



Promoting Physical Activity & Good Nutrition



Click [here](#) for the May meeting minutes. Mark your calendar for the 4th Tuesday of each month or [email](#) to be added to the calendar invitation.

June Meeting Invitation

Join us Tuesday, June 25th, 2-3pm at Edgemoor Recreation Center, 5815 E. 9th St. N. This is the second of five City of Wichita Park & Recreation spotlights this summer!

In addition to Coalition updates and networking, the meeting will include a WERQ demonstration. WERQ is a wildly addictive cardio dance workout based on trending pop and hip-hop music. The WERQ mission is to create a judgment-free dance space built on good vibes, a great sweat, and a supportive community

ICT/SC Food and Farm Council

Food and Farm Council Meetings - 1 to 2:30 pm the First Tuesday of the Month. The next meeting is July 2nd. Click [here](#) to sign up for Council alerts. [Click here for meeting agendas and the virtual option link.](#)

NEW: There is an at-large seat open in Sedgwick County.
[Click here](#) for the application



Join us for a

HEALTHY CORNER STORE INITIATIVE LISTENING SESSION & OPEN HOUSE

WSU's Community Engagement Institute invites you to share your ideas and help shape our Healthy Corner Stores Initiative proposal. This project aims to enhance healthy food access in Wichita's corner stores.

Funded by the City of Wichita, the initiative seeks to partner with local businesses, community members and neighborhoods to bring healthier options to our community.

Date: **Tuesday, June 25, 2024**

Time: **4:00 P.M. - 7:00 P.M.**

Presentations: **4:30 P.M. & 6:30 P.M.**

Location: **238 North Mead,
Wichita, KS 67202**

Why Attend?

- ✓ **LEARN MORE:**
Get detailed information about the Healthy Corner Store Initiative.
- ✓ **SHARE YOUR IDEAS:**
Provide valuable input on how to make the project successful for our community.
- ✓ **PARTNER OPPORTUNITIES:**
Express your interest in partnering and discovering various roles for businesses, community organizations and residents, with funding available in the future.

RSVP HERE:

<https://bit.ly/3Rchw14>



Be part of the conversation and help us develop a model for a healthier Wichita!

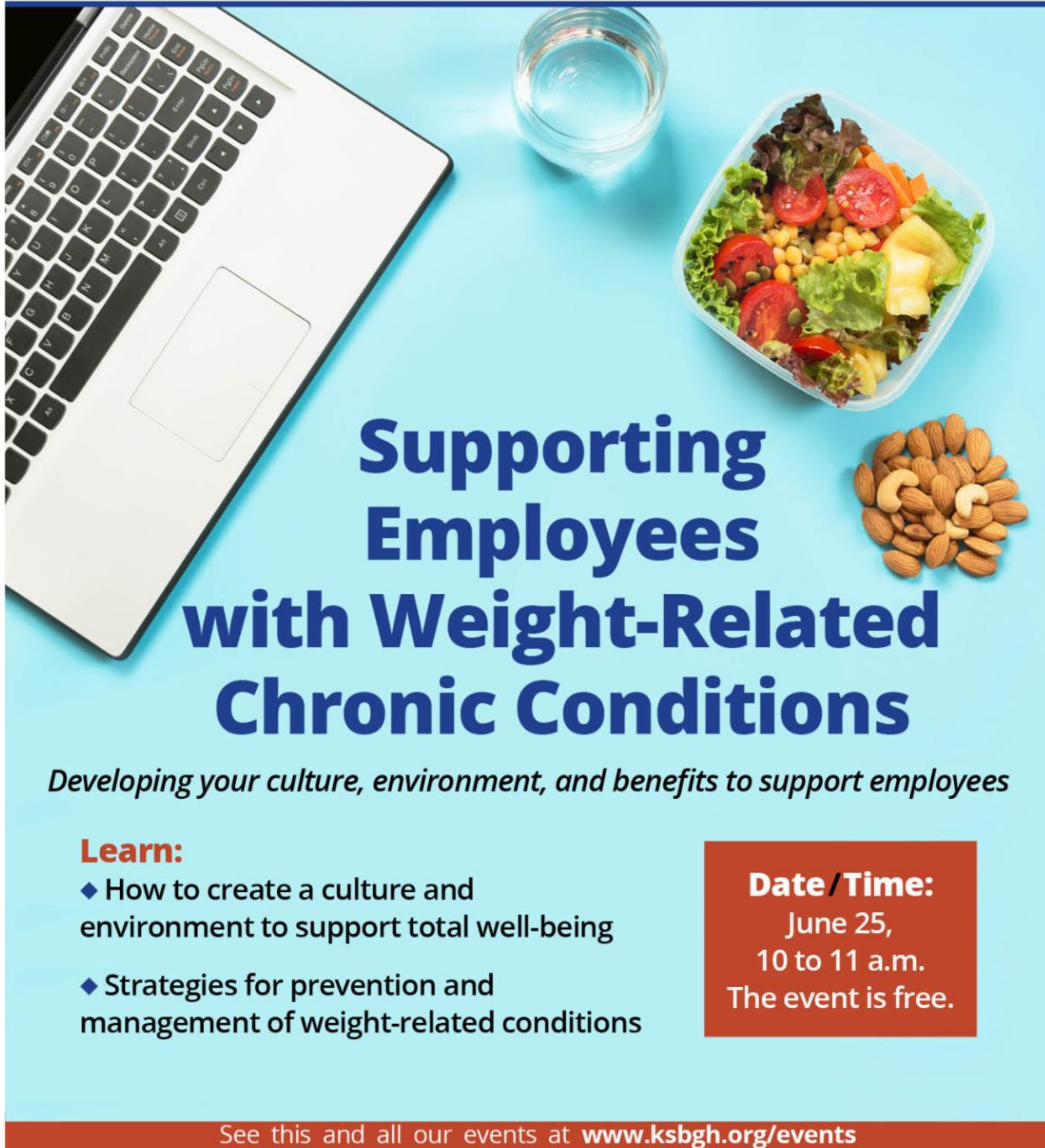
Questions?

Contact: Joanna.Sabally@wichita.edu

Brought to you by:



Click [here](#) to RSVP



Supporting Employees with Weight-Related Chronic Conditions

Developing your culture, environment, and benefits to support employees

Learn:

- ◆ How to create a culture and environment to support total well-being
- ◆ Strategies for prevention and management of weight-related conditions

Date/Time:
June 25,
10 to 11 a.m.
The event is free.

See this and all our events at www.ksbgh.org/events

Click [here](#) to register. Save the date for upcoming free sessions:

- July 23 – The Cost of Hypertension, presented by the CDC - Virtual
- August 13 - Supporting Employee Mental Health in the Workplace - in person

It's June and Fresh Rules

Celebrate National Fresh Fruit and Vegetable Month while the growing season is in full swing and there is an abundance of fresh produce available locally. The goal of National Fresh Fruit and Vegetable Month is to increase daily consumption of fresh produce.

Click [here](#) for nutrition, storage and recipe tips.





Connecting to our Mission

At the May meeting, we switched this section from data and research to sharing four success stories including:

The HWC was approached by Partnership for a Healthier America to coordinate the Good Food at Home program resulting in 250 residents receiving \$60 Instacart Fresh Food funds in August, September, and October coordinated by the Kansas Food Bank.

Tails, You Win: Pets are Healthy

Spending time with pets can help you get more exercise, manage stress, boost happiness and lower blood pressure. In short, pets are paw-some! Learn about [Best Friend Fridays](#), which celebrates our healthy bond with pets including pets as coworkers.



Partner Announcements



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	\$2,322	\$536
2	\$3,152	\$728
3	\$3,981	\$919
Each additional member	+ \$830	+ \$192

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
855-200-2372
www.cpaaa.org



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/



3 Easy Steps to

AN AWESOME SUMMER!

1.

DOWNLOAD THE APP

Visit SunflowerSummer.org and download the Sunflower Summer app.

2.

CREATE AN ACCOUNT

Add your Kansas student(s), pick out your attractions and get ready to roll.

3.

ADVENTURE!

Redeem your ticket for our attraction and begin your adventure!



Book Recommendation

[Move To Live More: A Guide for Parents and Caregivers to Help Their Kids Move More and Feel Better](#)

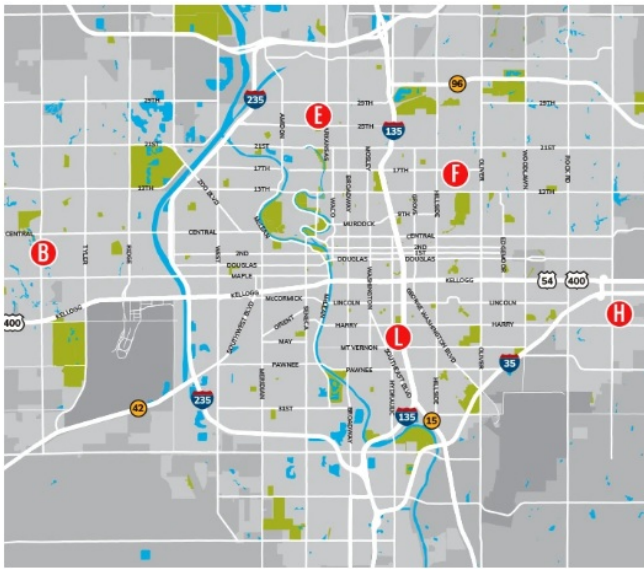
Too many of our kids are sitting more, moving less and missing out on the joy of being active. Are you looking for ideas for how to get the whole family moving? Are you worried about the amount of time your kids spend sitting alone on their phones instead of being active outdoors with friends? *Move to Live More* features 20 thought leaders in the physical activity and youth sports space, and 20 innovative solutions for getting kids moving before school, in school, after school, and on the weekends. It offers 50+ tips and 50+ takeaways for parents and caregivers on how and why kids need to move for better physical health, mental health, and academic development.

MOVE TO LIVE MORE

A GUIDE FOR PARENTS AND
CAREGIVERS TO HELP THEIR KIDS
MOVE MORE AND FEEL BETTER



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*)

Summer Activity Idea - Visit each of the Wichita Public Library [StoryWalk locations](#).



CHOOSE FROM 2 CAMPS. BOTH CAMPS ARE FREE!

CAMP 1
July 29 - August 2
2 PM - 4 PM

CAMP 2
August 5 - August 9
2 PM - 4 PM

Where: Oaklawn Activity Center, 4904 S Clifton Ave

Who: Any child in grades 3-5 during the 2023-2024 school year.



**LIMIT OF 20
KIDS PER CAMP.**

CONTACT US!

Rosie Sears
316-788-3781
rosie@derbyrec.com



RIDE

About RIDE



- Free transit rides for youth during the summer
- Valid May 24, 2024, through August 31, 2024
- Youth is defined as High School students and younger
- Youth may ride any bus free by showing the bus driver their 2023-2024 student ID
- Youth may ride any of Wichita's 19 bus routes free Monday – Saturday
- Youth without a student ID may obtain a free ID at the downtown Wichita Transit Center, located at 214 S. Topeka. Age or student verification is required to obtain a youth ID.

RIDE program participants may enjoy unlimited free rides on all regular Wichita Transit bus routes. Wichita Transit

**The Bus Ride is Free
With An ID**

provides a safe, reliable, and easy to use bus service throughout the City of Wichita. If you're new to transit, check out our website at WichitaTransit.org for helpful how-to-ride videos. When you're ready to ride, be sure to bring your student or youth ID. Free travel training services are available by filling out a request form on our website.

Route and schedule information can be found at WichitaTransit.org or by visiting the Downtown Transit Center located at 214 S. Topeka. For general questions, please call [\(316\) 265-7221](tel:3162657221).

Communities Organizing to Promote Equity 2024 Celebration Video



Partner Announcement Repeats

Do you struggle
to buy groceries?

About 57,000 people in Sedgwick County
don't have adequate food.

There are community resources who want to help.
Scan this QR code for resources or go online here:
hwcwichita.org/local-food-resources



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

It's Farmers Market Season! Get More From Your SNAP/EBT Benefits With Double Up Food Bucks

At farmers markets, every dollar you spend is matched with FREE Double Up Food Bucks tokens – up to \$25 every market day. You can use tokens immediately or redeem at a later market day to purchase fresh fruits and vegetables. Visit the farmers market information booth to get your tokens. Click [here](#) to find participating locations in Sedgwick County.



**SEDGWICK COUNTY
HEALTH
EVENTS**


18

Workgroup (CHIP) 7:30am Commun
Through Menopaus 4pm Pendants fo

24

25

Scan the QR code for a calendar of upcoming health events in the community



or visit sccd.online/events

SEDGWICK COUNTY KANSAS

The graphic features a dark blue background with the title 'SEDGWICK COUNTY HEALTH EVENTS' in large, white, sans-serif font. Below the title is the Sedgwick County seal, which depicts a Native American figure holding a bow and arrow, surrounded by the text 'SEDGWICK COUNTY KANSAS'. To the right of the seal are three blue arrows pointing right. Further right is a QR code and the text 'Scan the QR code for a calendar of upcoming health events in the community'. To the right of the QR code is the text 'or visit sccd.online/events'. The background of the graphic is a light blue grid with some event snippets visible, such as 'Workgroup (CHIP) 7:30am Commun' and 'Through Menopaus 4pm Pendants fo'. There are also some numbers like '18', '24', and '25' scattered in the background.

NEW! 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

K-State Research and Extension-Sedgwick in partnership with The Sedgwick County Health Department offer:

A Matter of Balance



Here's what participants say about A Matter of Balance:

"I am already noticing a difference in my physical being. I plan to continue these exercises. Hopefully I'll be jumping over the moon soon."



Scan the QR code to sign up



DO YOU HAVE CONCERNS ABOUT FALLING?

This award-winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

The program utilizes volunteer coaches to teach the eight, two-hour sessions.

Classes Help Participants Learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Promote exercise to increase strength and balance

Designed for Community-Dwelling Older Adults Who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem-solve

Outcomes at 6 Months

97% are more comfortable talking about fear of falling

97% feel comfortable increasing activity

99% plan to continue exercising

98% would recommend the program to others

FOR MORE INFORMATION

Call 316-660-7428

Register at: [https://www.sedgwick.k-state.edu/aging-medicare/](https://www.sedgwick.k-state.edu/aging-medicare/events/)

events/



JUST ONE ROW CAN MAKE A DIFFERENCE
TO OTHERS IN OUR COMMUNITY



K-STATE
Research and Extension

Master Gardener
Sedgwick County



DROPOFF LOCATIONS

Augusta Ace Home Center 316 W 7th Ave., Augusta	Hillside Nursery 2200 S. Hillside	Johnson's Garden Center - East 6225 E. Shadybrook	Woodard Mercantile 4160 N. Maize Rd, Maize
Botanica 701 Amidon St.	Hillside Feed and Seed 1805 S. Hillside	Johnson's Garden Center - West 2707 W. 13th	Woodard Mercantile 1313 E. Hwy 54, Andover
Brady Nursery 11200 W. Kellogg	ICT Food Rescue, Towne West Square 4600 W. Kellogg Drive	Mr Mc's Market 1901 E 21st Street North	Valley Feed & Seed 1903 S. Meridian

PLANT A ROW FOR THE HUNGRY

Is a local partnership between Sedgwick County Extension Master Gardeners and ICT Food Rescue to encourage, collect and deliver donations of fresh, healthy produce from home and community gardens to neighbors in need at no cost.

To learn more visit:



<https://www.sedgwick.k-state.edu/local-food/plantarow.html>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

www.hwcwichita.org



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

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