



**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 October 2018



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**#WalkLikeAWichitan**

Walktober continues through October 31st. This FREE, community-wide physical activity initiative, encourages you to engage in the recommended 30 minutes of activity five or more days of the week and walking is the perfect way to meet that goal. For more information, to register and download your calendar card, visit our [website](#) and follow this Facebook [event](#).

**COOKING MATTERS BEGINS MONDAY**

This is a 6-week program for adults only (parents or caregivers of kids). There is no fee to participate however, you will be asked to attend at least five classes. This program is helpful to learn how to stretch your budget. Free childcare is available at the Downtown YMCA class

**LET'S MOVE KANSAS**

**October 20, 2018**



Click [here](#) for registration and information.

starting October 15, meeting on Mondays from 6:00-8:00 pm. For more information contact [Tammi](#).



Save the date for the [Live Well With Diabetes](#) free event Saturday, November 3, 9am-2pm at the K-State Research & Extension Sedgwick County office, 7001 W. 21st St North.

## Upcoming Coalition Meetings - JOIN US!

The **Physical Activity Committee** meets the third Thursday of each month to plan Walktober, Walk at Work and other events. [Contact us](#) for the next meeting date and location.

The **Healthy Eating Committee** meets the second Monday of each month to plan Kids Eat Right Month, Eat Smart Month, National Nutrition Month and other events. [Contact us](#) for the next meeting date and location.

The final Health & Wellness Coalition meeting in 2018 will be Wednesday, December 3rd from 8:30-10:00 am at the Advanced Learning Library.

## WALK WITH THE MAYOR

Saturday, October 27th, 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](#).



Celebrate all things garlic on Saturday and Sunday, October 20th & 21st at Eberly Farm brought to you by [Orie's Farm Fresh](#). Garlicky eats, garlic-centered cooking demonstrations, garlic-focused presentations, samples, tastings, workshops, music and more! Schedules and ticket prices available on the [Facebook event](#).



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

## FALL PHYSICAL ACTIVITY TIPS

The fall is one of the best times of the year to get outside and be active! The



Week 5

1. How did you like the food we made today?



2. What can you put on fruit (like an apple) to keep it from turning brown after you cut it?

Water/Lemon Juice

3. What's one new thing you learned today?

You can eat a kiwi peel.

Jr. Chef begins October 23rd. 12 week session for ages 7-12 builds on basic culinary skills, incorporating nutrition and fun food experiments. For more information click [here](#).

**LOCAL FOOD MEET & GREET**  
*for local food producers, chefs and food entrepreneurs*  
Monday, November 5, 2018  
10:30 a.m. to noon.  
Downtown YMCA Community Room  
RSVP at [sedgwick.ksu.edu](http://sedgwick.ksu.edu)  
No product sampling expected

ICT FOOD CIRCLE  
K-STATE  
Wichita, KS

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Photo courtesy of Morning Harvest Farm

For more information contact [Rebecca McMahon](#).

**DOUBLE YOUR DOLLARS FOR BUYING FRUITS AND VEGETABLES WITH YOUR EBT/MISSION CARD**

air gets cooler and the leaves start to fall to not only make a pretty sight but also possibly gives you some yard work to do! There are many health benefits to being active outside and with fall come's corn mazes, apple picking, bike rides and more! [Here are more tips to get outside and stay fit this fall!](#)

### PARKING 2.0



Award-winning and internationally recognized transportation expert Jeff Tumlin spoke in Wichita this past August. [Click here](#) for the entire Parking 2.0 presentation, including audience questions

### USE FALL FOODS TO MOTIVATE YOU TO EAT HEALTHY!

Fall brings a multitude of healthy, fresh produce to your local markets that make healthy eating an easier and cheaper choice! Leafy greens, squash, apples, and sweet potatoes are all great foods to help boost your health before the flu season is upon us! There is more to it than just buying fruits and veggies though; here are [10 ways to prepare for a fall full of healthy eating!](#)



Double Up Food Bucks

[For questions and locations click here.](#)



**FOLLOW THE COALITION  
ON INSTAGRAM**

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

**WE'RE NOW ON  
INSTAGRAM** 




## COLD DAYS WARM HEARTS

**Help keep our community warm this winter.**

Donate your new or gently used winter coats, hats, gloves and scarves. Items will be distributed during the YMCA's 41st Annual We Care Thanksgiving Dinner.

### STAY CONNECTED

View our videos on 

 Like us on Facebook

Follow us on 

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