



## Promoting Physical Activity & Good Nutrition

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**Join us via [this link](#) for the March 28th  
Partner Spotlight meeting at 2pm.**

Agenda includes brief Coalition updates and learning more about partner organizations attending the meeting.

To read a summary of the Physical Activity focused meeting in February, click [here](#).

The Health & Wellness Coalition meets monthly to share Coalition updates, community education and networking opportunities.

*All Coalition partners are welcome!*

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# 18th Annual **WORKING WELL CONFERENCE**



April 11, 2023  
8:30 AM - 4:00 PM  
Drury Plaza Hotel



We're rolling out the red carpet to celebrate your hard work and shine a spotlight on your efforts. Join us to receive the VIP backstage pass on wellness trends and learn creative solutions to attract and retain talent in your workplace!

## THE SPEAKERS



**Mari Ryan, MBA, MHP, CWP**  
CEO & Founder of  
AdvancingWellness  
How to Create a Thriving Hive:  
How People Centric  
Workplaces Ignite  
Performance & Fuel Results



**David Hoke**  
Chief Well-Being  
Officer at Thrive Global  
Investing in workplace well-being can change the future of work, and discover ways to drive engagement.

Presenting Sponsor



Additional Sponsors



**Brown & Brown Insurance**  
IMA, Fidelity Bank, USI

## REGISTRATION

[HWCWichita.org](https://HWCWichita.org)



**Register today** Registration is \$100/person or \$800 for a table of 10. Rates will increase \$50 on March 28th.

## Local Food System Updates

Apply today with the [City of Wichita](#) and/or [Sedgwick County](#) to serve on the Food and Farm Council.

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





**Free  
Virtual  
Event  
March 21**



**Kansas Business  
Group on Health**



# Moving the Needle on Diabetes

*Offered in partnership with the  
Health & Wellness Coalition of Wichita*

**Date/Time:**

March 21,  
10 to 11 a.m.  
The event  
is free.

**Purpose of Session:**

- ◆ Learn why diabetes should be top of mind for employers.
- ◆ Discuss solutions to address the issue.
- ◆ Share resources and local programs available to employers.

See this and all our events at [www.ksbgh.org/events](http://www.ksbgh.org/events)

[Click here to register.](#)





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](http://parkrun.us/explorationplace)  
facebook: Exploration Place parkrun

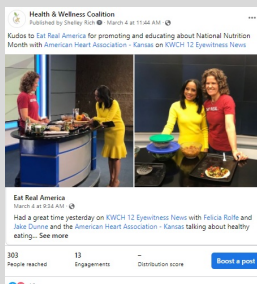
RUN  
WALK  
JOG

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.

**MONDAY**

**Open Gym** 5:45-11a (Nick S)  
**CrossFit** 12-1p (David H)  
**Open Gym** 3-5:30p (Mike P)  
**CrossFit** 6-7p (Cody P)

**TUESDAY**

**Open Gym** 6-8a (Adam W)  
**Open Gym** 4-5:30p (Cale R)  
**Gentle Yoga** 5:30-6:30p (Jackie T)

**WEDNESDAY**

**Open Gym** 5:45-11:30a (Michael C. /Mandy)  
**Power Yoga** 12-1p (Danita R)  
**Open Gym** 3-5:30p (Kris B)  
**CrossFit** 6-7p (Sean O)

**THURSDAY**

**Open Gym** 10a-12p (Shay A)  
**Open Gym** 4-5:30p (Mallory F)  
**Power Yoga** 5:30-6:30p (Danita R)

**FRIDAY**

**Open Gym** 5:45-10a (Nick/Mandy)  
**CrossFit** 9-10a (David H)  
**Open Gym** 3- 5:30p (Mike P)

**SATURDAY**

**Park Run** 300 N. McLean  
 8am (Michael C)  
**CrossFit Hero WOD** 3/18 @ 8:30 - 9:30a  
**Coffee Ruck** 3/18 @ 10a (Drew C)  
 300 N. McLean  
**Power Yoga** 10-11a (Danita R)  
**Open Gym** 11a-1p (James M)

**SUNDAY**

**Hot Yoga** 9-10a on 2/19 (Jackie T)  
**Coffee & Convo** 10a-11a  
 3/12 & 3/26 (Jeremiah O)  
**Open Gym** 10a-12p (Volunteer)  
**Gentle Yoga** 5-6p (Donnie W)

**SAINT PATRICK'S DAY PARTY!**

**FRIDAY, MARCH 24TH, 6-9:00 PM**

**W/ DJ PRESENCE**

**ALL AGES WELCOME!**

**\*CRAFTS, FOOD, COMMUNITY\***

**REGISTER THROUGH THE APP!**

**Free with 48 hours of sobriety**

**Download The Phoenix app on Google Play or App Store**

[WWW.FACEBOOK.COM/THEPHOENIXWICHITA](http://WWW.FACEBOOK.COM/THEPHOENIXWICHITA)



# Drive-thru Mobile Pantry

**FRIDAY, March 31, 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.





# Hypertension Awareness and Prevention Project (HAPp)

## PROGRAM GOAL

Participating adults with hypertension (HTN) will learn how to lower and manage their blood pressure.

## WHAT IS HAPp?

A self-monitoring blood pressure program that will provide participants with:

- A FREE blood pressure monitor & other incentives for participating!
- An opportunity to meet with a trained Heart Healthy Ambassador Coach twice a month to help take and track blood pressure.
- Monthly nutrition education workshops.



Kick-Off Meeting: March 1st, 6-7 pm  
Community Wellness Hub  
4904 S. Clifton Ave  
Wichita, KS 67216

## WHY JOIN HAPp? YOU WILL:

- Learn how to monitor your blood pressure accurately at home.
- Increase your knowledge about hypertension & healthy living.
- Learn how to become an advocate for your health.
- Have access to community resources.
- Learn how to make connections between lifestyle & blood pressure readings.

## WHO IS ELIGIBLE?

- ✓ Age 18 or older
- ✓ HTN diagnosis or on antihypertensive Rx
- ✓ Interest in & readiness for the program
- ✗ Significant cardiac event- last 6 months
- ✗ Atrial fibrillation or other arrhythmias
- ✗ Diagnosis of lymphedema or risk of developing lymphedema

Contact your local coach  
for more info!

Sara Sawyer, MPH, RD, LD  
316.660.0118  
sarasawyer@ksu.edu

To register for the FREE  
program, visit:

<https://bit.ly/3jWxWA9>



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Sara Sawyer, two weeks prior to the start of the event (February 15, 2023) at 316-660-0118 or [sarasawyer@ksu.edu](mailto:sarasawyer@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.



# March is National Nutrition Month

To celebrate [National Nutrition Month](#), the Health & Wellness Coalition's monthly healthy eating article is written by guest blogger, Jody McClure. Jody leads Beyond Limits Mind Wellness and is an AACC Life Coach.

Click [here](#) to read her blog titled "Relationship with Food".



## JOIN CLUB PARKINSON'S

### ST. PATRICKS RUN/WALK - MARCH 19TH

#### Wichita Running Company

#### RACE START TIMES:

**5K RUN: 8:00 A.M.**  
**1 & 2 MILE: 9:30 A.M.**

#### REGISTER INFO:

1. SCAN THE QR CODE OR GO TO THE WICHITA RUNNING COMPANY WEBSITE.
2. CLICK THE GREEN "REGISTER NOW" BUTTON.
3. SELECT THE "GROUP/TEAMS" TAB.
4. SEARCH FOR "CLUB PARKINSON'S TEAM" AND SELECT "JOIN."



[Club Parkinson's Team](#)

[Join](#)



**WEAR YOUR BEST  
ST. PATRICK'S  
OUTFIT TO  
COMPETE IN THE  
COSTUME CONTEST!**

**Register Here** →

Scan here!



**316-252-1877**



**Club Parkinson's**



**[info@clubparkinsons.org](mailto:info@clubparkinsons.org)**



April 1st-30th



All ages are invited  
to participate!

Don't delay,  
register today!



# Oslimpics

2023

Fitness  
Challenge



## JOURNEY AROUND THE WORLD



### Registration Details:

**\$25**

Individuals

**\$45**

Teams of 2

**\$60**

Teams of 4

Register  
online at:

**WEEKLY  
PRIZES  
& CASH  
GRAND  
PRIZE**

QUESTIONS? EMAIL:  
DIANA@LEARNINGCENTER.ORG

[Click here to register.](#)

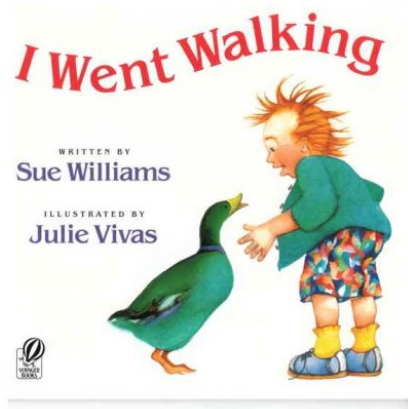


Girls on the Run Heart of Kansas would like to invite you to take part in our upcoming GOTR 5k Saturday, May 13, 2023, from 7:30am-9:00am in Downtown Wichita. The goal of this event is to connect and serve our local community and to provide a means of awareness as to the services that are available to assist them in their day to day lives. This event will take place before the Girls on the Run Spring 5k event. We anticipate about 900 runners and over 1500 spectators! The 5k is a family friendly event that strives to provide an exceptional race experience. **Please help us create a fun and interactive pre-race area.** We ask that vendors bring their own table, tent, and provide a fun interactive activity (craft, face painting, temporary tattoos, etc.). Vendors need to be set up and ready to go by 7:30am. Vendors are free to leave once the race begins at 9:00am, however if you would like to stick around for after the race, we would love to have you! **This is an excellent opportunity to share important information about your organization!** Vendor Fees:

\$50-Non-profit business (\$75 if you sign up to be a vendor at both the spring and fall race on November 20)

\$100 For-Profit business (\$175 if you sign up to be a vendor at both the spring and fall race November 20)

To reserve your booth space click [here](#).



## Story Walk

The [StoryWalk®](#) at Evergreen Park, 2700 N. Woodland, is an activity families can enjoy together. This interactive attraction pairs literacy with physical activity. There are 20 stations along the walking path at the park, each one containing laminated pages from a children's book.

StoryWalk® was created by Anne Ferguson in Montpelier, Vermont.



# HEALTH FAIR

## SAVE THE DATE

04 | 07 | 2023

OJ WATSON PARK | SEASONS VENUE

3022 S MCLEAN BLVD, WICHITA, KS 67217

9AM -12PM

Child Start is holding their annual Health Fair and would love for you to showcase your business in one of our booth spaces! Follow the link below to sign-up!

[Register HERE](#)

\*\*\*\*Must reserve your space before March 1, 2023.  
Booth spaces are limited and are first come, first served.  
Contact Jess Engelbert for more information  
at [jengelbert@childstart.org](mailto:jengelbert@childstart.org)\*\*\*\*





**GIVE BACK NIGHT**

**CHICKEN N PICKLE®**

**APRIL 11TH**

**6:00 - 8:00pm**

**BENEFITING**

**CLUB  
PARKINSONS**



**10% of food & beverage  
purchases will be donated back**

1240 N GREENWICH RD. WICHITA, KS | 316-535-7150





## **Open Streets ICT - WSU and Shocker Neighborhood**

**Sunday, April 16, 12-4pm**

**17th Street from Oliver to Grove**

Join us this Spring for Open Streets ICT - WSU in Shocker Neighborhood! This FREE neighborhood community-building event will take place along 17th Street, just south of Wichita State University and will host a full day of physical activity, food trucks, music and fun!

Two miles of 17th Street will be closed to traffic from Oliver to Grove and open for biking, walking, running, food, and more! There will be a route south on Yale connecting you to Fairmount Park and a route north on Volutsia connecting you to Atwater Neighborhood Resource Center where additional activities are being held. Cruise along the along the 2-mile stretch on 17th Street and stop at participating shops, businesses and food vendors along the route. Questions? Contact [Naquela Pack](#).







# Living with Chronic Conditions

"The workshop put me back in charge of my life and I feel great. I only wish I had done this sooner."

-CDSMP Participant

## NEW WORKSHOPS COMING SOON

For more information please contact

**Tara Sharon**  
Chronic Disease  
Health Educator

Tara.Sharon@sedgwick.gov  
(316) 660-7428

## LIVING WITH CHRONIC CONDITIONS WORKSHOPS



If you are living with an ongoing health condition (such as arthritis, asthma, diabetes, high blood pressure, or depression) or you are a caregiver of someone who is, this is for you.

**Living with Chronic Conditions Workshops** are interactive learning opportunities that teach techniques to manage common symptoms.



Revised Sept. 2022



SelfManagementResource.com

## FREE WORKSHOP SERIES LED BY TRAINED LEADERS TO HELP YOU:

- Learn decision-making and problem-solving skills
- Communicate effectively with family, friends, and health professionals
- Manage fatigue
- Learn new ways to eat healthy
- Control pain
- Increase physical activity
- Set and accomplish goals
- Deal with anger, depression, and difficult emotions
- Better manage your health

## Five Fifty Run/Walk for Mental Health

The Five Fifty Run/Walk for Mental Health Series is a five kilometer run/walk that occurs in each of the fifty U.S. states over fifty consecutive days. The series supports the AB Korkor Foundation's mission to make the world a better place for those suffering from ill mental health. Click [here](#) to register for this event on Saturday April 29, 2023.





## **Vendors Needed for Open Streets ICT - Nomar**

Open Streets ICT - Nomar is Sunday, May 7! We are looking for vendors to stage along the one mile route! [REGISTER](#) to be at vendor at our next event.

Open Streets ICT at Nomar is a family-friendly event intended to promote healthy active living in a safe, fun space to the citizens of Wichita and surrounding communities. Another goal is to promote the interaction of local businesses and organizations within the community to help strengthen the connections in Wichita. Open Streets ICT at Nomar is currently seeking vendors to host an activity, represent your business, sell your products or all three! All businesses along the route are welcome to apply for free. Other family and pet-friendly businesses and organizations are welcome to apply for a small fee.

Deadline to register as a vendor at Open Streets ICT at Nomar is Friday, April 21, 2023. For all questions related to Open Streets ICT, contact [Matt Martinez](#) at 316-303-8036.



# CLUB PARKINSON'S

2nd annual Charity  
Golf Tournament &  
Silent Auction

**APRIL 24, 2023**

\$125 per player  
\$500 foursome

**REGISTRATION INCLUDES:**

- Range Balls
- Box Lunch
- Green Fees
- Cart
- Reception



**SCHEDULE:**

**11:00a.m.** - Registration, mulligan sales,  
putting contest, lunch pickup

**12 p.m.** - Shotgun start

**5:30p.m.** - Reception & silent auction  
(limited items)

**6:15p.m.** - Silent auction closes; winners  
announced; live auction begins

Sponsorship opportunities available. For more  
information, registration, & donations scan  
here:



**Team Registration  
Deadline is April 6th**

Call: (316)-371-9020  
or  
Email:  
jenniferniemann96@gmail.com

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



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

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