



## Promoting Physical Activity & Good Nutrition

Join us on **Tuesday, February 27th at 2pm** for our monthly meeting. K-State Research & Extension is our host, 7001 W. 21st, Meadowlark Room. Attendees will learn about the [Supplemental Nutrition Assistance Program Education](#) (SNAP-Ed), a federally funded grant program that teaches people how to cook healthy meals and lead physically active lifestyles, and much more! Bring a friend and share your updates &/or good news.

Click [here](#) for the January meeting minutes. Mark your calendar for the 4th Tuesday of each month or [email](#) to be added to the calendar invitation.

Click [here](#) to view the 2023 Coalition report.

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The Health & Wellness Coalition is celebrating 20 years in 2024.

**Celebrate with us by attending the City Council Proclamation on Tuesday, February 20th at 9:00am.**

The meeting starts promptly at 9:00 a.m. with an opening and approval of minutes. Feel free to exit the boardroom after the proclamation is read, although you are more than welcome to stay for the entire meeting. If you have questions call 316-285-9355. Plan to be there at least 30 minutes, from about 8:45 a.m. till 9:15 a.m. and allow plenty of time to park and enter through security.

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**The Coalition has existed for 20 years, tell us why!**

Share your story [here](#).

Stories will be shared in an upcoming newsletter, on Facebook, or posted to [this website](#).

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# WORKING WELL

Conference

Wellness in the workplace takes a team. We invite you to level up and learn how to create a healthier, more supportive workplace culture where everyone wins.

April 11, 2024 | 8 a.m. - 4 p.m.  
The Vail | 210 N. Mosley St.

Presenting Sponsor



Additional Sponsors



Delta Dental of Kansas  
USI Insurance Services

**REGISTRATION**  
HWCWichita.org



**JOHNSIE HOLT**

A multiprong approach to tackle health issues, reduce healthcare costs and enhance employee wellbeing.



**DAVID HINES**  
Nashville Public Schools



**JANICE LITVIN**  
Workplace Wellness  
Speaker, Author, Facilitator

Helping leaders and teams amplify wellness and banish burnout.

Network and learn how to create a healthier, more supportive workplace culture where everyone wins at our 19th annual conference. HRCI and SHRM CEU's are pending.

We have a full day planned, with our sponsors, vendors, and the following speakers:

- Ed O'Malley, President & CEO at the Kansas Health Foundation
- David Hines, Executive Director of Benefits and Johnsie Holt, Wellness Director with the Nashville Public Schools
- Janice Litvin, Workplace Wellness Speaker, Author, and Facilitator
- Krista Sanderson with Eat Real America
- Jessica Provines, Ph. D., with Wichita State University, Suspenders 4 Hope initiative

Click [HERE](#) to learn more & register.

## ICT/SC Food and Farm Council

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



Next meeting: March 5  
Location: Rockwell Branch Library, 5939 East 9th Street North, Wichita, KS 67208

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

## Coalition Meeting Survey

Each month, the Coalition strives to host an educational and interesting meeting surrounding a physical activity or healthy eating topic.

Click [here](#) to tell us what you would like to see highlighted in 2024.



## Connecting to our Mission

Each Coalition meeting features research or data to connect the work we do in the community.

98 million Americans have diabetes. It is the 7<sup>th</sup> leading cause of death in Kansas. Know your risk: [dolhaveprediabetes.org](http://dolhaveprediabetes.org)

This [2024 Kansas Diabetes Report](#) describes the burden of diabetes and associated costs, as well as diabetes prevention and management activities.

**EMPOWERING EATERS: ACCESS, AFFORDABILITY & HEALTHY CHOICES**  
In support of a national strategy on hunger, nutrition, and health

March 3, 2024

Register:  
<http://tinyurl.com/muekhjrj>

Noon-6:00 p.m.

Speakers will include academic experts, community leaders across North Carolina, and representatives from several food industry companies.

Planned Sessions: Food Justice, Public Sector Partnerships, Healthier Food Environments, Food as Medicine, How can Resilient Supply Chains Enable Sustainable Food and Environmental Security?, Access and Affordability

Click [here](#) to register for this free livestream event.

# NBC Baseball Foundation Pickleball Tournament



**March 3 at Chicken N Pickle - Wichita**

Registration is now open for the first NBC Baseball Foundation Pickleball Tournament at Chicken N Pickle in Wichita on March 3rd from 10:00-1:00!

Teams are \$150 and include a guaranteed three games on the indoor courts for the tournament, food, drinks, a special-edition NBC shirt, and a chance to win great prizes. Plus, we'll have both competitive and recreational divisions.

Register your team [here](#).

## OPEN STREETS ICT @ WSU IN SHOCKER NEIGHBORHOOD

#WichitaState  
Engaged

Save  
The  
Date

**APRIL 14, 2024**

**12PM-5PM**

ALONG 17TH STREET

FROM OLIVER TO VOLUSTIA

[naquela.pack@wichita.edu](mailto:naquela.pack@wichita.edu)



WICHITA STATE  
UNIVERSITY  
Office of Engagement

Open Streets is a city led event through a partnership with Parks & Recreation, their mission is for [Open Streets ICT](#) to be a free community-building event bringing Wichitans of all ages and fitness levels together to promote healthy active living and social engagement.

- Register to be a **vendor**
- Sign-up to **volunteer**



# CALLING ALL FANS..... AGES 55 AND OLDER



## TICKETS TO ALL THE GAMES BELOW!

Tuesday April 16th, Tuesday May 7th, Wednesday May 22nd,  
Wednesday May 29th, Wednesday June 12th, Tuesday June 25th,  
Wednesday July 3rd, Wednesday, July 31st,  
Wednesday August 14th, Wednesday August 28th,  
& Wednesday September 11th



### FREE HOT DOG & DRINK AT EACH GAME



 **aetna**  
medicare solutions



## SILVER SLUGGER T-SHIRT

FOR MORE INFORMATION:  
**CALL (316) 221-8000**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

T-shirt size (1): \_\_\_\_\_ T-shirt size (2): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Member Cost: # \_\_\_\_\_ x \$99.00 = \_\_\_\_\_

### PAYMENT INFORMATION:

Card Number: \_\_\_\_\_  
\_\_\_\_\_

CCV: \_\_\_\_\_

Expiration: \_\_\_\_\_

Billing Zip: \_\_\_\_\_



Join us for Open Streets ICT - NoMar, a FREE neighborhood community-building bringing Wichitans of all ages and fitness levels together to promote healthy active living and social engagement. The event takes place along 21st Street on May 5th from 12pm - 5pm.

Click [here](#) to be a vendor.



### Wichita Public Library [StoryWalk](#) Updates

Four NEW installations planned:

- March 16th (Fairmount (District 1) and Harrison (District 2))
- April 6th (Linwood (District 3) and Buffalo (District 5))
- One will be installed at the Alford Branch (District 4) as part of their upcoming remodel

The Evergreen StoryWalk book changed last week to Finding Home/Buscando el hogar by Estelí Meza

USDA REGIONAL  
**FOOD**  
BUSINESS CENTERS | HEARTLAND

Introducing the [Heartland Regional Food Business Center](#). The USDA set up 12 centers last year to strengthen regional food systems through technical assistance and business building grants for small farms and food businesses. The Heartland region includes Nebraska, Iowa, Kansas, Missouri, Oklahoma, and NW Arkansas.

Complete [this form](#) to subscribe for policy affinity group updates.

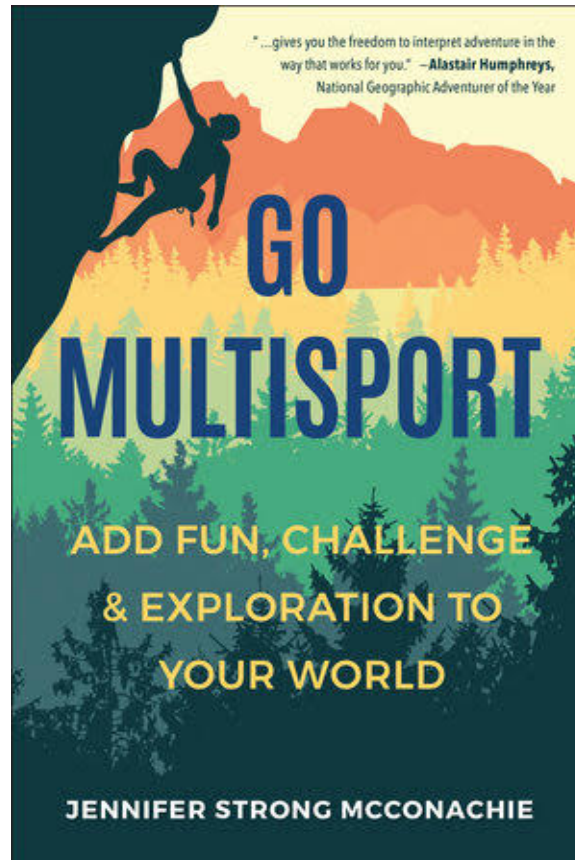
## Master Gardener Volunteer Program

Record numbers in 2023 include:

- 25,460 volunteer hours
- Their volunteer service is the equivalent to 12.2 full time extension staff and a dollar value of over \$809,628.00
- Plant A Row For The Hungry program collected over 6,267 pounds of fresh produce for the food insecure of our area



Click [here](#) to become a Master Gardener.



Local marketer and Health & Wellness Coalition member Jennifer Strong McConachie has a

new book out! Go Multisport is a helpful guide for the revolutionary trend of multisport events. When you have a passion and skill in multiple sports why not combine them, and Jennifer show us how to make these types of life-changing adventures. Go Multisport is an all-in-one resource and handbook with an introduction to the genre of multisport, from this pioneer in the field. Go Multisport is available worldwide from your favorite bookseller, including Watermark Books and Cafe in Wichita.

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## Community Survey

The success of the Wichita Transit Network Plan relies on the active involvement of community members like you. Your insights will contribute significantly to the development of a transit network that meets the diverse needs of our community. Help us build a strong and engaged community eager to shape the future of Wichita Transit.

Take the [Wichita Transit Rider Survey](#) by 2/25/24.

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**"I want my kids to enjoy playing sports — so we focus on fun."**

**When it comes to physical activity and sports, make fun the name of the game.**

**Kids and teens need at least 60 minutes of physical activity every day.**

**And sports can help them get it!**

✓ Participating in sports builds activity into their routine

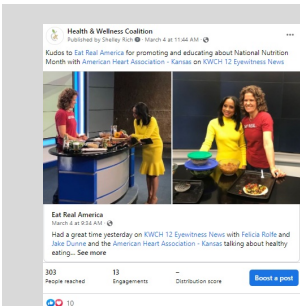
✓ Trying different sports can help them learn new ways to move

✓ Sports can help strengthen kids' hearts, muscles, and bones



When kids run, jump, climb, skate, swim, and play, they get the mix of activities they need to be healthy.

**Learn how to help your kids get active.**  
[health.gov/MoveYourWay/Parents](https://health.gov/MoveYourWay/Parents)



**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.

# 100 Ways in 100 Days to Better Health

100 years ago, the American Heart Association was founded in 1924. From humble beginnings, the AHA has grown into the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. Their mission is to be a relentless force for a world of longer, healthier lives. Until heart disease and stroke are stories of our past, not our future, our relentless pursuit will continue. Click [here](#) to register.



## MOBILE FOOD DISTRIBUTION

at Progressive Missionary Baptist Church



**Calendar:** LAST FRIDAY OF EACH MONTH  
FRIDAY, FEBRUARY 23RD  
STARTS @ 1:00 PM  
(WHILE SUPPLIES LAST)

**Location:** 2727 E 25TH ST N  
WICHITA, KS

**Info:** 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](https://www.kansasfoodbank.org/ictmobiles)



## MOBILE PRODUCE DISTRIBUTION

at New Life Church



**Calendar:** FRIDAY FEBRUARY 23, 2024  
STARTS @ 4:45 PM  
(WHILE SUPPLIES LAST)

**Location:** 1156 N OLIVER  
WICHITA, KS

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

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




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## MOBILE FOOD DISTRIBUTION

at Evergreen Park



**Calendar:** 1ST FRIDAY OF EACH MONTH  
FRIDAY, MARCH 1ST  
STARTS @ 1:00 PM

**Location:** 2700 N WOODLAND  
WICHITA, KS

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

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




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## MOBILE PRODUCE DISTRIBUTION

at Word of Life Church



**Calendar:** FRIDAY, MARCH 1ST  
STARTS @ 4:30 PM  
(WHILE SUPPLIES LAST)

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

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

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




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## Partner Announcement Repeats

# 46th Annual Healthcare Roundtable Conference

## Leaping to Value in Health Benefits



**Kansas Business Group on Health**

### 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*

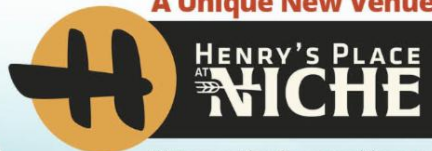
**When:** Feb. 29, 2024,  
9 a.m. – 3:30 p.m.

**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!

### A Unique New Venue



*We're meeting in an exciting new venue atop the culinary institute, 124 S. Broadway. Come join us.*

See this and all our events at [www.ksbgh.org/events](http://www.ksbgh.org/events)

Click [here](#) to learn more and to register. Because you support the Health & Wellness Coalition, use this code for \$50 off registration: hwcguest50

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](http://sccd.online/events)". The background of the graphic is a light blue grid with some text from a calendar visible, including "18", "24", "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](mailto:healthevents@sedgwick.gov)





## 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!



Park &  
Recreation  
CITY OF WICHITA



# 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)



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



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

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