



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 February 2019



In This Issue

- Coalition Meetings
- Walk Kansas
- We All Eat
- Master Food Volunteer
- Diabetes Prevention
- Cooking Classes
- #Motivation
- Food Challenge
- Save the Date
- Gown Town
- Parenting Texts
- Walk-a-Longwell
- Think & DO Tank
- Give Kids a Smile
- What's Your Move?
- Bike Share ICT
- Camp GWC
- Heart Healthy Valentines
- Riverfest Opportunity

OPEN STREETS ICT The Coalition participated in this 2nd annual event on September 23rd, 2018 that registered over 35,000 people.

2018 Year in Review

2019 Coalition Meetings

Physical Activity Focus Group!

What motivates you to be physically active? What can the Coalition do to improve Walktober so that YOU want to participate? One lucky attendee will win a \$50 gift card to First Gear!

Join us and provide your input:

SOAR WITH PARENTING TIPS

Thursday, February 21st 11:00 am-12:00 pm
(Spanish translation provided)
Evergreen Neighborhood Center, 2700 Woodland St. N.
OR Monday, March 4th 5:30-6:30 pm
Downtown YMCA, 402 N. Market, Community Room

Mark your calendar for the 2019 Coalition meetings: April 3rd, June 5th, August 7th, October 2nd, December 4th, 8:30-10:00 am
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](mailto:Shelley.Rich).



New Service! Receive the latest parenting information including tips, ideas and resources. Text KSKIDS to 59925 to sign up.



Thank you for providing this service.

K-STATE
Research and Extension
Walk Kansas
celebrate healthy living
SAVE THE DATE!
March 17th - May 11th

Join us for this 8 week team-based program and be more active with friends & family, make better nutrition choices, and walk away your stress!

Registration begins February 15th

For more information go to www.walkkansas.org or call Sedgwick County Extension at 316-660-0100.

Sedgwick County... working for you

K-STATE, Research and Extension is an equal opportunity provider and employer. K-STATE Research and Extension is committed to creating an inclusive and accessible program accessible to all participants. If you have a disability, please contact us at 316-660-0100, ext. 2000 for more information. We are committed to providing a safe and healthy environment for all participants.

WALK WITH THE MAYOR



Have an idea on how to make our community more walkable? Apply for a "Walk-a-Longwell" special projects funding request for up to \$1,500! Join Mayor Longwell on February 23rd, 2019 at 11:00 am to pitch your idea. Meet at West Douglas Park, 3201 W. Douglas. Share this opportunity with your friends through this [Facebook event](#).

We All Eat!
A **free hands-on** learning food event

WHEN **March 28, 2019**
3:00 – 7:00 PM come & go

WHERE **Sedgwick County Extension Office**
7001 West 21st Street

tips • tools • tricks • tastings for healthy eating inspiration

For more details or to get involved: **Contact Shelley Rich**
shelley.rich@ymcawichita.org
316-776-8177

presented by —
Health & Wellness Coalition of Wichita
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Showcase your organization at this 3rd annual event. To be considered, fill out the application [here](#). For more information, contact [Shelley](#).

THINK & DO TANK

[#workwellict](#)

ABC's of Benefits

Tuesday, February 19th
11:30 am - 1:00 pm
Community Room,
Downtown YMCA,

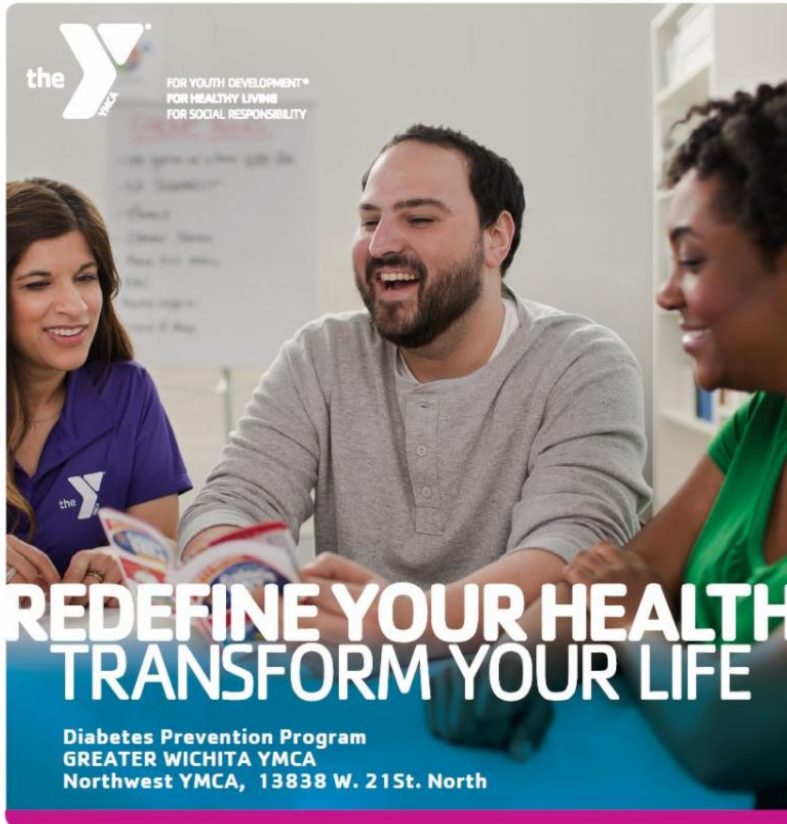
BECOME A MASTER FOOD VOLUNTEER



A Master Food Volunteer is trained by university-based Registered Dietitians, Extension Agents, food scientists, and culinary experts on a variety of topics such as basic nutrition, food safety, and basic cooking techniques. Once training

is complete, participants of the program are able to give voluntary service for multiple projects that utilize their training.

For more information click [here](#) or contact [Sara](#).



If you are at risk for type 2 diabetes, you can make small, measurable changes that you can reduce your risk and help you live a happier, healthier life. **Change is tough - they can help.**

Now enrolling for three new classes:

Northwest YMCA, February 19th, Tuesdays at 9:00 am

East YMCA, February 21st, Thursdays at 6:00 pm

Downtown YMCA, March 5th, Tuesdays at 10:00 am

For more information contact [Debbie](#), call 776-8178 or click [here](#).

NOW REGISTERING: COOKING CLASSES!

Healthy lunch, networking for Worksite Wellness, and tangible takeaways! Click [here](#) for more information and to register.



Adventure Dental and Vision is offering free dental care services to uninsured children for one week, February 12-15th. Space is limited and appointments are required. Call 316-832-2838 for more information.

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.



Move Your Way: Tips for Getting Motivated

Tools, videos, fact sheets and interactive tools can be found [here](#).

1. **Jr. Chef Academy**, children age 6-12, now enrolling at the Downtown, Newton, Andover, or Northwest YMCA. Membership not required, financial assistance provided, click [here](#) for dates and enrollment.



2. **Free Cooking Matters** for pregnant women, parents or primary caregivers of young kids from lower-income families. Click [here](#) for upcoming classes.

3. **Game-Changing Nutrition** gives adults the *right* tools to get "back on track". Click [here](#) for flyer. Call 316-776-8176 or [email](#) with questions on any class listed.



2018 by the numbers:

- 6,235 NEW members
- 15,201 trips
- 205 bikes
- 40 stations
- 4.6 million calories
- offsetting 17,243 lbs of CO2 emissions!

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



For more motivation, events, and more, like our [Facebook page](#)!

FOOD CHALLENGE



The 4-H Food challenge will be fun, fast-paced, and challenging!

When: March 14, 2019

Time: 8:30 am - 12:30 pm

Where: Sedgwick County Extension Education Center

To learn more, click [here](#).

HEART HEALTHY VALENTINES TIPS



Your sweetheart may have the key to your heart, but

SAVE THE DATE

Aug. 20, 2019

HYATT REGENCY
WICHITA

15th Annual Working Well Conference

Learn how to create a culture of wellness at your worksite.

Featuring Author, Speaker,
Entrepreneur & Thought-Leader

Laura Putnam

plus experience other great speakers and learning sessions.

EARLY BIRD REGISTRATION IS OPEN!
Sessions will be submitted for HRCI/SHRM certification credits.



eating healthy and being physically active can be the key to a healthier you! This Valentine's Day, celebrate love and life with your heart in mind.

Click [here](#) for 12 tips!

RIVERFEST HEALTH FAIR



Health Fair 2019

Friday, June 7
11am to 2pm
Kennedy Plaza

Participation in the Riverfest Health Fair is free and offers organizations a great opportunity to reach the Riverfest crowds. Screenings and/or hands-on learning opportunities are encouraged. Applications are due by 5 pm on April 30th and can be found online [here](#).

GOWN TOWN 2019
SATURDAY, MARCH 2ND | 9 AM - 3 PM
NORTH HIGH SCHOOL GYM
MUST PRESENT STUDENT ID TO RECEIVE FREE FORMAL WEAR

TO DONATE:
DROP OFF GENTLY WORN PROM DRESSES, MEN'S SUITS, SPORT COATS, TUXEDOS, & SHOES TO ANY

In The Bag
CLEANERS
100% ECO Friendly

TO VOLUNTEER CONTACT [LESLEA](#). FOR MORE INFORMATION, CONTACT [PATTY](#).

STAY CONNECTED



Health & Wellness Coalition of Wichita | 316-776-8177 | shelley.rich@ymcawichita.org |

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

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