ASCENSION MEDICAL GROUP VIA CHRISTI

February is Heart Awareness Month, so wear red and join us for a buffet provided by Connie's Mexico Café, register for door prizes, get valuable health information from a local cardiologist and have your blood pressure checked.

There is no cost, but for food planning purposes, advance reservations are required. Spots are limited to the first 100, so make your reservation now by calling 316-303-8042, email MiSaludEsPrimeroWichita@gmail.com or scan the QR code.



HOSTED BY ASCENSION VIA CHRISTI, SALUD + BIENESTAR AND THE CAMARENA ADELANTE FOUNDATION



***PRODUCE* Pantry**

at New Life Church

When: Friday – February 24, 2023

Where: New Life Church
1156 N Oliver
Wichita, KS 67208



Time: 4:45 pm to 5:45 pm
(while supplies last)

Who is Eligible: Anyone in need of food assistance

What is Required: Guests sign in with their zip code and number in household.

- Limit one visit per household.
- Guests may only pick up for one household.

Hosted by
New Life Church



For more information contact
Ken at (316) 265-3663

In partnership with:



A top-down view of various gardening supplies on a dark wooden surface. Items include a pair of white gardening gloves, a small white pot with a green plant, a pair of orange-handled pruning shears, a silver trowel, several terracotta pots (some empty, some with plants), and a cardboard seedling tray. The background is a dark wood grain.

DESIGN & GROW GARDENING WORKSHOP

SATURDAY,
MARCH 4,
2023

Join us in person for a great day of garden inspiration and learning!

[Register here](#)

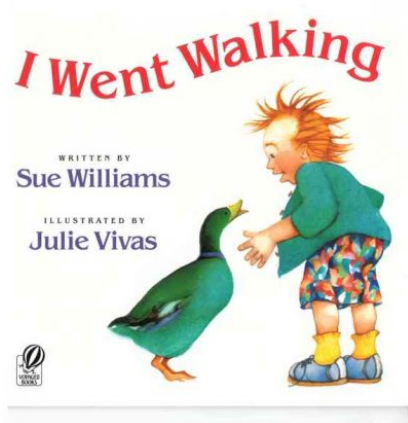


Join Girls on the Run Heart of Kansas at the Wichita Orpheum Theatre on March 8, 2023, International Women's Day! [Tickets on sale now!](#)

LUNAFEST® was launched as the very first traveling film festival featuring films by and about women. You can experience and celebrate women storytellers while supporting Girls on the Run Heart of Kansas as raise funds for scholarship opportunities for girls to participate in life changing programing.

Story Walk

The [StoryWalk®](#) at Evergreen Park, 2700 N. Woodland, is an activity families can enjoy together. This interactive attraction pairs literacy with



physical activity. There are 20 stations along the walking path at the park, each one containing laminated pages from a children's book. StoryWalk® was created by Anne Ferguson in Montpelier, Vermont.



Ready to strive for five? Here's your eight week guide to successfully completing a 5k walk.

You can walk at the same pace throughout or, if you want, you can alter the pace that you walk as indicated below. Remember that any plan is only a guide, so please do go at your own pace and do as much or as little as you can or want, celebrating your progress along the way.

[Print out this plan](#), and tick off each week as you go.

Have you registered for [Exploration Place parkrun](#)? A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! When is it? Every Saturday at 8:00am



HEALTH FAIR

SAVE THE DATE

04 | 07 | 2023

OJ WATSON PARK | SEASONS VENUE

3022 S MCLEAN BLVD, WICHITA, KS 67217

9AM -12PM

Child Start is holding their annual Health Fair and would love for you to showcase your business in one of our booth spaces! Follow the link below to sign-up!

[Register HERE](#)

****Must reserve your space before March 1, 2023.
Booth spaces are limited and are first come, first served.
Contact Jess Engelbert for more information
at jengelbert@childstart.org****



Open Streets ICT - WSU and Shocker Neighborhood

Sunday, April 16, 12-4pm

17th Street from Oliver to Grove

Join us this Spring for Open Streets ICT - WSU in Shocker Neighborhood! This FREE neighborhood community-building event will take place along 17th Street, just south of Wichita State University and will host a full day of physical activity, food trucks, music and fun!

Two miles of 17th Street will be closed to traffic from Oliver to Grove and open for biking, walking, running, food, and more! There will be a route south on Yale connecting you to Fairmount Park and a route north on Volutsia connecting you to Atwater Neighborhood Resource Center where additional activities are being held. Cruise along the along the 2-mile stretch on 17th Street and stop at participating shops, businesses and food vendors along the route. Questions? Contact [Naquela Pack](#).





Living with Chronic Conditions

"The workshop put me back in charge of my life and I feel great. I only wish I had done this sooner."

-CDSMP Participant

NEW WORKSHOPS COMING SOON

For more information
please contact

Tara Sharon
Chronic Disease
Health Educator

Tara.Sharon@sedgwick.gov
(316) 660-7428

LIVING WITH CHRONIC CONDITIONS WORKSHOPS



If you are living with an ongoing health condition (such as arthritis, asthma, diabetes, high blood pressure, or depression) or you are a caregiver of someone who is, this is for you.

Living with Chronic Conditions Workshops are interactive learning opportunities that teach techniques to manage common symptoms.



Revised Sept. 2022

FREE WORKSHOP SERIES LED BY TRAINED LEADERS TO HELP YOU:

- Learn decision-making and problem-solving skills
- Communicate effectively with family, friends, and health professionals
- Manage fatigue
- Learn new ways to eat healthy
- Control pain
- Increase physical activity
- Set and accomplish goals
- Deal with anger, depression, and difficult emotions
- Better manage your health



SelfManagementResource.com



Vendors Needed for Open Streets ICT - Nomar

Open Streets ICT - Nomar is Sunday, May 7! We are looking for vendors to stage along the one mile route! [REGISTER](#) to be at vendor at our next event.

Open Streets ICT at Nomar is a family-friendly event intended to promote healthy active living in a safe, fun space to the citizens of Wichita and surrounding communities. Another goal is to promote the interaction of local businesses and organizations within the community to help strengthen the connections in Wichita. Open Streets ICT at Nomar is currently seeking vendors to host an activity, represent your business, sell your products or all three! All businesses along the route are welcome to apply for free. Other family and pet-friendly businesses and organizations are welcome to apply for a small fee.

Deadline to register as a vendor at Open Streets ICT at Nomar is Friday, April 21, 2023. For all questions related to Open Streets ICT, contact [Matt Martinez](#) at 316-303-8036.

[Unsubscribe shelley.rich@ymcawichita.org](#)

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by hwcwichita@gmail.com powered by



Try email marketing for free today!
