



Promoting Physical Activity & Good Nutrition



The 2023 Health & Wellness Coalition Meeting time with the most votes **was 2:00 pm**. Mark your calendar for the 4th Tuesday of each month or [email us](#) for a calendar invitation.

Join us virtually for Health Jeopardy on January 24th

The Health & Wellness Coalition meets monthly to share Coalition updates, community education and networking opportunities. We are kicking off the New Year by sharing local health data in a fun, game show setting.

Click [here](#) for the meeting link.

Local Food System Updates

Apply today with the [City of Wichita](#) and/or [Sedgwick County](#) to serve on the Food and Farm Council.

Email [Shelley](#) with questions or to submit your updates for future newsletters.



SEDGWICK COUNTY
Health Department

Join the **Food Access Workgroup** on January 31st from 9-10:30am. Email [Tara](#) for meeting invitation. The Sedgwick County [Community Health Improvement Plan](#) is a three-year community health improvement process that identifies priority issues, develops and implements strategies for action, and establishes accountability to ensure measurable health improvement.



We recently learned that one of our local partners is a Local Food Foodie (a person with a particular interest in food; a gourmet). The Health & Wellness Coalition is now following [@eatinwitht](#) on Instagram! [Email us](#) suggestions of other local food foodies so we can connect.

SAVE THE DATE

to receive the

VIP
pass



April 11, 2023
8:30 AM - 4:00 PM
Drury Plaza Hotel

to wellness at the Working Well Conference.

Presenting Sponsor



BlueCross BlueShield
Kansas

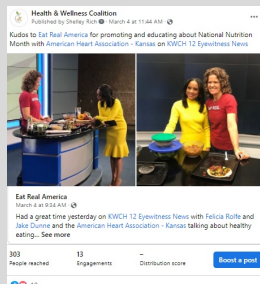


**Health & Wellness
Coalition of Wichita**
Coordinated. Connected. Committed.

The Working Well Conference planning committee is hard at work coordinating the 18th annual conference. Save the date on your calendar and plan to spend professional development dollars on this first class, local conference. Registration is \$100/person or \$800 for a table of 10.

To be connected for sponsorship opportunities, please contact [Fern](#) or [Shelley](#).

Conference registration will be available at the end of January.



Follow the Health & Wellness Coalition on Facebook!

The Health & Wellness Coalition is on Facebook. **Click here to follow our page** and engage with us on social media. We are willing to share your community events relating to physical activity and good nutrition on our page.

REGISTRATION NOW OPEN!

JOIN US FOR THE 13TH ANNUAL KANSAS
COMMUNITY HEALTH PROMOTION SUMMIT



BACK TO THE BASICS

JANUARY 25-26, 2023

REGISTER HERE: wichita.edu/chpsummit



Day 2 Agenda | January 26th, 2023 in Wichita - [CLICK HERE](#) TO REGISTER

8:30 am | Welcome

9:30 am | Break

9:45 am | Concurrent Sessions

Session 1: Vaping ECHO for Education - An Innovative Project to Address E-cigarette Use in Kansas Middle and High Schools

Session 2: An Alliance For Combined Action

10:45 am | Break

11:00 am | Concurrent Sessions

Session 1: Improving Food Access: Mobilizing Ordinary People To Do Extraordinary Things - The Arma Community Garden Story and Community Driven Efforts to Support Rural Food Access

Session 2: Messaging To Move Policy Change in Commercial Tobacco Prevention

12:00 pm | Lunch & Award Ceremony

2:00 pm | Break

2:15 pm | Concurrent Sessions

Session 1: Current Landscape in Behavioral Health and Tobacco in Kansas

Session 2: Exploring SDoH Through Partnerships with K-State Research and Extension



Local Food Producers Conference



Learn - Network - Grow

**SAVE THE
DATE**

February 4th, 2023
Wichita, KS

K-STATE
Research and Extension

Sedgwick County



**GROWING
GROWERS**

ICT

All specialty crop growers, from the urban homesteader to the commercial producer, will find topics to educate and inspire at the Local Food Producers Conference, scheduled for Saturday, February 4th, 8:45am to 4:00pm, at the K-State Research and Extension office in Wichita. Whether you are just getting started with growing fruits and vegetables or experienced in growing and selling, we invite you to join us! From opportunities for learning from experienced growers to making new connections in our food system, there will be something for everyone.

CLICK [HERE](#) TO REGISTER

Discover [delicious dairy pairings](#) for each season in the year. From spring pairings that combine asparagus and parmesan to winter pairings combining asiago, dried fruit, and mixed nuts, you'll be sure to find a delicious pairing! Thank you to [Midwest Dairy](#) for this new resource.





**Kansas Business
Group on Health**

INNOVATION SUMMIT 2023

January 26 8:30-12:30 The Hudson

LEARN ABOUT ...

Innovation Through Aligned Incentives



**Brandon
Alleman, MD**
Antioch
Med



**Jeff
Arensdorf**
Village
Travel

Innovative Carrier Offerings



Justin Leitzen
ProviDRs Care



**Michael
Margherio**
UnitedHealthcare



Virginia Barnes
BCBS Kansas

Innovations in Pharmacy



**Matt
Morrison**
Oread Rx



**Sandie
Kueker**
Hesston
Pharmacy

Wichita's New Medical School

**David
Ninan, DO**
Kansas
College of
Osteopathic
Medicine



Mental Health for Young People



**Rachel
Brown**
MBBS, MPhil
KU School
of Medicine-
Wichita

HR and insurance continuing education units (CEUs) available

\$99 FOR MEMBERS / \$149 FOR NON-MEMBERS

Register at www.ksbgh.org/events

Your girl belongs on
THE GOTR TEAM!

REGISTER TODAY



Registration is now open! Sign up by today to secure your girl's spot.

KANSAS LOCAL MEAT MARKETING WORKSHOPS



K-STATE
Research and Extension

REGISTER TODAY!

Cost: \$20 per attendee. Each workshop will cover the same content and will be held from 10AM-3PM. Register at tinyurl.com/LocalMeatKSU.

February 3, 2023 – Wichita

February 24, 2023 – Olathe

March 3, 2023 – Parsons

Hosted by the Local Foods
Transdisciplinary Team at
Kansas State Research & Extension

Cost: \$20 per attendee, which includes a local foods lunch. Each workshop will cover the same content and will be held from 10AM-3PM. Register at tinyurl.com/LocalMeatKSU.

Tips for getting more active minutes

Between work, school, errands, volunteering, and family commitments, finding time for physical activity can be challenging.

Walking more is an easy way for most people to add physical activity to their day. [Try these tips](#) and see how fast the minutes add up.





THE PHOENIX [WICHITA]

JANUARY 2023 SCHEDULE

316-252-1146
145 N. WABASH

MONDAY

Open Gym 5:45-10a (Nick S)

CrossFit 12-1p (David H)

Open Gym 3-5:30p (Mike P)

CrossFit 6-7p (Cody P)

TUESDAY

Open Gym 6-8a (Adam W)

Open Gym 4-5:30p (Cale R)

Gentle Yoga 5:30-6:30p
(Jackie T)

WEDNESDAY

Open Gym 5:45-11:30a
(Nick/Mandy)

Power Yoga 12-1p (Danita R)

Open Gym 3-5:30p (Kris B)

Boxing 5-6p (Daniel L)

CrossFit 6-7p (Sean O)

THURSDAY

Open Gym 10a-12p (DJ, Shay A)

Open Gym 4-5:30p (Mallory F)

Power Yoga 5:30-6:30p (Danita R)

FRIDAY

Open Gym 5:45-10a (Nick/Mandy)

CrossFit 9-10a (David H)

Open Gym 3- 5:30p (Mike P)

SATURDAY

Park Run 300 N. McLean
8am (Michael C)

Power Yoga 10-11a (Danita R)

Open Gym 11a-1p (James M)

SUNDAY

Open Gym 10a-12p (Volunteer)

Gentle Yoga 5-6p (Donnie W)

VISION BOARD WORKSHOP
FRIDAY, JANUARY 20TH
5:30-7:30 PM
FAMILY FRIENDLY
ALL SUPPLIES PROVIDED



REGISTER ON THE APP!



sign up for a class

Free with 48 hours of sobriety

Download The Phoenix app on Google Play or App Store

WWW.FACEBOOK.COM/THEPHOENIXWICHITA

www.hwcwichita.org



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