HELP US CELEBRATE NATIONAL NUTRITION MONTH!

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CELEBRATE NATIONAL PUBLIC HEALTH WEEK - APRIL 3-9

Join us at the following events:

- City of Wichita proclamation April 4th, 9:00 am.
- Reception for the 2017 Doren Frederickson Award: Friday, April 7th, 9:30 am at The Chamber, 350 W. Douglas.
Upcoming Coalition Meetings

The next Bike Month 2017 Planning Committee will be March 21st at 5:30 pm at Bike Walk Wichita Headquarters, 131 South Laura. (The third Tuesday of each month, new volunteers always welcome!)

The Physical Activity Committee meets monthly to plan Walktober, Walk at Work and other events. Join us on the 3rd Thursday of each month, 9:00 am at 1102 South Hillside. Next meeting, March 16th.

The Healthy Eating Committee meets monthly to plan Kids Eat Right Month, Food Day, National Nutrition Month and other events. Join us Thursday, March 16th at 2:00 pm, 1102 South Hillside.

The March Health & Wellness Coalition meeting was hosted by WAMPO on March 1st. Click here for meeting minutes.

WORKWELL KS UPCOMING WORKSHOP

WALK-A-LONGWELL

Mayor Jeff Longwell is encouraging an active and healthy lifestyle through a new monthly initiative called "Walk-A-Longwell," a one-hour walk to encourage healthy habits.

Due to popular demand, this event has moved to the last Wednesday of each month at 5:15 pm. Join Mayor Longwell on March 29th! For more information, contact Becky Tuttle.

CHRONIC DISEASE SELF-MANAGEMENT TRAINING

Become a trained leader:
May 4-5 & 10-11
First Missionary Church
1300 Berry Avenue
Newton, KS  67114

Click here for more information. Contact Alissa Rankin with questions.

WHAT’S NEW IN NUTRITION?

Save time, but still make low cost and nutritious meals with a pressure cooker. For more information, read this resource from K-State Rapid Response.
Why should your worksite participate in WorkWell KS training? Watch this video and learn more.

Click here to register for the free April 10th South Central Kansas workshop in Wichita!

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**TRY DAY FRIDAY FUN**

In February, we featured jicama including a recipe for jicama fries.

Did you know that jicama provides lots of fiber, Vitamin C, and several minerals and B vitamins? Jicama is carried year round by most grocery stores in Wichita. Pick a firm jicama with few soft spots or bruises. Smaller jicama can be eaten raw with a salad or for snacking. Larger jicama are better for baking and recipes with strong seasoning.

Find out the March Try Day Friday food on the Health & Wellness Coalition Facebook page.

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**THIS SPORT MAY BE THE BEST WORKOUT FOR A LONGER LIFE**

Six common sports: swimming, cycling, aerobics, running, racquet sports and football, have been assessed for their risk of cardiovascular
This event is designed for employees and families of the host credit unions. To reserve your space as a vendor, contact Evan Wilson (316) 558-5063, or Lea Ann Gabbert (316) 247-5519.

STAY CONNECTED

Health & Wellness Coalition of Wichita | 316-683-9441 | BECKYTUTTLE@MED-SOC.ORG | HTTP://WWW.HWCWICHITA.ORG

1102 S. Hillside, Wichita, KS 67211

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