



Promoting Physical Activity & Good Nutrition

**Join us at Boats and Bikes for the
June 27th Health & Wellness Coalition
meeting 2-3pm.**

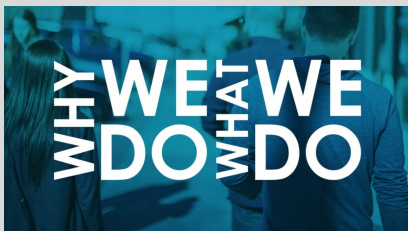
Parking is available either on the top level of the parking garage at River Vista or directly on McLean Blvd. The Boats and Bikes front door is on the river side of the complex. Walk around the southern end of the complex and follow the sidewalk to the front door. There are banners, sidewalk signs and building signage for Boats and Bikes.



Meeting agenda includes a presentation by Boats and Bikes staff, Coalition updates and partner organization networking.

All Coalition members are welcome!

To read a summary of May meeting, click [here](#).



Connecting to our Mission

Each Coalition meeting since January has featured research or data to connect the work we do to the community.

Last month, we discussed: [New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States](#). Check out [this article](#) about hundreds of women walking in the park to combat loneliness.

Help us plan Walktober 2023!

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 a perfect way to meet that goal. Celebrated since 2009 in our community by promoting group walks, Walk to School Day, calendar for tracking, and more.



How do you want to celebrate in 2023? [Click here to share your thoughts.](#)



The Wichita Area Metropolitan Planning Organization (WAMPO) has launched the planning process for their long-range **Metropolitan Transportation Plan (MTP) called WAMPO MTP 2050.**

The goal of this plan is to look at priorities for transportation improvements throughout the Wichita metro region that includes safety, ease of travel time, creating a more equitable system, and improving connectivity for all modes of travel.

- Do you have traffic issues going to work or running errands?
- Do you have any safety concerns?
- Are there other transportation concerns that come to mind?

Well, here is your chance to be heard! WAMPO has launched a survey that is available on the project website at www.wampo.org/mtp2050. Your input is vital for improving the transportation system in the WAMPO region. The future of transportation in the greater Wichita area depends on your input, so don't miss the chance to make a difference.

Throughout the project, WAMPO is hosting stakeholder listening sessions and pop-up events during the Summer of 2023. Follow @wampoks us on Facebook, Instagram, and Twitter to keep up to date on the events we'll be at this summer!

Local Food System Updates

You are invited to bid on **Request for Proposal #233172 Healthy Corner Food Store Food Access Program** for the City Manager's Office. For details, click [here](#).

The deadline to apply is July 7th.

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



Photo credit [Riverside Garden](#).

A promotional graphic for 'Friday Food & Fitness'. It features a man and a woman in a gym setting, both smiling and in a lunge position. The man is on the left, wearing a white t-shirt and grey shorts, and the woman is on the right, wearing a white t-shirt and grey leggings. The background is a bright, modern gym with a green dotted pattern in the top left corner. The text 'Serving Healthy Snacks & Lite Workout' is in the top right. The main text 'FRIDAY FOOD & FITNESS' is in the center, with 'FRIDAY' in large green letters and 'FOOD & FITNESS' in white letters on a dark grey background. A QR code is in the bottom right, and a green button with the URL 'BIT.LY/THECENTERFF' is below it. The address 'THE CENTER 1914 E 11th St. N' is in the bottom left.

Serving
Healthy Snacks
&
Lite Workout

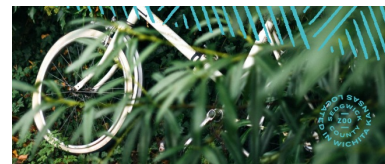
FRIDAY
FOOD & FITNESS

THE CENTER
1914 E 11th St. N

BIT.LY/THECENTERFF

Wheeling Wild

Join The Sedgwick County Zoo for a bike club designed for leisurely riders. It doesn't matter if you are young or young at heart, come out and get some air! Click [here](#) information about the monthly rides.





JUNE 2023 SCHEDULE

MONDAY

[Open Gym](#) 4:30a-7:30a (Rocky, Cody C)
[CrossFit](#) 6-7a (David, Adam)
[Open Gym](#) 8-11a (Nick, Cody P)
[CrossFit](#) 12-1p (Cody P)
[Open Gym](#) 3-5:30p (Corey)
[CrossFit](#) 6-7p (Cody P)

TUESDAY

[Open Gym](#) 4:30a - 5:30a (Rocky)
[Open Gym](#) 3-5:30p (Jeremiah)
[Gentle Yoga](#) 5:30-6:30p (Jackie)

WEDNESDAY

[Open Gym](#) 4:30-7:30a (Rocky, Cody C)
[CrossFit](#) 6-7a (David & Adam)
[Open Gym](#) 8-11:30a (Michael)
[Open Gym](#) 3-5:30p (Kris)
[CrossFit](#) 6-7p (Sean)

THURSDAY

[Open Gym](#) 4:30a-5:30a (Rocky)
[Open Gym](#) 10a-12p (Shay)
[Pilates](#) 12-12:45p (Shelby)
[Open Gym](#) 3-5:30p (Mallory, Kris)
[Impact Bible Study](#) 6:30p-7:30p (Zayvion)
[Power Yoga](#) 5:30-6:30p (Danita)

FRIDAY

[Open Gym](#) 4:30-7:30a (Rocky, Cody C)
[CrossFit](#) 6-7a (David & Adam)
[Open Gym](#) 8-11a (Mandy)
[CrossFit](#) 9-10a (Nick)
[Open Gym](#) 3- 5:30p (Corey)

SATURDAY

[Park Run](#) 8am AT 300 N. McLean (Michael)
[Strength Foundations](#) 8:30-9:30a (AJ)
 6/10 and 6/24
[Power Yoga](#) 10-11a (Danita)
[Open Gym](#) 11a-1p (Corey)

SUNDAY

[Coffee & Convo](#) 10a-11a (Jeremiah, Brian)
[Open Gym](#) 10a-12p (Drew)

SPECIAL EVENTS

OLYMPIC LIFT CLINIC 6/3 @ 8:00-9:30A
RESTORATIVE YOGA 6/2 @ NOON
HOW TO START YOUR OWN BUSINESS 6/1,8,15,22 @6:30-8P
RIVER FEST RUCK 6/10 @ 10A AT EXPLORATION PLACE
MOVIE NIGHT @AMC 6/13 AT 7P
ADULT SKATE NIGHT 6/16 @ 9-11P AT CAROUSEL SKATE
HERO WOD 6/17 @8-9:30A
UFC WATCH PARTY & POTLUCK 6/17 @ 6P-12P
YOGA IN THE PARK 6/22 @ NAFTZGER PARK @ 5:30P - 6:30P
SUMMER BASH 6/30 @ 6-9P AT UNION RESCUE MISSION

WE WELCOME EVERYONE - WHETHER YOU'RE IN RECOVERY, CHOOSE TO LIVE A SOBER LIFE, ARE SOBER CURIOUS OR WANT TO SUPPORT SOMEONE IN RECOVERY AS AN ALLY. ALL PHOENIX EVENTS ARE FREE WITH 48 HOURS OF SOBRIETY.

DOWNLOAD THE APP



Fitness on your Phone with the QR Fit Trail

QR Fitness Trails are different than other park trails, they incorporate your phone. The QR Fit Trail is a series of signs along trails that are approximately a mile long that link to different exercise videos at each



Wichita Park & Recreation has partnered with Rent.Fun to offer a **self-service kayak equipment rental service**. Users scan a QR code on the cage to reserve and pay for a kayak rental for a specific amount of time at that location. All users must be 18+. Available during park hours.

Click [here](#) for locations & how it works.

sign. Videos demonstrate exercises you can do without any equipment in our parks. You can get outside, enjoy our parks, and be active.

You choose the workout type and experience level to provide a customized workout. The videos change weekly so you can enjoy a variety of exercises in the QR Fit Trail year around.

Click [here](#) for locations & how it works.



PRODUCE Pantry

DRIVE-THRU

At the Urban League of Kansas

When: Thursday, June 15, 2023

Where: Urban League of Kansas

2418 E. 9th 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.

Call (316) 512-1071 or (316) 265-3663 for more information



Sponsored by:



Urban League of
Kansas

*Empowering Communities.
Changing Lives.*



BANK OF AMERICA





Senior Farmers Market Nutrition Program

To qualify, seniors must:

Be at least 60 years of age | Meet the following income guidelines*

Household Size	Monthly Income	Weekly Income
1	\$2,248	\$519
2	\$3,041	\$702
3	\$3,833	\$885
Each additional member	+ \$793	+ \$183

Once per year seniors may apply for ten \$5 coupons, totaling \$50, to purchase fresh fruits, vegetables, honey and herbs from authorized farmers at Farmers Markets.

* For additional information about income guidelines please contact your local agency.

Apply today! Benefits provided on a first-come first served basis.

Central Plains Area Agency on Aging
 271 West 3rd St. North, Ste. 500
 Wichita, KS 67202
 For information call: 855-200-2372



Central Plains Area Agency on Aging
 Thriving. Growing. Inspiring. Connecting.



The Kansas Senior Farmers Market Nutrition Program is coordinated by the Kansas Department of Health and Environment.

For questions, call 785-291-3742 or visit www.kdhe.ks.gov/1041/



PRODUCE Pantry

at New Life Church

When: Friday – June 23, 2023

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:



HEALING TO HEAL



Learning to care for ourselves while caring for others

JUNE 23-24, 2023

Free to care givers \$50 for non care givers for both days

Friday

Doors open at 6

Music by Kim Paige & The Minimalist

Panel Discussion 8pm
The Power of Healing through the Arts

Vendors will open at 6

Saturday

Doors open at 8:30

Power Session 9-3

- Care for yourself First
- Eating right on a Budget
- Resource Panel
- Rest, Renew, & Rejuvenate



Sponsored by:



The Center * 1914 East 11th * Wichita, KS 67214
www.sistahscanwetalk.com



FREE
Omicron
Vaccinations



BREAST CANCER SCREENINGS

SATURDAY, JUNE 24 FROM: 10am - 3pm

MAMMOGRAM ON MOBILE (MoM)
WPK MAMMO EVENT



THE CENTER
1914 EAST 11TH STREET
(Corner of 11th St. and Minnesota St.)

To make an appointment, CALL 316-337-6047 (Audrey @ EDW)

For more information, text 316-869-8612 (Gayle @ Women's Project of Kansas/WPK)

Covered mammograms, through the Early Detection Works Program, for qualified women, 40-64 years old, without health insurance.

To increase awareness, please share the flyer with others, including on your social media pages.

Like us on Facebook: Women's Project of Kansas



How to Double Up Food Bucks and Ride Free

- Show your SNAP EBT card to the bus driver for a free ride to or from the Farmers Market. (Valid on Saturdays, April - October, between 6 am and 2 pm)
- Buy SNAP tokens with your SNAP EBT card at the farmers market info booth, and get a matching amount to purchase fruits and vegetables (\$25 double up limit per day)

Participating Farmers Markets

Kansas Grown! Farmers Market

7001 W. 21st St.

Saturdays, 7 am - 12 pm

Old Town Farm & Art Market

835 E. 1st St.

Saturdays, 8 am - 1 pm



8AM
EVERY
WEEK

EXPLORATION PLACE PARKRUN

Who

Anyone can participate however they wish: run, walk, volunteer, spectate. Register online if you'd like your name listed in the results.

When and Where

every **Saturday at 8am**
at Exploration Place's Festival Plaza

More Info

parkrun.us/explorationplace
facebook: Exploration Place parkrun

RUN
WALK
JOG

FREE

5K



Register

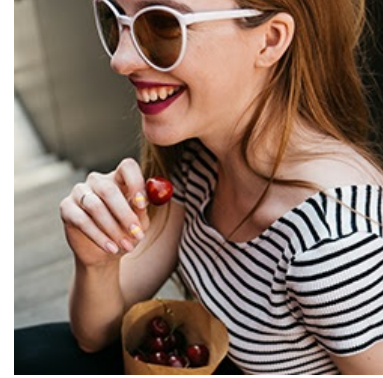


Follow the Health & Wellness Coalition on Facebook!

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.

Many lines of research show associations between healthy eating and well-being. Healthy eating, including the consumption of fruits and vegetables, is associated with higher levels of general happiness.

How might a better mood lead to more fruit and vegetable consumption? Click [here](#) to read more.



Why Gardening is Exercise

Gardening engages all the major muscle groups, such as the arms, legs, shoulders, back and abdomen, Mandal said. The activity also improves mobility, helps build endurance, and is a comparable workout to walking or Pilates. Click [here](#) to learn more.



Drive-thru Mobile Pantry

FRIDAY, June 30, 2023

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 south from Estelle Street.

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





THE PHOENIX



SUMMER BASH

MUSIC | TUG-OF-WAR | OUTDOOR ACTIVITIES | FOOD | & MORE!

FRI | 6.30 | 6 - 9 PM

UNION RESCUE MISSION

3250 E. 27th St N | Wichita, KS 67220



To learn more and to register in advance:

WWW.THEPHOENIX.ORG/APP

45TH ANNUAL HEALTHCARE ROUNDTABLE

DESTINATION



BETTER BENEFITS

PRESENTERS



Yetta Toliver
Global Head of Diversity, Inclusion, and Belonging at Xerox Corp.
Actionable steps to integrating DEI into employee benefit plans



Melissa Bartlett, J.D.
Senior Vice President of Health Policy at ERIC
Federal regulations related to employee benefits that employers need to know about



Cori Zavada, J.D.
CEO at CMC Consulting
Medical second opinions and other impactful strategies employers can implement



Elizabeth Faehner
HR Senior Manager at Whirlpool
Creating a robust employee mental health benefit plan



8:30 a.m.-Noon / Village Travel, 4255 N. Ridge Rd., Wichita / Members: \$50 / Non-members: \$75

Click [here](#) to register.



Kansas Active Transportation Enhancement (KATE) program

Vision: Kansas will be a place where people of all ages, abilities, and backgrounds have safe and convenient options to walk, bike, roll, and use other active modes for transportation and recreation.

Click [here](#) for more information. If you have questions, contact [Jenny Kramer](#).

And mark your calendars for our in-person Walk Bike Roll Kansas Active Transportation Summit happening in McPherson, KS, September 20-22!

Sedgwick County Health Department
SELF-MANAGEMENT EDUCATION



Upcoming Wellness Classes



FREE WORKSHOP SERIES LED BY TRAINED LEADERS:

Chronic Disease Self Management

April 18 – May 23

Tuesdays from 9:30 – 12:00

Diabetes Self Management

May 17 – June 21

Wednesdays from 1:00 – 3:30

Either Chronic Disease OR Diabetes Self Management

(To be determined, based on interest)

August 16 – September 20

Wednesdays 1:30 – 4:00

-or-

November 8 – December 13

Wednesdays 1:30 – 4:00

A Matter of Balance (Fall Prevention)

July 5 – July 28

Wednesdays and Fridays from 1:30 – 3:30

-or-

September 26 – October 19

Tuesdays and Thursdays from 9:30 – 11:30



Scan QR code for
a list of other
up coming
training sessions



Revised Sept. 2022



SelfManagementResource.com

1900 E. 9th St. N, Wichita, KS
316-660-7428
phperformance@sedgwick.gov



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