



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 December 2018



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**ROBERT WOOD JOHNSON
FOUNDATION HEALTH EQUITY
AWARD**

Becky Tuttle has over 20 years of experience making the connections between people, organizations, and what it takes to bring about sustainable systems change and advance health equity - whether it is controlling tobacco use, encouraging physical activity, or combating food deserts. As director of community Development for the Greater Wichita YMCA, Tuttle has helped

build healthy communities and form alliances among public health organizations, private businesses, municipal governments, and other sectors. For example, her work helped remove structural barriers to food distribution that disproportionately affected people in low-income neighborhoods.

COALITION EVALUATION

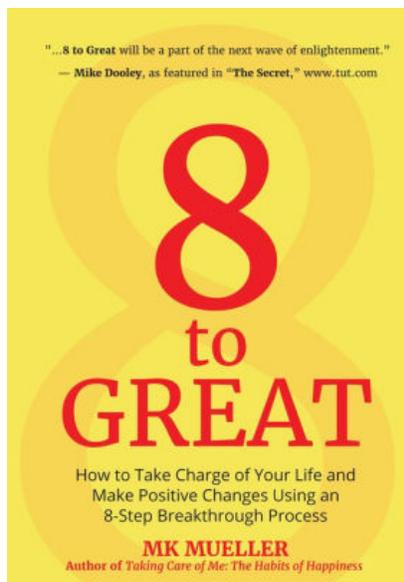
As the Health & Wellness Coalition begins to plan the 15th year of promoting physical activity and good nutrition to every generation living in the greater Wichita area, we want to know what you think! [Let us know by filling out this quick survey by January 14th.](#)

WALK WITH THE MAYOR

The December walk has been cancelled. Join Mayor Longwell on January 26th, 2019 at 11:00 am. The

The Derby Recreation Center is hosting 8 to Great: THE Powerful Process for Positive Change. Be inspired and empowered to be the best version of yourself you can possibly be, take charge of your life, and make positive changes.

The class is FREE due to a grant from the DRC, but you must register by calling 316-788-3781. Tuesday, January 22, 2019 from 5:30-8:30 pm at the DRC. Space is limited!!!



COOKING CLASS OPTIONS STARTING IN JANUARY

Kids age 6-12 will learn basic culinary skills, incorporate nutrition and experiment with food in [Jr Chef Academy Level 1](#): This 10 week session will be at the Downtown YMCA starting Tuesday January 8th. **Thanks to a partnership with Delta Dental of Kansas, we are able to offer a new, lower price for this program in 2019!**

Free [Cooking Matters for Parents](#) classes will be offered on Mondays, Wednesdays or Thursdays starting January 14th for pregnant women, parents, or caregivers from lower income households. Participants learn to plan, shop for, and prepare healthier meals on a budget.

[Game-Changing Nutrition for a Better You!](#) Don't let food choices hold you back from your goals. This series will give you the right tools to get "back on track" boosting your cooking skills and nutrition know-how, plus learn new meal ideas.

Advance registration required for all classes by emailing [Tammi Krier](#) or call 316-776-8176.

2019 Coalition Meetings

starting location of the walk will be announced [here](#).

MOVE 2040



Making strategic investments in our regional transportation system. Take the [online survey](#), learn more [here](#).



Join the City of Wichita Park & Recreation Department on Tuesday January 1st to celebrate new beginnings and positivity in the new year. Meet at Pawnee Prairie Park at 9:30 am, Learn more at their [website](#).

WALK. RUN. DANCE. PLAY. WHAT'S YOUR MOVE?

Everyone needs physical activity to stay healthy. But it can be hard to find the time in your busy routine.



Tools, videos, fact sheets



2019 Meetings:
February 6
April 3
June 5
August 7
October 2
December 4

Meetings are 8:30-10:00 am
Host Partner Site to be
determined

To get involved in the Coalition, email [Shelley Rich](mailto:Shelley.Rich).

12 WAYS TO HAVE A HEALTHY HOLIDAY SEASON



Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy - and ready to enjoy the holidays. Learn more and enjoy [this](#) healthy holiday song!

STAY CONNECTED



and interactive tools found [here](#) have tips that make it easier to get a little more active. And small changes can add up to big health benefits! No matter who you are, you can find safe, fun ways to get active - to move ***your*** way.

Recursos disponibles in español.



Find out about locations, frequently asked questions, bike resources and more [here](#).

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[HTTP://WWW.HWCWICHITA.ORG](http://www.hwcwichita.org)

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