

Promoting Physical Activity and Good Nutrition

The July Coalition Meeting (7/26/22) - features YOU!

The Health & Wellness Coalition will meet virtually on Tuesday, July 26th at 1pm via [this link](#) for a partner spotlight.

Shine the spotlight on the physical activity and good nutrition work your organization is doing. The agenda for the meeting is YOU! Plan to speak for 1-3 minutes about your organization's work.

5 benefits of attending include:

1. Strengthen your community connections
2. Find new partners to collaborate with creating a win-win opportunity
3. Get fresh ideas
4. Raise your profile
5. Gain more knowledge about health promotion

Click [here](#) for the June meeting summary.

[Email us](#) to be added to the calendar invitation for Coalition meetings.



17TH ANNUAL WORKING WELL CONFERENCE

AUGUST 23 | 8:30AM-4PM
DRURY PLAZA HOTEL

take
NOTE
take
ACTION

KEYNOTE PRESENTATIONS:



“Developing a Remote/Hybrid Work Policy that Supports Wellness”

MIKE GUTMAN



“The Power of Cognitive Reframing for Lasting Behavior Change and Happiness”

DR. KATIE LEVISAY

BENEFITS OF WORKPLACE WELLNESS PROGRAMS:

- » Support healthy lifestyles
- » Increase engagement, morale and loyalty
- » Promote presenteeism, fewer workman's comp claims, and offer healthier benefits

With all these benefits and more, it's not surprising an increasing number of employers are choosing to implement workplace wellness programs within their companies.

PRESENTING SPONSOR:



ADDITIONAL SPONSORS INCLUDE:

IMA, Delta Dental, MidAmerican Credit Union, Brown & Brown, and United Healthcare

REGISTER AT:
HWCWICHITA.ORG

Food System Master Plan Updates

The Health & Wellness Coalition offered free, ice cold, lemon infused water at the Old Town Farm & Art Market to raise awareness about the Food System Master Plan and the upcoming Food and Farm Council application process. View the one page summary flyer in [English](#) or [Spanish](#).

Contact [Shelley](#) to stay connected.

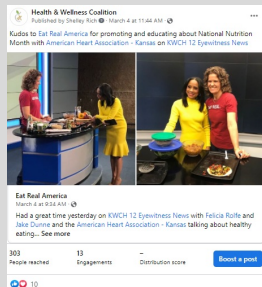


Community Food Forum Now Recruiting

If your organization works with persons who have experienced food insecurity, [ICT Food Rescue](#) would

appreciate the opportunity to talk with you about how to recruit for the Community Food Forum. Reach out to [Michael Webb](#) for more information.

Through ICT Food Rescue's Community Food Forum, they hope to engage underserved populations who have lived experiences with poverty and food insecurity in the leadership of their organization. ICT Food Rescue is committed to involving people in the development, implementation, and evaluation of their new post-COVID programs who can bring authentic voices and perspectives to the organization, with an emphasis on cultural sensitivity and competence.



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.



PRESENTED BY INTRUST BANK

PICKLEPALOOZA 2022

Proceeds Benefit

Presenting Sponsor













PHONE: 316-267-0302 ext. 216 | EMAIL: chrish@seniorservicesofwichita.org |
WEBSITE: <https://seniorservicesofwichita.org>

[Picklepalooza sponsor opportunities](#)

Knowledge is power ...

Learn to better manage diabetes



Diabetes-Self Management Classes

If you have diabetes, you know how challenging it can be to manage everyday life.

DANDURAND Diabetes Care and Education Specialists



Emily Rohling
PharmD



Janet Pham
PharmD



Madeline Caddell
PharmD

Healthy eating, physical activity, monitoring, taking medication, and reducing your risk of complications are part of your daily routine. At one time, all of this can be overwhelming.

As a member of your healthcare team, a diabetes care and education

LEARN ABOUT

- Healthy Coping
- Healthy Eating
- Being Active
- Taking Medications
- Monitoring
- Reducing Risks
- Problem-Solving

specialist can make managing your diabetes easier. They work with you to develop a plan to give you the tools and ongoing support to make that plan

a regular part of your life. Find out how a diabetes care and education specialist can help **you!**

We can conduct classes in-person, via telehealth, or by phone. We'll work with you and your doctor to make better health happen. Contact us to learn more.

REFERRALS

Call: 316-962-4210

Fax: 316-347-7942

Web: danduranddrugs.com

INSURANCE

Diabetes education is part of your diabetes care and is covered by Medicare and most health insurance plans when offered by an accredited program, which must meet vigorous criteria set by the U.S. Department of Health & Human Services. Two organizations, ADCES and ADA, accredit the programs. We are accredited by ADCES.



LOCATIONS

Dandurand Wellness
550 N. Hillside, Ste. 3-100
Wichita, KS 67214
(Main floor, Wesley Medical Center)

Dandurand West
2233 N. Ridge Road
Wichita, KS 67205

CONTACT US

Call: 316-962-4210

Email: clinical@danduranddrugs.com

Flyer produced in partnership with



**Kansas Business
Group on Health**

Summer Fruit & Veggie Hacks To Reduce Waste & Stretch Your Food Dollars

Summer is here! That means more produce is available to be sourced locally, helping the price to come down, or maybe even be free from your own garden! Click [here](#) if you've ever struggled to keep your produce fresh and need some new tips

to extend its' shelf life or are looking for some fun and unique ways to use up your produce!



It's time to begin meeting for the 2023-2025 Community Health Improvement Plan (CHIP)!

The Sedgwick County Health Department (SCHD) and community partners invite you to provide input in the development of the 2023-2025 CHIP for Sedgwick County. You can do this through participating in the community partner meetings on the dates below. **More details to come, for now save the dates!**

Location: Sedgwick County Extension Office - 7001 W 21st St, Wichita, KS 67205

Tuesday, October 18th from 8am-2pm
Monday, November 14th from 8am-2pm
Tuesday, December 13th from 9am-2pm
*Breakfast and lunch provided

For more information, contact [Daisy](#).

MONDAY

Open Gym 5:45-10a (Nick S)
CrossFit 12-1p (David H).
Open Gym 4-6p (Nick S)
CrossFit 6-7p (Cody P)
CLOSED JULY 4TH

TUESDAY

Open Gym 5:45-7a (Christy F)
****HIIT** 5:45-6:30
Open Gym 4-5:30p (Cale R)
Yoga 5:30-6:30p (Liv G)

WEDNESDAY

Open Gym 5:45-11:30a
(Nick/Mandy)
Yoga 12-1p (Danita R)
Open Gym 4-6p (Nick S)
CrossFit 6-7p (Sean O)

THURSDAY

Open Gym 5:45-7a (Christy F)
****HIIT** 5:45-6:30
Open Gym 10-12p (DJ P)
Open Gym 4-5:30p (Mallory F)
Yoga 5:30-6:30p (Danita R)
Open Gym 6:30 - 9p (Elka R)
**** Plyometrics** 6:45- 7:30

FRIDAY

Open Gym 5:45-10a (Nick/Mandy)
CrossFit 9-10a (David H)
Open Gym 4- 6p (Nick S)

SATURDAY

Yoga 10-11a (Danita R)
Open Gym 11-1p (Eddie S)

SUNDAY

Open Gym 10-12p (Volunteer)
CLOSED JULY 3RD



KARAOKE AT THE PHOENIX!
FRIDAY, JULY 22ND 7-9 PM
LIGHT SNACKS, FAMILY FRIENDLY!

Free with 48 hours of sobriety
Download The Phoenix app on
Google Play or App Store
[WWW.FACEBOOK.COM/THEPHOENIXWICHITA](https://www.facebook.com/thePhoenixWichita)



Sign up for a class at
thephoenix.org/findaclass



Drive-thru Mobile Pantry

FRIDAY, July 29, 2022

Time: 1:00 pm to 2:00 pm

**Where: Progressive Missionary Baptist Church
2725 E 25th Street North**



Who is Eligible: Families in need of food assistance may attend

What is required: Guests will be asked for total number of people living in their household along with # of seniors and # of kids in the home and zip code

For more information: call (316) 265-3663, ask for Craig

Guests - Please do not arrive early. Enter from Estelle Street.

Each household receiving food must be represented. While Supplies Last.



KIDS EAT FREE

No registration or application required.
Visit usd259.org/summerfood for locations and times.



MAY 31 - JULY 29



WICHITA
PUBLIC SCHOOLS

This institution is an equal opportunity provider.

Free Meals - Information

- Breakfast and lunch will be available at many different locations across the city of Wichita
 - [Click here to see a map of all locations](#)
- No application or registration is required!
- All locations offer grab & go meals
- Click [here](#) for additional information



Did you know July is National Parks and Recreation Month?

On a super hot day there is nothing better than jumping into one of the six (6) **City swimming pools**. Or maybe you would rather stroll through one of ten (10) **splash pads**? And did you know you can **rent** a pool for a party? And moving on to recreation, the City offers **virtual** (online) recreation and also has seven (7) recreation centers that offer multiple classes and sports. You can check those out in the summer **Evolve Guide**.

Do you have a large party or event coming up and need extra space that includes tables and chairs? Then find out more about **venue rentals** throughout the City's parks.

www.hwcwichita.org

