



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



**HWC**

We will promote physical activity and good nutrition for every generation living in the Greater Wichita Area through **PEOPLE, PROGRAMS AND POLICIES.**

NEWSLETTER August 2019



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**ICT WALK AND TALK**

Do you want to find a way where you don't spoil your diet with a 10,000 calorie latte over a business meeting, but still be able to break away from the monotony of the office. Join three local people encouraging you to walk and talk!



**ARE YOU READY FOR YOUR FIRST STEP?**

This is about walking after all... It's also about so much more. It's about changing the way you do business meetings, or date night, or lunch breaks, or Fridays with your mates. It's about doing whatever it is that you do, and finding a way to incorporate a healthy activity and sunshine. It's about taking step after step towards a better future.

**GO FOR A WALK... AND TALK!!!**

Get outside. Be healthy. Connect with people. Connect with your environment. Connect with ICT. When you go for a walk, this is how we'd love your participation!

Step 1 - Take an #ICTWalkandTalk Selfie!

**DOUBLE YOUR FOOD DOLLARS**



**Double Up Food Bucks**

Match every \$1 you spend with your EBT card at [participating farmers markets](#) in the Wichita area with another \$1 FREE so you can buy more fruits and vegetables.

Step 2 - Post your #ICTWalkandTalk Selfie!

Step 3 - Tag our page or hashtag #ICTWalkandTalk

Follow #ICTWalkandTalk [here](#)

## Help us Connect!

The Health & Wellness Coalition is recruiting **connectors** to help inform the community about the Coalition and spread our mission. If you enjoy promoting Physical Activity and Healthy Eating, we want to connect with you! Additional information can be found [here](#), contact [Shelley](#) to get connected!

## LEARN TOOLS FOR BETTER HEALTH LIVING WITH CHRONIC CONDITIONS

If you are living with a chronic health condition (such as arthritis, asthma, diabetes, high blood pressure, or depression) or you are a caregiver of someone who does, this is for you! Living with Chronic Disease and Diabetes Self Management Workshops are six week, interactive learning opportunities led by trained leaders that teach techniques to manage common symptoms.

Click [here](#) for upcoming workshops. For more information contact [Riley](#), Chronic Disease Health Educator at the Sedgwick County Health Department, or call 316-660-7304

## Coalition Meeting

Mark your calendar for the remaining 2019 Coalition meetings:

October 2nd, December 4th 8:30-10:00 a.m.

Each meeting will highlight a community partner, provide education, an opportunity to network and updates on Coalition committee work.

To host a meeting email [Shelley Rich](#).

## LET'S DIABEAT THIS



Fall 2019 Diabetes Programs offered by [Derby Recreation Commission](#) include: Prevent T2, Diabetes Self-Management Program, Better Together Diabetes Support Group, Dining with Diabetes and MORE! Click [here](#) to see class descriptions, times.

## WHEELS TO REELS



Join your velo friends for a screening of Filmed By Bike, a stunning collection of adventure shorts expertly filmed by bicyclists all over the globe!

Saturday, August 25th  
5:30pm Bike Show, 7:00pm  
Film at Wave, 620 E. 2nd  
St. Purchase tickets [here](#).

## OPEN STREETS ICT



Plan now to attend on September 22nd. Follow on [Facebook](#) for up to date event information.

## WALK WITH THE MAYOR

# Sunday, September 8, 2019

## Sign Up Now!



•Join us **Sunday,  
September 8th, 2019**

- The event is intergenerational & open to all ages: bring your neighbors, friends, kids, grandkids
- Sign up at: [runsignup.com/Race/KS/Wichita/Heartland5K](https://runsignup.com/Race/KS/Wichita/Heartland5K)
- Or call Karen Dao or Chris Heiman at **316-267-0302 ext:223 or ext:216**



Join the mayor on Saturday, August 31st at 11:00 am to pitch your idea on how to make our community more walkable.

The walk meeting location is Edgemoore Park, meeting by the Rockwell Library Branch, 5939 E. 9th St. N.

Apply for a "Walk-a-Longwell" special projects funding request for up to \$1,500, learn [more](#).

#### REPORT AN ISSUE



Wichita Report is a great tool for enabling Wichita residents to improve their neighborhood by reporting issues such as potholes, broken street lights, damaged signs, illegal dumping and more.

The reports are automatically fed into the City's work order system so that they can be tracked and assigned to service teams. Click [here](#) to download.





Walk to end Alzheimer's  
Saturday, 9/21/19  
Registration begins at 9am  
Learn more [here](#).

# DO YOU HAVE WHAT IT TAKES?

Join our elite ranks.

<http://act.alz.org/ictbvb2019>



**SAVE THE DATE**  
**October 26, 2019**  
**Hartman Arena**

call 316.267.7333 for more info!

## STAY CONNECTED

View on Instagram

View our videos on YouTube

Like us on Facebook

Follow us on twitter

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