



Health & Wellness
Coalition of Wichita

Coordinated. Connected. Committed.



Promoting Physical Activity & Good Nutrition



What Flipped?

Health & Wellness Coalition announcements can be found after these important partner announcements.



AMERICAN HEART MONTH

Did you know **1 in 3** people in the U.S. have hypertension?
Learn more about heart health by joining our events this February!

Learn more by visiting:
<https://www.sedgwick.k-state.edu/events/>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.



Upcoming Events

FEBRUARY

Let's Get Down with Blood Pressure

Learn how to measure blood pressure accurately, understand the factors contributing to high blood pressure, and discover effective management strategies.

- **Walters Library Branch** - 4195 E Harry St, Wichita, KS 67218
 - February 6th, 5:30 - 6:30 pm
 - No registration required. Learn more: <https://wichitalibrary.libnet.info/event/12010141>
- **Maize Recreational Center** - 10100 Grady Ave, Maize, KS 67101
 - February 11th, 1:00 - 2:15 pm
 - Register by visiting: <https://tinyurl.com/7efjnxss>
- **Advanced Learning Library** - 711 W. 2nd St. Wichita, KS 67203
 - February 25th, 10:30 - 11:30 am
 - Register by visiting: <https://wichitalibrary.libnet.info/event/11691659>



Nutrition & Physical Activity

Learn how your diet and exercise routine influence your heart's health, and receive tips to teach you how to make small but impactful lifestyle changes.

- **Advanced Learning Library** - 711 W. 2nd St. Wichita, KS 67203
 - February 11th, 10:30 - 11:30 am
 - Register by visiting: <https://wichitalibrary.libnet.info/event/11691530>
- **Derby Public Library** - 1600 Walnut Grove Rd, Derby, KS 67037
 - February 13th, 6:30 - 7:30 pm
 - Register by visiting: <https://derbylibrary.libcal.com/event/13102749>



Know Diabetes by Heart

Join us to explore the connections between diabetes and heart health. This event offers strategies for managing diabetes and insights into preventing its complications, helping you take charge of your health.

- **Advanced Learning Library** - 711 W. 2nd St. Wichita, KS 67203
 - February 18th, 10:30 - 11:30am
 - Register by visiting: <https://wichitalibrary.libnet.info/event/11691593>



EAT YOUR WAY TO A HEALTHIER LIFE

Do you struggle to make healthy food choices?
Or believe it's too expensive?
We can help!



Progressive Missionary Baptist Church

2727 E 25th St N,
Wichita, KS 67219

Nutrition Workshops:

Join us to learn more about heart healthy eating & sample new recipes! Workshops are FREE & open to the public. Must register to attend.

- **Feeding Your Heart Healthy Fats**
February 13th, 2:30 - 4:00pm
- **Shake off Excess Sodium**
February 27th, 2:30 - 4:00pm
- **Cooking with Herbs and Spices**
March 27th, 2:30 - 4:00pm
- **Heart-Smart Eating When You are Out and About**
April 24th, 2:30 - 4:00pm

Questions? Contact:

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

To register for the FREE
program, visit:

<https://tinyurl.com/y5tjr3t>



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 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.

SUN Bucks 2025

A \$120 one-time benefit per eligible child to help purchase groceries during the summer months.

*Eligibility Requirements:

- The child is aged 7 to 17 and their household already participates in Food Assistance or Temporary Assistance for Needy Families (TANF).

OR

- The child attends a school that offers the National School Lunch or School Breakfast Program, and their household income meets the requirements for free or reduced-price school meals.

*Some families may receive a letter from Kansas DCF in January notifying them that their child(ren) is eligible for SUN Bucks. These families do not need to apply. Visit [SUNBucks.dcf.ks.gov](https://www.sunbucks.dcf.ks.gov) for a full list of eligibility requirements.

Relatives, non-related kin, and foster homes will need to submit a SUN Bucks application for children in the custody of the DCF Secretary after April 1, 2025.

Learn More:

[SUNBucks.dcf.ks.gov](https://www.sunbucks.dcf.ks.gov)



If your child is not automatically eligible for SUN Bucks, you can submit an application at [SUNBucks.dcf.ks.gov](https://www.sunbucks.dcf.ks.gov) beginning **January 27, 2025**.

Applications must be submitted no later than **5 p.m., August 29, 2025**.



DESIGN & GROW GARDENING WORKSHOP

Held at the
Sedgwick County
Extension Center, 4-H Hall
7001 W. 21st St. N, Wichita

**SATURDAY,
MARCH 1,
2025**

Morning:

- 9 a.m. to noon
 - Doors open at 8:30 a.m.
- 3 tracks of gardening lectures
- \$10 by Feb. 21st, \$15 after

Afternoon:

- 1:30 to 3:30 p.m.
- Choose from 3 hands-on workshops
 - Floral Design
 - \$75 per person
 - Pest & Disease Identification
 - \$35 per person
 - Garden Tool Care & Maintenance
 - \$60 per person



See the complete schedule and register at sedgwick.ksu.edu/events

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K-State Research and Extension is an equal opportunity provider and employer.



EMPOWER



**Kitchens at Empower
Membership 101**



*February 27th, 2025 at 8 AM
103 E 21st N Wichita, Ks 67214*

Where cultures cook and community grows





HEALTHY COOKING MADE EASIER

FREE CLASS

COOKING MATTERS FOR PARENTS

Tuesdays | Mar. 4, Mar. 11, Mar. 18, Mar. 25

6:00-8:00PM

Downtown YMCA
402 N. Market St.

The YMCA is excited to offer a series of hands-on cooking classes called Cooking Matters to **pregnant women, parents or caregivers of young children** (you do not have to be a Y member). The Cooking Matters series helps families learn to shop for and cook healthy meals on a budget.

- ▶ Free take-home groceries
- ▶ Meal planning & budgeting
- ▶ A grocery store tour for affordable, healthy foods
- ▶ Hands-on cooking
- ▶ Free childcare available

Sponsored By

PREREGISTRATION REQUIRED, CONTACT TAMMI.KRIER@YMCAWICHITA.ORG 316.776.8183



GREATER WICHITA YMCA | ymcawichita.org | #FORALL /ymcawichita /greater_wichita_ymca

Join 400 of your peers to learn more about transportation safety topics supporting the national Safe System Approach. Keynote and breakout sessions will cover injury response, law enforcement, roadway and public safety, vulnerable road users, safe vehicle technologies, speed issues, and more.

Network, share ideas, visit exhibits, and learn key takeaways to use at a local level in the Kansas Drive To Zero Traffic Fatalities. Participants can receive up to 9.5 continuing education, EMS, or AICP credit hours.

KDOT Transportation Safety Conference

March 4-5 Hyatt Regency

Click [here](#) to register.



CLUB PARKINSON'S

“EXPERIENCE THE CLUB” DAY

With over 25 classes offered at our wellness, fitness and support center, these programs are offered and available to you **and** a caregiver. You can learn how to live **WELL** with Parkinson's and slow the progression.



WEDNESDAY
MARCH 5TH, 2025



WSU - HESKETT CENTER
UPSTAIRS GYMNASIUM
1845 Fairmount St.
Wichita, KS 67260



TIME
11:30 A.M. - 1:30 P.M.

Check us out!

- Facility Tour
- Try some of our classes!
- Meet our members & coaches!
- Learn More:

Evening Empowerment
“A Parkinson's Support Group”



FREE WELLNESS EXPO WICHITA STATE UNIVERSITY

- **Free** Parkinson's Foundation Medical Alert bracelet, Wallet I.D. Card, & Club Parkinson's Gift
- **DRAWING:** 2 months of FREE classes!



CLUB
PARKINSON'S™



316-252-1877



For more
information



Join us to Advance Community Health

Community residents and organizations:

Hear the results of the 2024 Community Listening Sessions, where Sedgwick County residents shared feedback on healthy communities and health-related challenges. Participate in the Community Health Improvement (CHI) cycle by sharing your organization's strengths in Partner Survey.



For more information, visit <https://schdonline/CHA-Dashboard> or contact Kelsey Lipkea at HealthCHIP@Sedgwick.gov or 316-660-7307. Registration is encouraged but not required.

Please register to attend in person or virtually. Food will be provided for in-person participants.



SEDGWICK COUNTY
Health Department

1900 East 9th Street N., Wichita, KS 67214 | www.sedgwickcounty.org

SAVE THE DATE

MAPP PARTNERSHIP MEETING

Date: Friday, March 7, 2025

Time: 10:30 a.m. – 12:00 p.m.

(During the Health Alliance meeting)

Location: In person at the Health Department (address below)

or by Zoom: <https://schdonline/PartnershipMeeting1MAPP>

Agenda: Listening Session results & partner survey

OR

MAPP PARTNERSHIP MEETING

Date: Tuesday, March 11, 2025

Time: 5:15 p.m. – 6:15 p.m.

Location: In person at the Health Department (address below)

or by Zoom: <https://schdonline/PartnershipMeeting2MAPP>

Agenda: Listening Session results & partner survey

Donate Today!

The Health & Wellness Coalition was blessed with a donation from the Kansas Nutrition Council in 2024 and we want to pay it forward in 2025!



[Click here](#) to donate to Salud + Bienestar, a non-profit organization dedicated to providing support and assistance to the Hispanic community in their search for information on health issues. Our goal is to ensure that all Spanish-speaking people have access to relevant resources and knowledge to improve their well-being and quality of life.

Double your impact! All donations through February 28th will be doubled up to \$1,000!



WELLNESS FAIR



GIVE
BLOOD

REGISTER TO DONATE



8TH MARCH
11AM - 4PM

1914 EAST 11TH

RESOURCES

VENDORS

WORKSHOPS

<https://bit.ly/thecenterict>

316-265-6840



20



25

OUTSIDE THE BOOK CLUB

October - March 2-4 p.m. | April - September 9-11 a.m.

Nature lovers are invited to join us for a monthly book club focused on nature and wildlife! Each month, we'll read a selected book and then gather at the Great Plains Nature Center for a discussion, accompanied by a bonus nature walk. Club members can enjoy discounted book purchases at the Owl's Nest Gift Shop. No registration or purchase is required!

January 3

To the Bright Edge of the World
by Eowyn Ivey

February 7

What an Owl Knows
by Jennifer Ackerman

March 7

Mozart's Starling
by Lyanda Lynn Haupt

April 4

Beaverland
by Leila Philip
Meeting at Kansas Wildlife Exhibit
in Riverside Park.

May 2*

*Spring Rain:
A Life Lived in Gardens*
by Marc Hamer

*Contact Amanda@gpnc.org
for the location of May's book club.

June 6

*Crossings: How Road Ecology Is
Shaping the Future of Our Planet*
by Ben Goldfarb

July 11

*Soil: The Story of a
Black Mother's Garden*
by Camille T Dungy

August

No book club this month.

September 5

Who Has Seen the Wind
by W.O. Mitchell

October 3

*Gathering Moss: A Natural and
Cultural History of Mosses*
by Robin Wall Kimmerer

November 7

Greenwood: A Novel
by Michael Christie

December 12

Instead of reading a book in
December, we'll have an end of the
year celebration potluck with dishes
inspired by this year's books!

For info, contact Amanda@gpnc.org | 316.683.5499 | 6232 E 29th St N, Wichita, KS 67220 | GPNC.org





GOTR BINGO!

Join us for an all ages GOTR Bingo event at Chicken N' Pickle and experience the thrill of winning prizes while having a blast with friends and family!

SATURDAY, MARCH 8TH

CHICKEN N' PICKLE 1240 N GREENWICH ROAD

10:00AM-12:00PM

**REGISTRATION OPENS
JANUARY 2025!**

**For more info visit
girlsontherunks.org**



COOKING UP FUN



JR. CHEF ACADEMY

LEVEL 1

AGES 6-12 | 10 WEEKS | 75 MINUTES

\$144/10-CLASS SESSION OR \$48/MONTH FOR 3-MONTH DRAFT | MEMBER RATE
FINANCIAL ASSISTANCE AVAILABLE

Build basic culinary skills, incorporating nutrition and fun food experiments while making new recipes each week. This Academy includes a chef hat and apron, progress reports, and a kid-prepared recipe showcase at the end of the 10 week session!

DATES	DAYS	TIMES	LOCATION
2/19/25-4/23/25	Wednesdays	5:45-7:00PM	Downtown YMCA
4/9/25-6/11/25	Wednesdays	5:30-6:45PM	Northwest YMCA

ENROLL AT ANY MEMBERSHIP DESK

QUESTIONS?

Contact Tammi Krier, Nutrition Director
tammi.krier@ymcawichita.org or
316.776.8183

GREATER WICHITA YMCA

ymcawichita.org  @ymcawichita
#FORALL  @greater_wichita_ymca



Kansas findings from the 2023 FARM to SCHOOL CENSUS

Farm to School Activities and Outcomes

Farm to school participation in Kansas

Kansas **71%** of SFAs did at least one farm to school activity

Nationally **74%**

These SFAs included **987** schools and **735,734** students



Positive outcomes of SFAs from farm to school participation

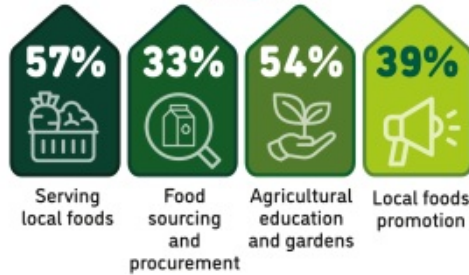


7% of all schools had an edible school garden



Total of **85** edible school gardens

Farm to school activity participation among SFAs



69% of all schools served local food

71% of SFAs participating in farm to school served local foods at least weekly



Local items that SFAs spent the most on



For more information on the Farm to School Census, visit: <https://farmtoschoolcensus.fns.usda.gov/>

SPONSORED BY SEDGWICK COUNTY EARLY
CHILDHOOD COORDINATING COUNCIL

GROW TOGETHER

FREE FAMILY PLAY DAY

- FOOD
- SENSORY FOCUSED FUN
- TAKE HOME ACTIVITIES
- NATURE EXPLORATION FIRST 50 FAMILIES
- RECEIVE A FREE BOOK FAMILY & CHILD
- DEVELOPMENT RESOURCES

APRIL 26TH

10AM - 1PM

DESIGNED FOR EARLY
CHILDHOOD, BUT FUN FOR
THE WHOLE FAMILY.
RAIN OR SHINE.



GREAT PLAINS NATURE CENTER
6232 EAST 29TH STREET
WICHITA, KS 67220
(316) 683-5499

Coalition Updates

February Coalition Meeting

Join us Tuesday, February 25th at 2pm at K-State Research & Extension - Sedgwick County for a meeting full of good things for your heart!

Education, training, networking and more! Email [Shelley](#) if you want to be added to the meeting invite.

Do you work in the local food system?

Professional development funds are available to attend conferences, receive certifications, etc.

[Email](#) to learn more.



Thank you!

Addressing root causes is often considered the final frontier of anti-hunger work. The Food Secure Communities Initiative team wants to thank you for taking and sharing the survey. Over 500 diverse community members started the survey and provided great feedback.

Next step: community action plan, to be announced in June!

Wichita/Sedgwick County Food and Farm Council

The next meeting is March 4th 1 to 2:30 pm 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.](#)

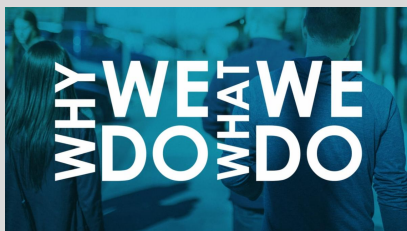


At the February meeting, the Council received a report on ALICE (Asset Limited, Income Constrained, Employed) by the United Way of the Plains. Click [here](#) to read the Ks report.



Coalition Spotlight

Thank you to the GraceMed Health Clinic for featuring the Coalition on Episode #3. MedTalks podcast is your go to source for health information. Listen to all episodes [here](#).



Connecting to our Mission

In celebration of World Cancer Day, the Kansas Department of Health and Environment (KDHE) has launched its new [Cancer Data Dashboard](#). Released by the Bureau of Epidemiology and Public Health Informatics and the State Cancer Program, this comprehensive, interactive tool offers stakeholders, researchers, policymakers and the general public access to the most up-to-date cancer data for Kansas, providing an essential resource for improving cancer care, prevention and policymaking.



BOLD & BALANCED



20TH ANNUAL Working Well Conference

BE BOLD. BE BALANCED. BE BETTER.

Celebrating 20 years of progress and building for the future. Together, we'll create a workplace where innovation and well-being thrive.

APRIL 8TH
8 a.m. - 4 p.m. | The Drury

Angela Howard
CEO/Founder | Call for Culture
The Leadership Mentality: Owning Your Impact

Joyce McEwen Crane
Dir. of Learning & Development | Kansas Leadership Center
Unleashing a Culture of Innovation in Workplace Wellness

+ More Bold Speakers

Presenting Sponsor



Additional Sponsors



UnitedHealthcare
USI
bhs a Revive Company



REGISTRATION
HWCWichita.org

Register today!

Still reading? Let us know by [email](#) what you think of the flipped newsletter content. Two lucky Coalition members will be announced on the [Facebook page](#) on February 19th and will receive a \$50 gift card from the local merchant of their choice. Received a bonus entry for providing FIVE additional items of newsletter feedback.

Partner Announcement Repeats

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



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

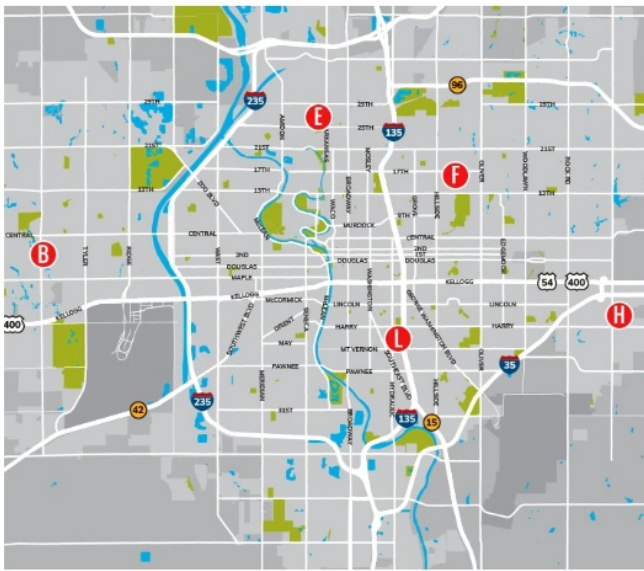
A CDC-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.






Contact Information

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



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*)

A graphic for Sedgwick County Health Events. On the left, a dark blue box contains the text "SEDGWICK COUNTY HEALTH EVENTS" in white. Below this is the Sedgwick County seal. To the right, a white arrow points to a QR code with the text "Scan the QR code for a calendar of upcoming health events in the community". Further right, a white arrow points to the text "or visit scho.d.online/events". The background features a calendar grid with dates 18 and 25, and event snippets like "Workgroup (CHIP)", "7:30am Commu", "Through Menopaus", and "4pm Pendants fo".

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

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!**

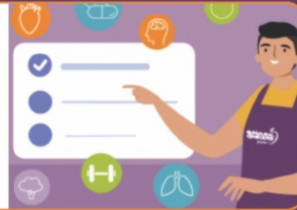
We have the Nutrition Education Experts to help you Schedule a free 1-hour health coaching session with your NHC today and receive personalized care specific to your individual needs, as well as a collaborative plan for success. You'll also receive a **\$5 OFF COUPON WHEN YOU SPEND \$25 OR MORE**. It's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

www.hwcwichita.org



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

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