



**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.**

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NEWSLETTER November 2018



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Take simple steps to eat healthier by celebrating Eat Smart Month with the American Heart Association. We encourage you to take the first step to commit to healthier eating. To get started, read and share the following information:

- [Be at your Peak this Holiday Season](#)
- [Sip Smart](#)
- [Celebrate with No Regrets](#)
- [Holiday Stress-Busters](#)

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### GIVE THE GIFT OF HEALTH

This is a gift of health that keeps on giving! Teach a child age 7-12 how to cook! Now enrolling for Level 1 & 2 at the Downtown and Andover YMCA. Click [here](#) for more information.



Add locally grown, raised, or produced foods to your plate  
THIS THANKSGIVING

# ICT YOUR PLATE

Shopping for local food doesn't end with the fall Farmers' Market season! Many of our farmers and food makers still have healthy and delicious items available to purchase year round. In addition, our farmers' markets move indoors and continue to run throughout the winter months.

This Thanksgiving, look for ways to **#ICTYourPlate** by purchasing at least one locally produced item to include in your holiday meal.

### How Can You Participate?

- Plan to attend one of the indoor farmers' markets to shop for local ingredients before Thanksgiving. See the calendar [here](#).
- Seek out local sources of protein, breads, honey, and vegetables by searching the [ICT Food Circle](#) database.
- Share your shopping finds, holiday meal, or recipe on social media, using the hashtag **#ICTYourPlate**. Be sure to call out the local farms and producers featured on your plate!
- Visit a restaurant that serves locally grown or raised foods during the holiday season. Snap a pic of your local food and share with **#ICTYourPlate**. Find local restaurants [here](#).

To learn more about local food and what is available locally, follow ICT Food Circle on [Facebook](#) and join the Facebook [group](#).

## Upcoming Coalition Meetings - JOIN US!

### Health & Wellness Coalition

Wednesday, December 5th from 8:30-10:00 am

Advanced Learning Library, 711 W. 2nd St. N.

The library does not open until 10am, please use the west public entrance to enter for the meeting.

Meeting highlights include presentations from the Partnership & Community Engagement Manager at the Wichita Public Library, the Communications Manager at WAMPO, a PechaKucha presentation and 2018 celebration and awards!

**You won't want to miss this meeting! Bring a friend.**

To join one of the following committees, contact [Shelley Rich](#): Physical Activity, Healthy Eating, Food Policy, Working Well Conference Plan.



## WALK WITH THE MAYOR

Saturday, November 24th, Mayor Jeff Longwell will be leading a walk at 11:00 am. This Facebook [event](#) will announce the start location.



Have an idea on how to make our community more walkable? Apply for a special project funding request for up to \$1,500. Learn more [here](#).

## YMCA WELLNESS WORKS

Awareness, skills and support are the tools your employees need in order to make sustainable behavior changes!

As you make plans to support your worksite's greatest asset, YOUR EMPLOYEES, in their health and wellness journey in 2019, consider the YMCA's wellness challenges and webinars...or make it a [package deal](#) for even more savings.

## FIREFLY FARM'S SECOND ANNUAL FARMERS' BOOK & CONVERSATION CLUB



MEETING AT WATERMARK BOOKS ON THE 4TH SATURDAY OF DECEMBER, JANUARY, FEBRUARY, & MARCH FROM 12 - 2PM

[FireFly Farm](#) will be hosting the second annual farmers' book club at [Watermark Books](#) with various local farmers leading the discussions. Click [here](#) for more information.

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# WALKTOBER

Walktober is a free, month-long physical activity incentive that has been celebrated in our community for years! Thank you to the **1,411** residents that registered for Walktober. A big thank you to the **584** residents that reported their physical activity at the end of the month for a combined total of **101,835 miles** (steps and minutes reported were converted to miles). Congratulations to [this list of prize winners](#). The ultimate prize is a regular walking habit with your friends and good health! One more important thank you goes to our wonderful intern Stephanie, for all of her hard work on Walktober.

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Let the YMCA's team of wellness professionals provide your employees with awareness of health habits and opportunities for improvement, skills to make sustainable lifestyle changes and support to stick to those changes.

For more information on the YMCA's Wellness Works services or how to get your worksite involved, contact [Lianna](#) today!

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

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## STAY COLD WEATHER SAFE

Exercising outside is possible through the winter months, but you will need to take extra precautions.



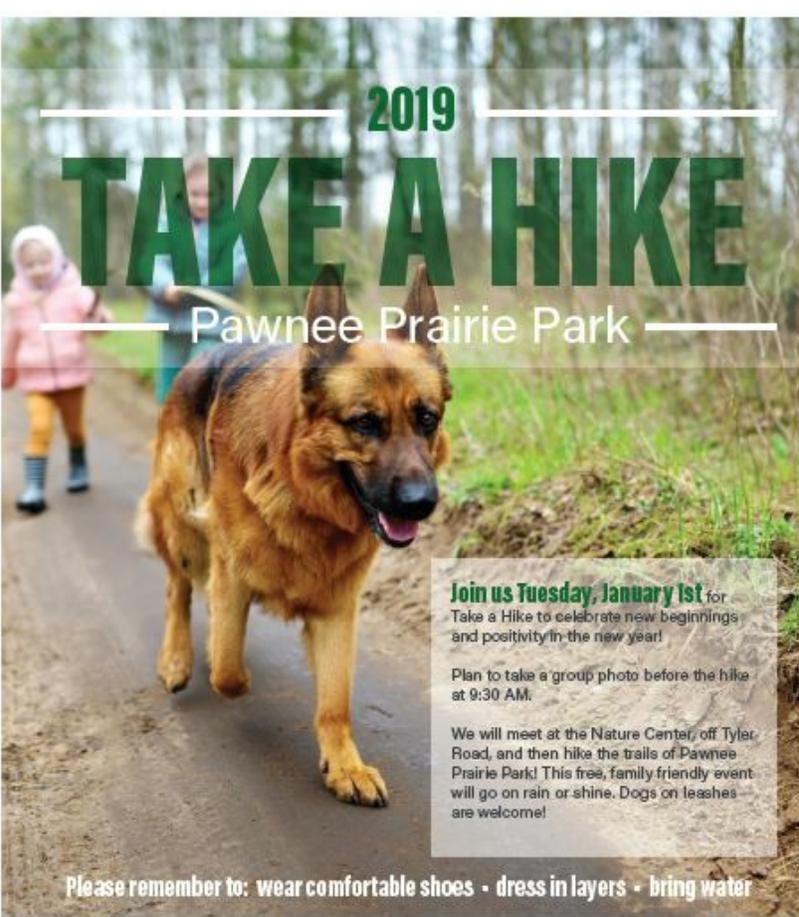
Check the weather and know what to expect from when you start to when you finish. Wear proper clothing, drink plenty of fluids and make sure you have a plan in place in case of an emergency. [Read on](#) for more tips.

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FOLLOW THE COALITION  
ON INSTAGRAM

For more physical activity  
and healthy eating  
motivation, [follow us](#) on  
Instagram.

WE'RE NOW ON  
INSTAGRAM 



**2019**

# TAKE A HIKE

Pawnee Prairie Park

**Join us Tuesday, January 1st** for  
Take a Hike to celebrate new beginnings  
and positivity in the new year!

Plan to take a group photo before the hike  
at 9:30 AM.

We will meet at the Nature Center, off Tyler  
Road, and then hike the trails of Pawnee  
Prairie Park! This free, family friendly event  
will go on rain or shine. Dogs on leashes  
are welcome!

Please remember to: wear comfortable shoes - dress in layers - bring water



## STAY CONNECTED

View our videos on 

 Like us on Facebook

Follow us on 

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