



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 January 2019



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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 18th.](#)

2019 Coalition Meetings

Join us for the first Coalition meeting of 2019
Wednesday, February 6th 8:30 - 10:00 am
[Mark Arts](#), 1307 N. Rock Road

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

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 January 26th, 2019 at 11:00 am. to pitch your idea. The starting location of the walk will be announced [here](#).

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).



VENDORS WANTED



Old Town Farmers' Market is expanding! Serving thousands of area residents every Saturday; they host some of Kansas' highest quality vendor businesses, special events, demonstrations, community yoga, live music, lots of great community partners and more.

The only piece that's missing is you!

Are you ready to reach a new customer base? Interested in working with fair and professional people? Join a friendly and caring Market environment and watch your business grow. Farmers, Food Artisans, Handmade Artisans, Food Trucks, Musicians and Entertainers, visit the [website](#), click on 'Join the Market' and submit your application. Click [here](#) to email with questions.

COMCARE will be hosting a Youth Mental Health First Aid Training on January 23, 2019 to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Click [here](#) for more details."

THINK & DO TANK

#workwellict

ABC'S OF BENEFITS

- Encourage utilization of wellness benefits
- Know what questions to ask at point of service or of HR
- Helpful health literacy information
- Learn 'Life Hacks' for helping employees navigate their benefits

TUESDAY, FEBRUARY 19TH
11:30 AM - 1:00 PM
COMMUNITY ROOM - DOWNTOWN YMCA

To register for this or all 2019 sessions:
<http://hwcwichita.org/worksite-wellness>
Cost for all 2019 sessions: \$60
Cost for one session: \$20



Healthy Lunch. Networking. Tangible Takeaways.



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

REFLECT, REPLACE, REINFORCE

Do you need to improve your eating habits in 2019? [This article](#) suggests three keys:

Click [here](#) to learn more about the four sessions and register for



Cancer Connections:

A *Free* wellness program for cancer survivors and thrivers

Are you wondering how to work toward wellness after a diagnosis of cancer? Cancer Connections gives you access to experts providing you with evidence-based information to help you navigate your survivorship journey. The program offers six one-hour, sessions, each devoted to a specific topic. This program is offered virtually, so you can connect from your home or at a local organization that is hosting the program.

Session Information

Long Term Effects of Cancer Treatment

Wednesday, Jan. 9, 2019, noon – 1 p.m.
Repeated Tuesday, Jan. 15, 6-7 p.m.

Healthy Eating After Cancer

Wednesday, Jan. 23, 2019, noon – 1 p.m.
Repeated Tuesday, Jan. 29, 6-7 p.m.

Physical Activity After Cancer

Wednesday, Feb. 6, 2019, noon – 1 p.m.
Repeated Tuesday, Feb. 12, 6-7 p.m.

Update on Genetics and Cancer

Wednesday, Feb. 20, 2019, noon – 1 p.m.
Repeated Tuesday, Feb. 26, 6-7 p.m.

Sex and Intimacy After Cancer

Wednesday, March 6, 2019, noon – 1 p.m.
Repeated Tuesday, March 12, 6-7 p.m.

Chemobrain: Strategies to Cope

Wednesday, March 20, 2019, noon – 1 p.m.
Repeated Tuesday, March 26, 6-7 p.m.

This program is designed for survivors/thrivers of all types and stages of cancer. Sessions WILL NOT cover information regarding specific treatments for cancer.



Register Now!

To register for sessions, please contact:

<http://bit.ly/CancerConnections>

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- **Reflect** on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating.
- **Replace** your unhealthy eating habits with healthier ones.
- **Reinforce** your new, healthier eating habits.

Making sudden, radical changes to eating habits can lead to short term weight loss. However, such radical changes are not healthy and won't be successful in the long run. Permanently improve your eating habits with this thoughtful approach.

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.

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.



STAY CONNECTED



View on Instagram

View our videos on YouTube





Like us on Facebook

Follow us on 

Tools, videos, fact sheets 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 espanol.



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

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