



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 September 2018



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Upcoming Coalition Meetings - JOIN US!

The October Health & Wellness Coalition Meeting has been rescheduled!

Join us Wednesday October 10th, 8:30-10:00 am, at the Salvation Army, 350 N. Market.

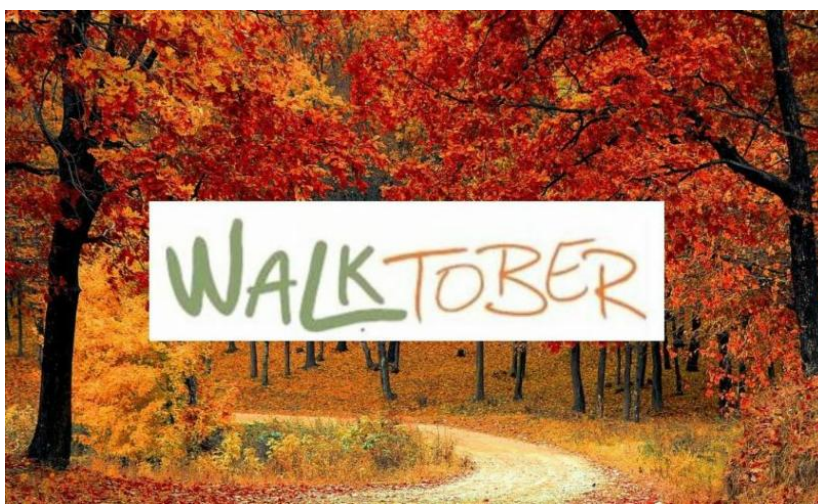
The meeting will include a host partner presentation, new and ongoing walking initiatives in our community and time to network.

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.

WALK WITH THE MAYOR

Saturday, September 29th, Mayor Jeff Longwell will be leading a walk at 11:00 am. This Facebook [event](#) will announce the start location.



#WalkLikeAWichitan

Walktober is a FREE, community-wide physical activity initiative, encouraging 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](#).

How to participate:

1. Register at www.hwcwichita.org
2. Record your physical activity on the calendar card October 1-31. Any physical activity counts - walking, swimming, biking, etc. Count in minutes, steps, miles - whatever is most convenient for you.
3. Be inspired by the weekly newsletter
4. Report your walktober participation at the end of the month with the link that will be provided and be entered to win health related prizes.

Contact [Shelley Rich](#) with questions.



KANSAS PUBLIC HEALTH ASSOCIATION WALK/RUN

Join KPHA on October 2nd at 6:00 pm at the Hyatt Regency for the 3rd annual 1 mile Walk/5K Fun Run. Held in conjunction with the 2018 KPHA Annual Conference, everyone is invited to participate in this opportunity to be active and

walk or run along the beautiful Arkansas River in downtown Wichita. The cost to register is \$25 and includes a Wichita flag inspired t-shirt.

[Register today!](#)



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](#).



Positive Directions invites you to walk on September 29th, learn more [here](#).



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

THE PURPLE MILE



A walk to raise awareness of domestic violence on October 13th. [Learn more](#).

FIND TIME TO FIT IN PHYSICAL ACTIVITY

September tends to be a busy month for everyone!

CPAAA's Senior Expo provides options for today's seniors and caregivers on September 27th, 9:00am-3:00pm at three locations:

- Botanica, the Wichita Gardens
- Advanced Learning Library
- Wichita Art Museum

For more information, visit this [website](#) and Facebook [page](#).



Join us Saturday, September 23rd from 12:00-5:00pm for a FREE community-building event along the iconic Douglas Avenue in for a full day of biking, fun physical activities, music, dancing, yoga, and much more! All Wichitan's are invited to get active, socialize, and to stop at the local Douglas Avenue businesses, restaurants, street vendors, and the five major activity hubs situated every mile along the four-mile stretch. Click [here](#) to map out your route.

ANNUAL BICYCLE & PEDESTRIAN COUNT

Every year WAMPO coordinates an annual count of bicycle and pedestrian activity across 35 different sites in Park City, Goddard, Andover, Mulvane and Wichita to name a few.



The data collected during these counts helps to estimate the number of people and locations people bicycle, walk and run. Once collected, the data is used to plan the location of future bicycle and pedestrian investments.

Volunteers are needed Thursday, September 20th from 5:00 - 7:00 pm and Saturday, September 22nd from noon to 2:00 pm. Click [here](#) to register. For more information, contact [Tricia](#).

Finding time in your schedule to be physically active can be challenging and lots of times gets pushed to the bottom of your priorities. Take your health into consideration when organizing your life and find times to fit in a workout! Find [tips, tricks and benefits here](#).

FEEL GOOD, DO GOOD



Walk, hike, jog, swim, bike, yoga, or run! Join from wherever you are, based on your schedule! This virtual race for wellness is a one-month fitness challenge designed to help you reach your health goals, while changing lives. Learn more [here](#).

HELP FOR PORTION CONTROL

One of the biggest struggles people deal with today when eating is portion control. Most restaurants serve more than the recommend amount of servings for one sitting or when you are eating at home with the family lots of times the dishes are put on the dining table where you are more likely to go back for seconds. Learn about how you can manage your portion control in different situations [here](#).

ASIAN WELLNESS DAY

18TH Annual Community Health Fair

Open to
The Public

SATURDAY, OCTOBER 6, 2018

8 am - 1 pm

Sedgwick County Extension Education Center
7001 W. 21st Street N. (corner of 21st and Ridge Rd.)

FREE
FLU
SHOTS

This annual health fair is geared toward serving medically underserved and Asian populations, but is open to everyone in Wichita and surrounding areas. For more information click [here](#).

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




Double Up Food Bucks

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

STAY CONNECTED

View our videos on 

 Like us on Facebook

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

402 N. Market, Wichita, KS 67202



Kidney Walk

Saturday, October 6th,

[learn more.](#)

LET'S MOVE KANSAS

October 20, 2018



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



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.