



# 17<sup>TH</sup> 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](http://HWCWICHITA.ORG)**

Promoting Physical Activity and Good Nutrition

**The June Coalition Meeting (6/28/22) - will be a fun field trip!**

The Health & Wellness Coalition will meet at the Kansas Learning Center for Health at 1pm on Tuesday, June 28th. **Please RSVP your attendance by [email](#) so that carpool information can be shared.**

The Kansas Learning Center for Health is an education center that provides 16 different evidence based programs for ages K-12. It is also the second oldest health museum in the country, that anyone can visit and explore. KLCH provides education all over the state via different mediums including in person field trips, outreach, and virtually last year we provided classes to 26 different counties! In the last five years, KLCH has taught over 70,000 students, with approximately 31,000 of those students being from Sedgwick County.

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

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

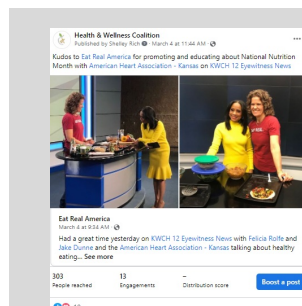
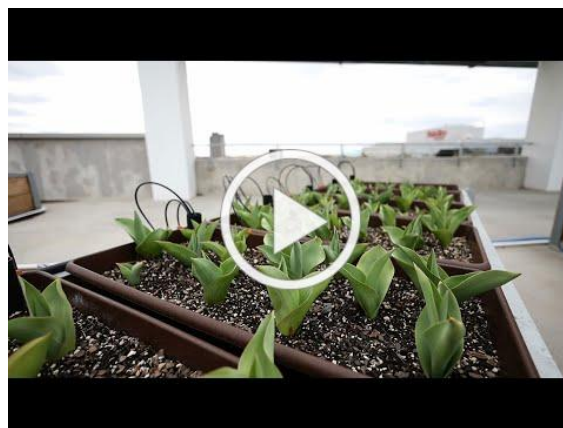
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## Food System Master Plan Updates

A new video has been posted to the [www.wichita.gov/foodplan](http://www.wichita.gov/foodplan) website commemorating the passing of the Food System Master Plan.



Contact [Shelley](#) to stay connected.



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## Follow the Health & Wellness Coalition on Facebook!

Thanks to our spring intern, the HWC Facebook page is bursting with great content, don't miss out! [Click here to follow our page](#) and engage with us on social media.



**All  
of Us**  
RESEARCH PROGRAM

It's our  
**differences** that  
make all the  
**difference.**

Visit the *All of Us* Journey  
to learn more.

**June 21-24, 2022**

Evergreen Park Recreation Center  
2700 N Woodland St.  
Wichita, KS 67204

## ***PRODUCE* Pantry**

**DRIVE-THRU**

*At the Urban League of Kansas*

**When:** Thursday, June 16th

**Where:** Urban League of Kansas  
2418 E. 9<sup>th</sup> St N  
Wichita, KS 67214

**Time:** 2:00 pm to 3:00 pm  
(while supplies last)

**Who is Eligible:** Anyone in need of food  
assistance

**What is Required:** Guests sign in with their  
zip code and number in household.

- Limit one visit per household.
- Guests may only pick up for one household.

Hosted by  
The Urban League of Kansas



Urban League of  
Kansas

*Empowering Communities.  
Changing Lives.*

For more information contact  
The Urban League  
(316) 262-2463  
or  
The Kansas Food Bank  
(316) 265-3663

KANSAS  
**food  
bank**  
HELPING THE HUNGRY • SINCE 1984

MEMBER OF  
**FEEDING  
AMERICA**

On June 16th the Urban League of Kansas and the Kansas Food Bank are partnering together to provide a fresh produce drive-thru mobile. Anyone in need of food assistance is encouraged to attend. Guests will check in with their zip code and number in the household. The line for this mobile starts at the Poplar street entrance to the Urban League's back parking lot. Cars should continue lining up to the North.

For more information, please contact Frankie at the Urban League (316) 262-2463 or Ken at the Kansas Food Bank (316)-265-3663.

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VIRTUAL SUMMIT | June 23 & 28, 2022 | 9 a.m. - 12 p.m. (CDT)

## Sustainable Management of Food

*for the greater Wichita community*



**Learn from others in the local food system and discover potential partnerships.**

**Register now** for WSU Environmental Finance Center's Virtual Sustainable Management of Food Summit for the greater Wichita community.

This collaborative event will engage stakeholders to network and discuss the greater Wichita food system. The goal of this event is to find feasible solutions that will reduce food loss and waste and increase access to healthy food for all.

The virtual summit will include guidance, resources and two half-day live sessions via Zoom on **June 23rd** and **June 28th**.

Participants will hear about and discuss:

- the future of food waste reduction
- food rescue efforts in the area
- details of the Bill Emerson Good Samaritan Act and other donation incentives
- ideas to engage with businesses to reduce food waste & get best use out of excess food
- approaches to providing quality, healthy, fresh food to the community
- talking with the community about reducing food waste

### Who Should Attend?

Representatives from: restaurants, grocery stores, state regulatory agencies, health departments, agriculture departments, waste haulers, composting facilities, nonprofits, human service organizations, community engagement groups, neighborhood associations, community action partners, churches, and anyone with an interest in sustainable food management. Click [here](#) to learn more.

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### Join the 2022 Wichita Corporate Challenge!

The Wichita Corporate Challenge is two weeks of team-building and friendly competition with your company, with opportunities to network, build team spirit, and continue to

build your company culture! Open to companies of all sizes, the Wichita Corporate Challenge has contests and games for everyone, including mini golf, cornhole, dodgeball, flag football and much more.

Join the fun August 15-28, 2022 - registrations are due by July 22. Learn more [here](#).



# ***PRODUCE* Pantry**

*at New Life Church*

**When:** Friday – June 24, 2022

**Where:** New Life Church  
1156 N Oliver  
Wichita, KS 67208



**Time:** 4:45 pm to 5:45 pm  
(while supplies last)

**Who is Eligible:** Anyone in need of food assistance

**What is Required:** Guests sign in with their zip code and number in household.

- Limit one visit per household.
- Guests may only pick up for one household.

Hosted by  
New Life Church



For more information contact  
Ken at (316) 265-3663

In partnership with:



On June 24th the New Life Church and the Kansas Food Bank are partnering together to provide a produce pantry at the New Life Church. Anyone in need of food assistance is encouraged to attend. Guests will check in with their zip code and number in the household.

For more information, please contact Ken at the Kansas Food Bank 316-265-3663.

# You Can Prevent Type 2 Diabetes!



## Who is at risk for Prediabetes or Type 2?



Individuals that are overweight



Anyone age 45 or older



Having a parent or sibling who has type 2 diabetes



Being physically active fewer than 3 times per week



Have given birth to a baby that weighed more than 9 pounds, or had gestational diabetes while pregnant

## National Diabetes Prevention Program

- Receive support from trained lifestyle coaches
- Offered in-person or online
- Evidence-based curriculum
- Take control of your health and Prevent Type 2 Diabetes

## Learn how to

- ✓ Make healthier food choices
- ✓ Increase physical activity
- ✓ Manage stress
- ✓ Set realistic goals
- ✓ Overcome set-backs



## Are you at risk?

Take this one-minute test from the American Diabetes Association to get a sense of your risk for developing diabetes. Find the risk test at: [doihaveprediabetes.org](https://doihaveprediabetes.org)

TO LEARN MORE, EMAIL  
JOSEPH.SAMANIEGO@CPAAA.ORG  
OR CALL  
1-855-200-2372



**FRIDAY, June 24, 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

**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.**



**WICHITA  
BLACK ALLIANCE**

MEMBER OF  
**FEEDING  
AMERICA**



# KIDS EAT FREE

No registration or application required.  
Visit [usd259.org/summerfood](http://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

[www.hwcwichita.org](http://www.hwcwichita.org)

