



Promoting Physical Activity & Good Nutrition

January Coalition Meeting

Join us virtually on Tuesday, January 28th at 2pm

Hillary, the Director of Education and Outreach at Mental Health America of South Central Kansas will provide education focused the **Trifecta of Quality Mental Health**. Learn more about the basics of mind-body connection and how it relates to mental health.

Participants will also be given a chance to refresh their active listening skills, observation skills and their ability to be open to diversity.

Email [Shelley](#) if you want to be added to the meeting invite & receive the zoom link.



Food Secure Community Initiative - Request for Assistance

Addressing root causes is often considered the final frontier of anti-hunger work. The Food Secure Communities Initiative has been intentionally designed to allow community coalitions the flexibility to innovate around local-level solutions to the root causes of food insecurity.

The Health & Wellness Coalition wants to learn which root causes of hunger our community sees as priority areas to address. **We invite you fill out the survey and share your thoughts**[here](#). The survey should take 5-8 minutes to complete and can be taken in English or Spanish. Click [here](#) for survey promotion in Spanish.

Please share this survey with your clients, coworkers, community partners, friends, and family. We hope to gather as much information from our community, especially those with lived experience, as possible by January 31st. Share a post on Facebook from the [HWC page](#).

Thank you for your assistance in gathering information to support food access work in our community.

ROOT CAUSES OF HUNGER SURVEY

Many people face difficulties because of economic problems and unfair treatment, which lead to hunger and poverty.

Which causes of hunger do you want to see addressed in Wichita and Sedgwick County? Take our survey below.

SCAN
ME!



bit.ly/hwchunger

Join the Emerging Food System Leaders inaugural class

Eligibility requirements:

- Have <10 years full-time career experience. (Career experience does not need to be in a food system related field.)
- Have demonstrated interest in food systems/ food system change work.
- Have **NOT** completed the Kansas Leadership Center's training path
- All participants must be nominated by their local food policy council or health and wellness coalition. If you are interested in being nominated, email Shelley.

Coalition Member Spotlight

Sonja Armbruster is a Pioneer in Health and was recently



interviewed in a [podcast](#) by the United Methodist Health Ministry Fund. Sonja is a public health educator, consultant and advocate with an insatiable curiosity about improving public health.

An original member of the Health & Wellness Coalition, Sonja led the [2023-24 Strategic Thinking & Doing Plan](#) and served as the Advisory Council chair through December 2024.

Thank you Sonja for all your contributions to the Coalition & community!

Wichita/Sedgwick County Food and Farm Council

The next meeting is February 4th 1 to 2:30 pm in the first floor conference room of the Ronald Reagan Building (271 W 3rd St N). [Click here to sign up for Council alerts.](#) [Click here for meeting agendas and the virtual option link.](#)

The more relationships you invest in your local food system, the smaller your world may seem. Learn more about the creator of this video [here](#).



The main example in this video discusses healthy corner stores which is a local initiative.

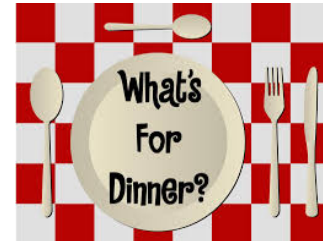
To learn more, click [here](#) or [email](#).

How to use AI to plan a meal

Start by selecting your meal type (breakfast, lunch, dinner or snacks), tell the AI about your dietary preferences, specify your budget and time constraints. Review the meal plan and make any changes you want.

Have you had success with AI to help you eat healthy? [Email us your tips.](#)

Here are some AI tools that can help you plan your meals: [The Chef](#), [Chat GPT](#)



Connecting to our Mission

The Health & Wellness Coalition was invited to the Inaugural [Kansas Health Foundation](#) HealthRise event on Sept. 24, 2024. Unfortunately, the event coincided with the Coalition's 20th anniversary celebration. We encourage you to watch KHF President and CEO Ed O'Malley's [speech](#) challenging everyone in attendance to do everything they can to help empower Kansas to lead the nation in health.



BOLD & BALANCED



20TH ANNUAL Working Well Conference

BE BOLD. BE BALANCED. BE BETTER.

Celebrating 20 years of progress and building for the future. Together, we'll create a workplace where innovation and well-being thrive.

APRIL 8TH
8 a.m. - 4 p.m. | The Drury

Angela Howard
CEO/Founder | Call for Culture
The Leadership Mentality: Owning Your Impact

Joyce McEwen Crane
Dir. of Learning & Development | Kansas Leadership Center
Unleashing a Culture of Innovation in Workplace Wellness

+ More Bold Speakers

Presenting Sponsor



Additional Sponsors



REGISTRATION
HWCWichita.org

Register today!

Do you work in the local food system?
Professional development funds are available to
attend conferences, receive certifications, etc.

Email to learn more.

**Helping people live healthier, longer,
more active lives**

The Coalition recently connected with Dr. Amy Bantham, CEO/Founder of Move to Live more. Their vision is to



knock down silos to develop multi-level, cross-sector solutions to address chronic disease, physical inactivity, obesity, and social determinants of health.

Book Launch! This guide for parents and caregivers to help their kids move more and feel better is now available for purchase.

● ● ●

Partner Announcements

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HEALTHY COOKING MADE EASIER

FREE
CLASS

COOKING MATTERS FOR PARENTS

Tuesdays | Jan. 21, Jan. 28, Feb. 4, & Feb. 11
6:00-7:00PM
Downtown YMCA

The YMCA is excited to offer a series of hands-on cooking classes called Cooking Matters to **pregnant women, parents or caregivers of young children** (you do not have to be a Y member). The Cooking Matters series helps families learn to shop for and cook healthy meals on a budget.

- ▶ Free take-home groceries
- ▶ Meal planning & budgeting
- ▶ A grocery store tour for affordable, healthy foods
- ▶ Hands-on cooking and tasting
- ▶ Free childcare available

PREREGISTRATION REQUIRED, CONTACT
TAMMI.KRIER@YMCAWICHITA.ORG
316.776.8183

Locally Sponsored by



GREATER WICHITA YMCA | ymcawichita.org | #FORALL  /ymcawichita  /greater_wichita_ymca

A series of hands-on cooking classes for pregnant women, parents or caregivers of young children (you do NOT have to be a Y member). Free take-home groceries to try new recipes on your family each week. Topics include: meal planning, budgeting, picky eaters, cooking techniques, and a grocery store tour for affordable, healthy foods.

Class is for adults only, contact Tammi 316-776-8183 regarding free childcare opportunities and to register

Apply Today!

Growing Growers is hiring a **Statewide Expansion Coordinator** to support the expansion of the program into other parts of Kansas. The Expansion Coordinator will build momentum in the SE Kansas region and throughout the state for this program. This position will operate out of the Sedgwick County Extension Education Center located in Wichita, KS. Visit the [Sedgwick County Extension website](#) for more information or to apply.



STRESS LESS IN 2025: BUILD YOUR PERSONAL STRATEGIC PLAN

Create a clear, actionable plan for your most balanced and successful year yet—without burnout.

Join us for an empowering workshop designed for ambitious women like you who want to pursue career success and personal fulfillment without sacrificing their well-being.

This isn't just about setting goals—it's about creating a strategy for success while staying grounded and aligned with what truly matters to you.

Saturday, Jan 25
1:00pm-3:30pm
Terradyne Country Club
🎫 Tickets \$60



Registration closes
Jan 24 at 5pm



Learn more/register [here](#).





Kansas Local Food Producer Workshops

These workshops are an opportunity for producers and small food businesses to learn more about selling their products through direct-to-consumer sales and other local market opportunities.

Kansas Local Foods is hosting Local Food Producer Workshops in collaboration with the Kansas Department of Agriculture and the Kansas Center for Sustainable Agriculture and Alternative Crops.

OTHER LOCATIONS:

Manhattan, January 31
Olathe, February 7
Chanute, February 21
Hays, February 28
Garden City, March 28

COST:

\$25 through January 24
\$30 after January 24

WICHITA

FEBRUARY 1, 2025

9 A.M. TO 4 P.M.

**SEDGWICK COUNTY EXTENSION
EDUCATION CENTER**

For additional details and to register visit:
ksre-learn.com/food-producer-workshops

K-STATE
Research and Extension

Kansas
Department of Agriculture

**FROM THE LAND OF
KANSAS**



SCAN ME

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact (Abbey Draut) four weeks prior to the start of the event (January 1, 2025) at (316-660-0100 and abbeyd@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

K-State Research and Extension is an equal opportunity provider and employer.



ICT Food Circle Directory

Did you know about this [directory](#) that can be used to find a local farmer, business, restaurant, non-profit, farmers' market or community garden? Is your favorite missing? Encourage them to submit a listing [here](#).

The Health & Wellness Coalition is collaborating with K-State Research & Extension to revive the ICT Food Circle Directory thanks to the CDRR grant that will bring marketing funds and more to the directory. Email [Shelley](#) with questions or suggestions.

Goodbye 2024!

This year brought Exploration Place parkrun record low temps, some fun milestones, three different start/finish locations, and many new friends.

Here are some 2024 numbers: 51 events | 4359 finishers | 85.5 average attendance | 966 unique participants | 896 newly registered parkrunners | 117 unique volunteers.

Add to these stats by joining them on Saturdays. Learn more [here](#).



Nutrition is always a hot topic at the Y...

and we'll be spreading even more healthy eating inspiration in 2025!

Take a seat, because we're sending you details about two cooking classes starting this month, and you'll want to fully digest every word.



KITCHEN FLEX SERIES

Abs made in the gym are uncovered in the kitchen

Kitchen Flex Class Details

Cost: \$10 per class for members, \$20 per class for non-members

Who should attend: Adults ages 18 and over who want to support their workouts with smart food choices

Each class in this four-part series will be offered at the Downtown Y and Andover Y; 10:00-11:30AM

Register online or contact [Tammi](#) or 316-776-8183.

Lifestyle Coach Training

KDHE will be offering two DPP Lifestyle Coach Training classes in the spring. Click to register in [March](#) or [April](#). Course dates are listed in the registration link. Please pass this along to your partners, and have any interested parties return the registration form to [Meghan](#).



Partner Announcement Repeats

Blood Pressure Monitor Kits



Your Wichita Public Library gives you the opportunity to borrow blood pressure monitors! Each kit comes with a blood pressure monitor, a log book, a pre-survey, and instruction booklet.

You can borrow a blood pressure monitor for 14 days.

Presented in partnership with K-State Research and Extension, the Sedgwick County Health Department, and the Wichita Medical Research and Education Foundation.

→ wichitalibrary.org





NATIONAL DIABETES PREVENTION PROGRAM

Learn How You Can Prevent or Delay Type 2 Diabetes!



Improve Your Health

A lifestyle change program can help you lose weight through eating better and being more physically active.



Feel Better and More Energetic

Many participants feel better and are more active than they were before the program. Imagine having more energy to do the things you love.



Flexible Learning Preferences

Whether you prefer to meet in-person or online, you have the option to choose what works best for you and your schedule.

1 OF 3 ADULTS HAS PREDIABETES

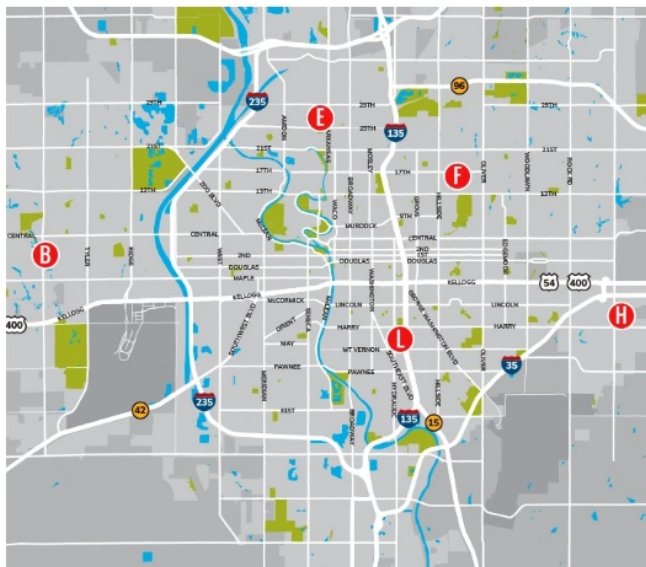
A CDC-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.






Contact Information

-  1-855-200-2372
-  joseph.samaniego@cpaaa.org
-  271 W. 3rd St. N. Ste. 500
Wichita, KS 67202



StoryWalk Locations & Current Stories



- B** Buffalo Park, 10201 Hardtner 
[Construction](#) by Sally Sutton
- E** Evergreen Park, 2700 N. Woodland 
[Finding Home](#) by Esteli Meza (*bilingual*)
- F** Fairmount Park, 1647 N. Yale 
[Lola Loves Stories](#) by Anna McQuinn (*bilingual*)
- H** W.B. Harrison Park, 1300 S. Webb Road 
[Please, Mr. Panda](#) by Steve Antony (*bilingual*)
- L** Linwood Park South, 1901 S. Kansas 
[My Friends](#) by Tarō Gomi (*bilingual*)

A graphic for Sedgwick County Health Events. It features the text "SEDGWICK COUNTY HEALTH EVENTS" in large, bold, light blue letters on a dark blue background. Below the text is the Sedgwick County logo, which includes a Native American figure and the words "SEDGWICK COUNTY KANSAS". To the right of the logo is a QR code and the text "Scan the QR code for a calendar of upcoming health events in the community". Further right is a white arrow pointing to the right with the text "or visit sccd.online/events". The background of the graphic is a light blue grid with some faint text and numbers like "18", "25", "7:30am Commun", and "4pm Pendants fo".

Community Sedgwick County Health Department Health Events Calendar

Click [here](#) to find out about upcoming events in Sedgwick County that focus on improving health.

To submit an event, email healthevents@sedgwick.gov

NATURAL GROCERS

FREE NUTRITIONAL HEALTH COACH SERVICES



NUTRITIONAL HEALTH COACHES (GOOD4U NHC™)

Our Nutritional Health Coaches (NHCs) are your go-to nutrition professionals, equipped with the training and tools to help you reach your health goals. With 164 hours of continuing education required annually, our NHCs are always on the cutting-edge of nutrition science. That's why they are superstars in their field, providing nutrition education to help you stay rooted in health.

One-On-One Coaching Sessions



Are you looking for personalized care to address your unique health goals? Are you confused about which diet is best, or which bit of health advice is relevant to you? **YOU'RE IN LUCK!**

We have the Nutrition Education Experts to help you Schedule a free 1-hour health coaching session with your NHC today and receive personalized care specific to your individual needs, as well as a collaborative plan for success. You'll also receive a **\$5 OFF COUPON WHEN YOU SPEND \$25 OR MORE**. It's your time to get the support you've been looking for!

Invite Us to Speak at Your Next Event

We love to talk about all things health and nutrition-related, including regenerative agriculture.

Do you have a group interested in kickstarting their healthy weight goals? Does your company have a wellness program that needs a reboot? Does your local senior center want to learn about immune function or brain health?

Invite us to speak at your next event for free. It would be our privilege to help **EDUCATE, EXCITE, and EMPOWER** your organization or group



Contact your local Nutritional Health Coach in Wichita, KS

Aubrey Vereecke

nhc.wt@naturalgrocers.com | 316-636-4242

www.hwcwichita.org



Health & Wellness Coalition | 1102 S. Hillside | Wichita, KS 67211 US

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