



Promoting Physical Activity & Good Nutrition

Join us on **Tuesday, March 26th at 2pm** for our monthly meeting. Learn about initiatives hosted by the Oaklawn Wellness Hub and network with others passionate about promoting health. The meeting will be at the Oaklawn Activity Center at 4904 S. Clifton Avenue. Bring a friend and share your updates &/or good news.

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

The Coalition has existed for 20 years, tell us why!

The Kansas Legal Services staff team's involvement with the HWC which has led to the implementation of wellness policies designed to increase good nutrition and combat sedentary behavior. Click [here](#) to read the testimony.

Share your story [here](#).



Register by March 15th for the early-bird rate.



WORKING WELL

Conference

Wellness in the workplace takes a team. We invite you to level up and learn how to create a healthier, more supportive workplace culture where everyone wins.

April 11, 2024 | 8 a.m. - 4 p.m.
The Vail | 210 N. Mosley St.

Presenting Sponsor



Additional Sponsors



Delta Dental of Kansas
USI Insurance Services

REGISTRATION
HWCWichita.org



JOHNSIE HOLT

A multiprong approach to tackle health issues, reduce healthcare costs and enhance employee wellbeing.



DAVID HINES
Nashville Public Schools



JANICE LITVIN
Workplace Wellness
Speaker, Author, Facilitator

Helping leaders and teams amplify wellness and banish burnout.

Network and learn how to create a healthier, more supportive workplace culture where everyone wins at our 19th annual conference. HRCI and SHRM CEU's are pending.

We have a full day planned, with our sponsors, vendors, and the following speakers:

- Ed O'Malley, President & CEO at the Kansas Health Foundation
- David Hines, Executive Director of Benefits and Johnsie Holt, Wellness Director with the Nashville Public Schools
- Janice Litvin, Workplace Wellness Speaker, Author, and Facilitator
- Krista Sanderson with Eat Real America
- Jessica Provines, Ph. D., with Wichita State University, Suspenders 4 Hope initiative

Click [HERE](#) to learn more & register.

ICT/SC Food and Farm Council

Food and Farm Council Meetings - 1 to 2:30 pm the



First Tuesday of the Month

Next meeting: April 2

LRockwell Branch Library, 5939 East 9th Street North
[Click here for meeting agendas and the virtual option link.](#)



Connecting to our Mission

So much depends on our neighborhoods. Researchers have found that ZIP codes are a [better predictor of health](#) than genetic codes. Children can expect vastly different life outcomes [living](#) just a few miles apart.

Your copy should address 3 key questions: Who am I writing for (audience)? Why should they care (benefit)? What do I want them to do (call-to-action)?

Click [here](#) to read the story of SoCe, a neighborhood in south-central Wichita, that is in the process of sorting out its story and future.

Create a great offer by adding words like "free," "personalized," "complimentary," or "customized." A sense of urgency often helps readers take action, so consider inserting phrases like "for a limited time only" or "only 7 remaining!"



Be More Active During @ Work

If you're like most adults, you spend most of your waking hours at work and struggle to fit everything else (like exercise) into your "free time." And who are we kidding? Sometimes by the end of the work day there's little time or energy left to get active.

What if you could work out while you work, without having to carve out a big chunk of time? You can by taking little opportunities to move more throughout your day. Just because you have a desk doesn't mean you have to sit at it for eight hours straight. Click [here](#) for ways to move more through the workday



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.

March is National Nutrition Month

To celebrate, Partnership for a Healthier America is educating about the importance of Veggies Early & Often.

Ensuring that your littlest eaters consume the right amount of vegetables is no small task. It's no wonder that only 10% of young children meet recommendations for vegetable intake. But we know that eating healthy at an early age can help lead to a lifetime of health. Click [here](#) for videos and resources.



Partner Announcements

MOBILE PRODUCE DISTRIBUTION
at Urban League of Kansas



3RD THURSDAY OF EACH MONTH
THURSDAY, MARCH 21
STARTS @ 2:00 PM
(WHILE SUPPLIES LAST)



2418 E 9TH ST N
WICHITA, KS

i DRIVE-THRU DISTRIBUTION
GUESTS SIGN IN WITH BASIC INFORMATION ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD



SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT [KANSASFOODBANK.ORG/ICTMOBILES](https://www.kansasfoodbank.org/ictmobiles)



MOBILE PRODUCE DISTRIBUTION
at New Life Church



FRIDAY MARCH 22, 2024
STARTS @ 4:45 PM
(WHILE SUPPLIES LAST)



1156 N OLIVER
WICHITA, KS

i WALK-UP DISTRIBUTION IN GYMNASIUM
GUESTS SIGN IN WITH BASIC INFORMATION ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD



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MOBILE FOOD DISTRIBUTION
at Progressive Missionary Baptist Church



FRIDAY, MARCH 28
STARTS @ 1:00 PM
(WHILE SUPPLIES LAST)

2727 E 25TH ST N
WICHITA, KS

DRIVE-THRU DISTRIBUTION
GUESTS SIGN IN WITH BASIC INFORMATION ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD




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MOBILE FOOD DISTRIBUTION
at Evergreen Park



1ST FRIDAY OF EACH MONTH
FRIDAY, APRIL 5
STARTS @ 1:00 PM

2700 N WOODLAND
WICHITA, KS

DRIVE-THRU DISTRIBUTION
GUESTS SIGN IN WITH BASIC INFORMATION ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD




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Beyond the Garden

Empowering Patients to Embrace Plant-Forward Eating

Weds, March 20th
12:30pm-1:30pm CT

MIDWEST Dairy | **1.0 CPEU**

You are invited to Midwest Dairy's upcoming webinar, Beyond the Garden: Empowering Patients to Embrace Plant-Forward Eating, Register [Here!](#)

This webinar aims to help healthcare providers support their patients and clients in adopting healthful, sustainable eating patterns. Cara Harbstreet MS, RD, LD, a Kansas-based and nationally recognized food and nutrition expert, will lead the discussion on overcoming common challenges related to plant-forward eating, such as accessibility, affordability, and ensuring nutrient adequacy. Inspired to look Beyond the Table, Joan Maxwell a 5th generation, Iowa-based dairy farmer will give attendees firsthand insights into top sustainability practices.

KIDS' DAY OUT CULINARY WORKSHOP: CHICKEN TACOS
Friday, March 29 | 10 a.m.-Noon | \$25



Get ready for an exciting culinary adventure in Kids' Day Out cooking class designed for budding chefs between the ages of nine and 12. In this hands-on workshop, by Mark Arts, young participants will learn essential cooking skills from Chef Sue as they whip up delicious chicken tacos from scratch. Students will learn to make homemade pico de gallo and explore various ingredients and techniques in this two-hour class and will leave with a tasty lunch in their bellies. Register [here](#).



WALK KANSAS

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

March 31 - May 25, 2024

Gather your team of six or go solo this year.

Register online at WalkKansas.org or by contacting your local K-State Research and Extension office.

Register by April 13

K-STATE
Research and Extension

Walk Kansas

Sedgwick County
316-660-0119
amydraut@ksu.edu

Spring into action: Volunteer!

Spring is the perfect time to lend a hand at local nonprofits, whether it's assisting with landscaping, tackling general cleaning or helping them gear up for events. United Way's Volunteer Center offers an online portal at volunteertoday.org where you can discover projects tailored to your interests, skills and schedule.



K-STATE Research and Extension | Hypertension Awareness and Prevention Program
This institution is an equal opportunity provider.

 **SEDGWICK COUNTY Health Department**



Nourish Your Heart

JOIN US TO LEARN TIPS AND TRICKS FOR MAKING HEALTHY EATING SIMPLE AND DELICIOUS!

02/20 - FEEDING YOUR HEART: HEALTHY FATS	04/09 - COOKING WITH HERBS & SPICES
Healthy fats add flavor, texture, and help with nutrient absorption. Come learn which fats are heart-healthy and which to avoid.	Healthy cooking can be quick, easy, and fun. Come learn healthy cooking skills to enhance flavor without added salt.
03/12 - SHAKE OFF THE EXCESS SODIUM	05/07 - HEART-SMART EATING WHEN YOU ARE OUT & ABOUT
Decreasing your sodium intake is one of the best things you can do for your heart! Come learn which foods are high in sodium and which are heart-healthy.	Making heart-healthy choices when you can't cook at home can be a challenge. Come learn how to make healthier choices when eating out.

WORKSHOPS ARE FREE, MUST REGISTER TO ATTEND.
Sedgwick County Health Department - 1900 E. 9th St. Wichita, KS 67214 -
Fredrickson Auditorium, 5:30 pm - 7:00 pm

TO REGISTER, VISIT:
[HTTPS://KSTATE.QUALTRICS.COM/JFE/FORM/SV_CMVYTWRHTOFLXA](https://kstate.qualtrics.com/jfe/form/sv-cmvytwnrhoflxa)



QUESTIONS?
CALL 316.660.0118 OR EMAIL
SARASAWER@KSU.EDU

OPEN STREETS | ICT



WSU & Shocker Neighborhood: April 14, 12-4pm

Nomar: May 5, 12-4pm

Click [here](#) to learn more

EARTH DAY STARTER PLANT SALE



SUNDAY, APRIL 21ST

10 AM TO 2 PM AT FIREFLY FARM

Elderslie
farm

Las
ADELITAS
Cafe



WHEAT STREET DOGS
Street Dogs & Sausages

HappyTails
Pet Bakery

HEMPY'S
HEARTS



NUDGE
COMPOST



SEK
MUSHROOMS



Mama's Let Mees

Oliva La
OLIVE

The
LOUD
Cicada

Ballard & Co.

The Hatchery
BUTTERFLY FARM



LIVESTRONG

4TH ANNUAL YMCA CANCER SURVIVOR RETREAT

THURSDAY, APRIL 25, 2024

9:00AM-3:00PM

COWTOWN - Visitors Center

1865 W. Museum Boulevard, Wichita, KS 67203

FREE WITH REGISTRATION

Register at ymcawichita.org/survivor-retreat

Join us for a day of fellowship, activity, and education for cancer survivors. No cost to attend, but registration is required. A light lunch will be served. The retreat is open to any cancer survivor - prior involvement in LIVESTRONG at the YMCA isn't necessary.

LIVESTREAM AVAILABLE THROUGH YMCA360.ORG

**QUESTIONS? CONTACT DEBBIE CRUZ AT
316.776.8178 OR DEBBIE.CRUZ@YMCAWICHITA.ORG**



SPEAKERS

- ▶ **ANOTHER SUPPORT IN THE CANCER JOURNEY:
PALLIATIVE CARE**
Carol Bush, BS, RN, CHPN
- ▶ **TAKING CARE OF YOURSELF WHILE LIVING WITH CANCER**
Karin Denes-Collar, LSCSW, LCSW
- ▶ **EMPOWERING CANCER SURVIVORS THROUGH KNOWLEDGE:
CLINICAL TRIALS**
Catie Knight, MPH
- ▶ **CHAIR YOGA FOR SURVIVORS**
Janice Snow, YMCA Instructor

A day of fellowship, activity, and education for cancer survivors. No cost to attend, but registration is required. The retreat is open to **any** cancer survivor - prior involvement in LIVESTRONG at the YMCA isn't necessary.

Participants may also join virtually through YMCA360.org for those unable to attend in person. Register [here](#). Email Debbie for more information or call 316-776-8178





GROW TOGETHER

FREE FAMILY PLAY DAY

GREAT PLAINS NATURE CENTER



- **SENSORY FOCUSED FUN**
- **FOOD**
- **TAKE HOME ACTIVITIES**
- **FAMILY AND CHILD DEVELOPMENT RESOURCES**
- **NATURE EXPLORATION**
- **FIRST 50 FAMILIES RECEIVE A FREE BOOK**

DESIGNED FOR EARLY CHILDHOOD, BUT FUN FOR THE WHOLE FAMILY! RAIN OR SHINE.



Sponsored by: Sedgwick County Early Childhood Coordinating Council

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



SEDGWICK COUNTY HEALTH EVENTS

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

or visit schd.online/events

The graphic features a calendar grid with dates 18 and 25 visible. Event snippets include 'Workgroup (CHIP)', 'Through Menopaus', '7:30am Commu', and '4pm Pendants fo'. The Sedgwick County logo is in the bottom left corner.

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



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