



Meeting Summary
Tuesday, June 28th 2022, 1:00 pm

**Kansas Learning Center for Health, 505 Main St,
Halstead, KS 67056**

Our mission: Promote physical activity and good nutrition for every generation living in the greater Wichita area through people, programs, and policies.

1. The seven attendees toured the Learning Center including the community garden and then met in the auditorium for the meeting and a demonstration video of Valeda, one of two educational mannequins in the United States.
2. [KLCH](#) staff presentation - The Learning Center began in 1965 as part of the legacy of Dr. Hertzler. They have occupied their current building since 1992 and continue to make upgrades. Listed on the [Sunflower Summer](#) museum tour, they are enjoying new visitors. Future expansion includes a playground near the community garden and outdoor fitness equipment thanks to collaboration with the city and high school. A farmer's market is held in the parking lot two times per month. Most known for their puberty education, 31,000 children in Sedgwick County were educated this past school year. Education programs exist for preschool - college age. They also offer free activities for youth and a June health challenge for adults across the state.
3. Coalition Updates
 - a. Working Well Conference - [register](#) today to hear from the following keynote speakers:
 - i. Mike Gutman - DEVELOPING A REMOTE/HYBRID WORK POLICY THAT SUPPORTS WELLNESS Discover practical and actionable strategies to integrate wellness into the remote/hybrid workplace. Through this presentation, learn how to quickly deploy policies that address DEI, employee anxiety, physical and emotional wellbeing, and how to communicate and adopt these policies so we can bring our whole selves to work. Move away from bolting on mindfulness and productivity apps to support employees. Instead, create a culture of awareness, flexibility, and inclusivity where people feel supported in all aspects of their work/life.
 - ii. Dr. Katie Levisay - THE POWER OF COGNITIVE REFRAMING FOR LASTING BEHAVIORAL CHANGE AND MENTAL WELL-BEING Happiness and productivity are the direct result of the lens through which we see and make sense of the world. Once we identify the story we're telling and its developmental, evolutionary and environmental origin we can begin to investigate the powerful emotional and behavioral impact of our beliefs and how to reframe them in a way that results in lasting neurocognitive and functional changes. Through reframing and rewiring, we can begin to experience the world more optimally, achieving and sustaining peak levels of productivity, connection and general well-being in our daily lives.
 - b. Food System Master Plan - the planning team continues to meet weekly to work through ordinance/resolution language so that the Food and Farm Council can be adopted and recruitment for council members can begin.
 - c. The HWC has contracted with Armbruster Consulting LLC for Strategic Planning. More to come this fall!
4. Closing
 - a. Call to Action - share what you learned at KLCH!

Next Meeting: July 27, 2022
Partner Spotlight - virtual

