



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 2017



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WALK AT WORK DAY IS MAY 17TH!

Walk at Work Day has been celebrated in Sedgwick County on the third Wednesday in May since 2006. On Wednesday, May 17th, encourage employees to boost their energy with a walk! Click [HERE](#) to register and click [here](#) for more information.



Joint Use Agreement between Botanica and Health ICT



Encourage your employees to stroll the beautiful gardens at Botanica for only \$1, Monday - Friday between 11:00am-1:00pm starting May 17th and ending September 1st. Click [here](#) to sign up your worksite.

TRANSITION ANNOUNCEMENT

Becky Tuttle, Chair of the Health & Wellness Coalition of Wichita, is transitioning from Project Manager of Health ICT to the Greater Wichita YMCA as the Community Development Branch Director. Becky's new email address as of June 13th is becky.tuttle@ymcawichita.

Bike Month May 2017



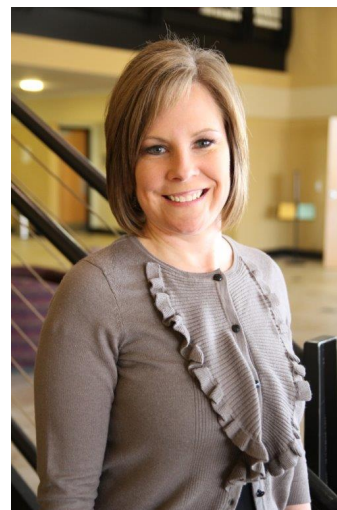
Art by Jonathan Clark Featured in the Douglas Design District

- May (all month) Pedals to Petals at Botanica
- May 1 National Bike Challenge begins
- May 4 Bike Share Ribbon Cutting - Wichita Art Museum Bike Movie
- May 6 Pancake Ride - MSRide
- May 10 Bike to School Day
- May 19 Bike to Work - Free Breakfast & Free Lunch
- May 27, 28 Wheels to Worship
- May 27 Art Adventure event with Wichita Art Museum

Presenting Sponsor




BikeMonthWichita.org
Check web for more events and updates



Bike Share is in Wichita! Bike Share ICT provides the Wichita community with convenient, affordable access to bicycles as an easy, fun, healthy and eco-friendly means of transportation and recreation. Learn about locations, pricing, FAQ's and more [here](#). Follow Bike Share ICT on [Facebook](#).

PROACTIVELY MANAGING OBESITY



Join us Tuesday, May 16, as Dr. Kimberly Hutton with CareATC in Tulsa, Oklahoma, discusses this complex chronic disease and its long-term management. Location: Child Start, Inc., 1002 S Oliver, in the Parklane Shopping Center.

Breakfast and networking begin at 7:45 a.m., and the program starts at 8 a.m. We look forward to a lively Q&A and discussion following Dr. Hutton's presentation. This event is being sponsored by Novo Nordisk in conjunction with the Wichita Business Coalition on Health Care and is **free** to attendees.

TRY DAY FRIDAY FUN

In April, we featured [limes](#) including a lime popsicle recipe.



Lime juice is a good source of Vitamin C, and flavanoids,

Click [here](#) for more information. Click [here](#) to register.

Coalition Meetings

Our next meeting is July 12th, 8:30 a.m. Botanica, 701 Amidon St.

The [Bike Month 2017 Planning Committee](#) will be meeting to wrap up Bike Month on June 13th at 5:30 pm at Bike Walk Wichita Headquarters, 131 South Laura.

The [Physical Activity Committee](#) meets monthly to plan Walktober, Walk at Work and other events. Join us Thursday May 25th 9:00 am at 1102 South Hillside.

The [Healthy Eating Committee](#) meets monthly to plan Kids Eat Right Month, Food Day, National Nutrition Month and other events. Join us Thursday, May 18th at 1:30 pm, 1102 South Hillside.

SAVE THE DATE - CLINICAL TOWN HALL SUMMIT

Save the date!
Community Health Summit
June 28, 2017 | Wichita, KS

Do you impact health in your community?
 MSSC and KAFP are partnering with statewide stakeholders to bring together partners who impact health and well-being in our state to participate in this half-day summit. By attending, you will have the opportunity to network with health leaders from across the state, and learn how to plan and implement a Clinical Town Hall in your own community!

Learn more at: KAFPOnline.org/Education/CommunityHealthSummit
 Registration will open April 17, 2017.

Conveniently held the day before the Chronic Disease Alliance of Kansas meeting.

Partnering Organizations: **Humana**, **KANSAS ACADEMY OF FAMILY PHYSICIANS CARING FOR KANSANS**, **Health ICT**, **Kansas Department of Health and Environment**, **MSSC**

The Medical Society of Sedgwick County is accredited by the Kansas Medical Society to provide continuing medical education for physicians. The Medical Society of Sedgwick County designates this live activity for a maximum of 4 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

A **Clinical Town Hall** brings together local community partners to develop a set of shared priorities to improve the health of their community and foster provider/community-based coalition relationships to address public health needs, with the idea of creating a collective inventory of available public health resources for the community in efforts to better utilize these resources.

FIGHT IN THE OPEN

some research suggests may help protect against cancer and disease.

Find out the May Try Day Friday food on the [Health & Wellness Coalition Facebook page](#).

LEARN MORE ABOUT FARMERS MARKETS



Kansas Grown! Inc. is currently the largest grower owned farmers' market in the state of Kansas. They have four locations in Sedgwick county with over 100 local vendors.

Celebrating their 27th year, learn about vendors, locations and more [here](#).

WALK-A-LONGWELL



Mayor Jeff Longwell is promoting exercise and a healthy lifestyle with "Walk-A-Longwell," a one-hour monthly walk.

Join him on Wednesday, May 31st. Check this [Facebook page](#) or the City of Wichita [website](#) for walk start time and location.

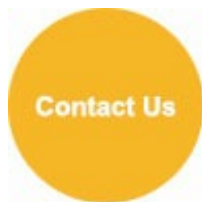
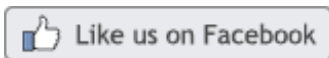


#TearStigmaApart

Each year The Mental Health Association of South Central Kansas, a private non-profit, serves approximately 10,000 individuals facing mental health issues and life stressors.

It's estimated that 1 in 4 adults and 1 in 5 children experience some form of mental disorder in a given year, making mental illness more prevalent than cancer, diabetes and heart disease. Despite these staggering figures, funding cuts and service constraints plague the mental health system and directly impact the health and wellness of our communities. Every penny contributed will go directly to ensure the stability of our programming.

STAY CONNECTED



Health & Wellness Coalition of Wichita | 316-683-9441 | BECKYTUTTLE@MED-SOC.ORG |

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

1102 S. Hillside, Wichita, KS 67211



INTRUST Bank Arena Charity Dodgeball Tournament July 8th. Official rules and event information can be found [here](#). Early bird deadline coming soon!

NEW THIS FALL!

The Wichita Sports Forum 5K Race Series promises to be the top new races in the area. Save the date for October 22nd and November 12th.



Click [here](#) for the race flyer and sponsorship opportunities.