



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 May 2019

CREATING A COMMUNITY THAT SUPPORTS AND ENCOURAGES PHYSICAL ACTIVITY AND HEALTHY EATING



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Coalition Meetings

JOIN US! for the Next Coalition Meeting:

Wednesday, June 5th, 8:30-10:00 am
at the Sedgwick County Health Department, 1900 E. 9th St.

Mark your calendar for the remaining 2019 Coalition meetings: August 7th, October 2nd, December 4th

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).

MAY IS BIKE MONTH!



May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast.



Join the #ICTYYourPlate movement to promote your local food products, purchases, or events! Click [here](#) to learn more.

WORKING WELL AWARD

The Health & Wellness Coalition is proud to acknowledge the efforts of employers in Sedgwick County who make it a priority to encourage their employees to live a healthy lifestyle.



Do you know a worksite that is making changes that inspire wellness in the workplace.? If so, [nominate](#) the worksite through June 3, 2019. The finalists of this year's Cultivating Wellness Award will receive one free conference registration (valued at \$100).

HEALTHY EATING COMMUNITY RESOURCES



[LEARN MORE](#)



JR. CHEF

[LEARN MORE](#)

Learn about local events by visiting the [Bike Month ICT website](#) and [Facebook page](#). Participate in the month-long [BINGO](#) challenge! Submit your activities for a chance to win gift certificates to local bike shops and more!

RIVER FEST WALKS



The [Riverfest](#) and [Bike Walk Wichita](#) have teamed up to provide fun and educational walking tours:

1. Saturday (6/1) & Sunday (6/2), 1pm Ark River History
2. Tuesday, June 5, 5:30pm Veterans Walk
3. Thursday, June 6, 5:30pm Downtown History Walk
4. Friday, June 7, 11am Family Exploration Walk
5. Saturday, June 8, 11:30am Walk ICT: Photographic Memories



2019 WORKING WELL CONFERENCE

YOU CAN PREVENT DIABETES!

COOKING MATTERS: A Free Cooking Workshop Series

[LEARN MORE](#)



Central Plains Area Agency on Aging

Bicycle Safety Clinic

The Wichita Police Department invites you to join us for a fun day of bicycle safety.

The classes are for Elementary age students from ages 5 to 12

Locations:

May 29th 9a.m. to 4p.m.

Location: 7547 E. Rockwood Wichita, Ks, 67206 (neighborhood club house)

June 5th 9am to 4p.m.

Location: 903 S. Edgemoor (The old South East high school parking lot, Southside of the building)

To sign up email Officer David Inkelaar at dinkelaar@wichita.gov

Phone: (316) 688-9545 (leave message)

Sign up quickly classes are limited to 25 kids!

Things to bring:

- A working and functioning Bicycle (this is must)
- Helmet (if you do not have one we can help you out)
- Sack lunch (we will have water on hand)
- Great attitude and willingness to learn!

You can prevent or delay type 2 diabetes. Make a change for life! [Register](#) today to attend the next class starting June 3rd.

Click [here](#) for more information, or call 1-855-200-2372.

BIKE WITH THE MAYOR



Special for May! Walk a Longwell has changed to Bike a Longwell! Join the mayor on Saturday, May 25th at 11:00 am at the [Bike Share ICT](#) station outside City Hall.



Each year millions of Americans face the reality of living with a mental illness. During May, [NAMI](#) and the rest of the country are raising awareness of mental health. Each year they fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

Did you know that 1 in 5 adults in the U.S. lives with a mental health condition.

WORKSHOP SERIES

Mondays, 1-6 pm • Registration required • \$20 at the door

- April 29 • Building and managing healthy soils
- May 13 • Seedling production & production planning
- June 10 • Small farm equipment & irrigation
- June 24 • Farm tour intensive
- July 22 • Insect, disease, & weed management
- Aug. 19 • Post-harvest handling & food safety
- Sept. 23 • Starting a farm & farm business management

Workshop will include both a classroom learning component and a farm tour. See registration page for location information.

GrowingGrowers
ICT

GROWING GROWERS ICT WORKSHOPS HELP NEW, EXPERIENCED FARMERS GAIN KNOWLEDGE

The workshops are open to the public and pre-registration is required. Cost is \$20 per workshop. Scholarships are available to attend the workshops. Register [online](#) or call 316-660-0100.

LEARN TOOLS FOR BETTER HEALTH: LIVING WITH A CHRONIC CONDITION

Free workshops are being offered in this community by trained facilitators to help you:

- learn decision-making and problem solving skills
- Communicate effectively with family and health professionals
- Set and accomplish goals
- Better manage your health, and more!

For more information or to register, [email](#) or call 316-660-7304.

"The workshops put me back in charge of my life, and I feel great. I only wish I had done it sooner." – Living with Chronic Conditions workshop participant

HEARTLAND GAMES

[Senior Services of Wichita](#) is hosting a series of competitions that spotlight the abilities of older athletes - ages 50 and better. Upcoming events: [Pickleball Competitive Tournament](#) (June 1), or 5K Grandparents Day Inter-generational Run/Walk (September 8).



Did you also know that eating healthy and being physically active can be tools to combat mental health issues?

According to the [American Psychological Association](#), new research connects [nutrition](#) and mental illness. The effects of physical activity extend beyond the short-term. Research shows that [exercise](#) can also help alleviate long-term depression.

To learn more about local resources, contact [COMCARE](#) or call their Crisis Line at 316-660-7500.

STAY CONNECTED



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

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