



Health & Wellness
Coalition of Wichita
Coordinated. Connected. Committed.



Promoting Physical Activity & Good Nutrition

March Coalition Meeting

Join us Tuesday, March 25th at 2pm at Kitchens at Empower [Community Kitchen](#), 103 E. 21 St. N. for a meeting full of [nutrition month](#) celebrations.

Education, networking, facility tour, healthy cooking demonstration and more! Email [Shelley](#) if you want to be added to the meeting invite. All Coalition members are welcome.



Food
Connects Us

2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics



BOLD & BALANCED



20TH ANNUAL Working Well Conference

BE BOLD. BE BALANCED. BE BETTER.

Celebrating 20 years of progress and building for the future. Together, we'll create a workplace where innovation and well-being thrive.

APRIL 8TH
8 a.m. - 4 p.m. | The Drury

Angela Howard
CEO/Founder | Call for Culture
The Leadership Mentality: Owning Your Impact

Joyce McEwen Crane
Dir. of Learning & Development | Kansas Leadership Center
Unleashing a Culture of Innovation in Workplace Wellness

+ More Bold Speakers

Presenting Sponsor



Additional Sponsors



REGISTRATION
HWCWichita.org

Help us reach our goal of 200 attendees at our 20th conference.
If you haven't attended this conference, this is the year to join us!

Register today!



A **FREE** EDUCATIONAL SEMINAR
FOR PATIENTS AND THEIR CARE PARTNERS AND
EVERYONE INTERESTED IN THEIR HEALTH

PATIENT EMPOWERMENT PROGRAM

YOUR KIDNEYS AND YOU YOUR BODY'S HIDDEN FILTERS



WEDNESDAY
MARCH 12, 2025
12:00pm–1:00pm CT

FREE

LIVE ZOOM WEBINAR

Did you know your body has built-in filters working 24/7 to keep you healthy? Your body relies on hidden filters—your kidneys—to remove waste, balance fluids, and keep you feeling your best. Learn how these silent protectors impact your overall health—and what you can do to keep them strong. With diabetes, high blood pressure, and heart disease increasing the risk, it's more important than ever to understand how to protect your health.

TOPICS TO INCLUDE

Join us for an engaging session where you'll discover:

- The crucial role your kidneys play in overall health
- How conditions like diabetes and high blood pressure put them at risk
- Simple steps to keep your body's filters working at their best

PRESENTED BY:



HOSTED BY
NKF SERVING ARKANSAS, KANSAS AND MISSOURI

Register today!
kidneyksmo.org



SCAN ME

© 2021 National Kidney Foundation, Inc.

Join us as we celebrate the 25th year
of Walk Kansas! Registration will
open March 3, 2025.
Learn more and register [here](#).



YOUTH LAWN MOWING CLINIC

Learn the basics of safely running a lawn mowing business

WHERE

Sedgwick County
Extension Education Center
7001 W. 21st Street N.
Wichita, KS 67205

WHO

Youth Grades 5th - 9th

WHEN

Wednesday, March 19, 2025

A.M. OR P.M. Clinics Available:

Morning Clinic: 9:20-11:30am

Check-in 9:00-9:20am

Afternoon Clinic: 1:20-3:30pm

Check-in 1:00-1:20pm

REGISTRATION

\$10 by March 10th

\$15 after March 10th

Space is limited, secure a spot early

\$10 business kick-starter award for each graduate

INCLUDED IN THE CLINIC

- Lawn grasses and their proper care
- Lawn mowing safety
- Lawn mower maintenance
- Lawn mowing business basics
- Information packet & business cards
- Safety equipment
- Certificate of completion

REGISTER ONLINE

www.sedgwick.ksu.edu/events

or by calling 316-660-0100



K-STATE
Research and Extension

Master Gardener
Sedgwick County



Sedgwick County...
working for you

K-State Research and Extension is an equal opportunity provider and employer. 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 for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Matthew McKernan four weeks prior to the start of the event (February 19, 2025) at (316)-660-0140 or mckernan@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. Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

URBAN GROWERS Brunch & Blooms

Join us for brunch as we connect with local growers & help you plan your garden for the year.



RSVP ONLY

FORMS.GLE/FXBAMAKK7FKXJ3Z98

SATURDAY, MARCH 22 | 9AM - 2PM

ATWATER CENTER

For questions, Contact (316) 250-7957 or info@commongroundpg.com
RSVP is required!



May 7th, 2025



Kansas
Safe Routes to School



May 7th is Bike to School Day! Register NOW!

On May 7th, schools across Kansas and the country will be celebrating [Bike to School Day](#). The celebration is designed to encourage students and families to bike to school and in their communities. Follow the steps below to join the fun!

- [Complete this form](#) to register your school or community. Registration is open until May 7.
- Register by April 14 to get these fun, free items to support your celebration, while supplies last:
 - Kansas Bike to School Day banner
 - Kansas Safe Routes to School encouragement items (bike lights, bike bells)
 - Bike to School Day utility kit (bike pump, first aid kit, multi-tool, and more!)
- Download event resources on our [Bike to School webpage](#), including the event planning toolkit, posters, flyers, and communications templates.

If you have any questions about the materials or the event, reach out to **Ann Katt, KDOT Safe Routes to School Coordinator**, at ann.katt@ks.gov. We're so excited to see Kansas celebrate Bike to School Day this year!

4 protein mistakes to avoid

Getting enough protein is important for balanced nutrition. But what are some handy, go-to sources? Do you need to rely on bars, powders or store-bought drinks? [Check out these 4 common mistakes](#) when it comes to protein.



Big News!

Bike Walk Wichita is officially the ONLY Platinum Bicycle Friendly Business in Kansas, as recognized by the League of American Bicyclists!

This top-tier designation reflects our commitment to making Wichita a better place to bike, supporting cyclists of all levels, and advocating for safer, more accessible streets.

Investing in biking pays off—for businesses, communities, and YOU! Come ride with us and be part of the movement.

[More details at League of American Bicyclists](#)



Girls on the Run Heart of Kansas would like to invite you to take part in our upcoming [GOTR](#) 5k on Saturday, May 10, 2025 from 7:30am-10:00am 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 a thousand 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. Vendors need to be set up and ready to go by 7:15AM. Vendors are free to leave once the race begins at 9:00am, however if you would like to stick around after the race, we would love to have you! This is an excellent opportunity to share important information about your organization/company!

Vendor Fees:
\$150-For profit business
\$50-Non-Profit

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



HEALTH

&

WELLNESS

FAIR



"ELEVATE YOUR HEALTH, EMPOWER YOUR LIFE!"

APRIL 05, 2025

11:00 AM - 4:00 PM

**Vendors
Register Now**



THE CENTER

3814 E 11TH ST. N
WICHITA, KS 67214



SAVE THE DATE YMCA CANCER SURVIVOR RETREAT



LIVESTRONG®
AT THE YMCA



LIVESTRONG

The Greater Wichita YMCA LIVE **STRONG** at the YMCA team is excited to bring you a day of fellowship, activity and education FOR ALL cancer survivors led by special guest speakers. A light lunch will be served. Please join us Thursday, April 17th 9am-4pm. Click [here](#) to register.

Write a Love Letter to Food

Create art to express what food means to you and/or write a love letter to food. Artwork must be submitted [online](#) by April 22nd and created in landscape orientation, in color, created by hand, using crayons, pens, markers, paints or other art supplies, with the exception of highlighters.

Prizes categories: 1st (\$300), 2nd (200), and 3rd place (\$100), and 1st place teacher. Winners will be announced (mid-May).

FOOD WASTE
Prevention
Week
K-12 STUDENT ART
CONTEST
2025 THEME:
WHAT FOOD MEANS TO ME...
ENTRIES DUE BY: APRIL 22, 2025
PRIZES AWARDED TO BOTH STUDENTS AND 1ST PLACE
TEACHER
WINNING ART AWARDED:
1ST \$300 | 2ND \$200 | 3RD \$100
Visit www.FoodWastePreventionWeek.com for
details and submission instructions.

[Tour de Wichita](#) is the only urban ride and walk that both highlights



Wichita's attractions and helps two great local nonprofit organizations— Bike Walk Wichita and Great Plains Diabetes! This year's event will be on Sunday, April 27, 2025 and we want YOU to join us!

Take the CEO Pledge for Physical Activity

The CEO Pledge for Physical Activity is a nationwide campaign inspiring leaders to adopt movement-friendly strategies that enhance employee health and productivity. The Pledge proudly supports the CDC's Active People, Healthy Nation SM.

By signing the CEO Pledge, an organization leader commits to:

- ✓ Adopting strategies that create a culture where physical activity is encouraged.
- ✓ Leading by example by engaging in regular physical activity.

How to take action:

- Are you a CEO, executive director, or organizational leader? [Sign the CEO Pledge](#) today.
- Not a leader but care about workplace wellness? Ask your leadership to sign! [Learn More](#)



An initiative of the Physical Activity Alliance



New Resource! Physical Activity Fast Facts

This fact sheet highlights key statistics and research on the health, economic, and societal benefits of physical activity. [View the Fact Sheet](#)



Saturday May 17th 10am-12:00pm

[Create a team](#)



SAVE THE DATE

FATHERHOOD SUMMIT:

EMPOWERED DADS ELEVATE FAMILIES

June 26-27, 2025

Keynote Speaker: Coach Mark Potter




This resource is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,100,000 with 0% financed with non-governmental sources. Produced through the full or partial support of the Kansas Department of Health and Environment (KDHE). The content of this publication may not necessarily reflect the views of KDHE.



Coalition Updates

**Do you work in the local food system?
Professional development funds are available to
attend conferences, receive certifications, etc.**

[Email](#) to learn more.

Funds have been distributed for the following:

- Launch Leadership Training RevWell
 - National Bike Summit lodging
- Governor's Public Health Conference
- National Health Outreach & Engagement Conference



The Coalition is proud to be a member of [Elevate KS](#).



ELEVATE
KANSAS
A Health Coalition Community

Uniting Coalitions to Advance Health



PURPOSE

Elevate Kansas is a statewide effort to unite Kansas community health coalitions, offering a space where leaders can collaborate, share resources, and strengthen their local impact. This initiative ensures that each coalition—new or established—has the tools and connections to improve the health of Kansans.

By joining Elevate Kansas, your coalition will benefit from:



Resources & Expertise

Streamlined access to technical assistance, funding opportunities, and shared expertise to address community health challenges effectively.



Stronger Networks

Connect with a network of coalitions across Kansas, fostering partnerships, sharing best practices, and collaborating on innovative projects.



Capacity Building

Enhance your coalition's ability to achieve strategic goals with dedicated support, including training, workshops, and peer learning sessions.



Strategic Partnerships

Engage with funders and stakeholders who are aligned with the health improvement goals of Kansas communities.

"When striving for a healthier Kansas, every community counts"

OPPORTUNITIES FOR CONNECTIONS & GROWTH

- Virtual Training Sessions
- Regional Meet-ups
- Annual Health Coalition Assessment
- Storytelling & Success Sharing
- Annual In-Person Learning Session

JOIN THE MOVEMENT!

Elevate Kansas will be launching its official engagement channels soon. Be on the lookout for upcoming webinars, networking opportunities, and events to strengthen your coalition and its impact.

"By uniting our coalitions, we are building a healthier Kansas together."

STAY CONNECTED



www.ElevateKansas.org



@ElevateKansas

Wichita/Sedgwick County Food and Farm Council

The next meeting is April 1st 1 to 2:30 pm in the first floor conference room of the Ronald Reagan Building (271 W 3rd St N). [Click here to sign up for Council alerts.](#) [Click here for meeting agendas and the virtual option link.](#)

Coalition Spotlight - Coalition Advisory Council Chair

Phillip Brownlee is executive director of the Medical Society of Sedgwick County, which represents more than 1,800 local physicians, medical students and residents. Its affiliated Project Access program coordinates donated healthcare to uninsured Sedgwick County residents. MSSC also is active in public-health initiatives, including tobacco cessation and

social determinants of health. MSSC is the fiscal agent of the Health & Wellness Coalition. Phillip previously worked for 21 years at The Wichita Eagle, including 16 years as editorial page editor. He also has been a certified public accountant, a public information director and a college tennis coach. *Thank you for serving in this role!*



Connecting to our Mission

How well is the health care system in Kansas working for women? Kansas ranks #32 overall from the Commonwealth Fund 2024 State Scorecard on Women's Health and Reproductive Care. Click [here](#) to learn more.

Partner Announcement Repeats



JR. CHEF ACADEMY

LEVEL 1

AGES 6-12 | 10 WEEKS | 75 MINUTES

\$144/10-CLASS SESSION OR \$48/MONTH FOR 3-MONTH DRAFT | MEMBER RATE
FINANCIAL ASSISTANCE AVAILABLE

Build basic culinary skills, incorporating nutrition and fun food experiments while making new recipes each week. This Academy includes a chef hat and apron, progress reports, and a kid-prepared recipe showcase at the end of the 10 week session!

| DATES | DAYS | TIMES | LOCATION |
|-----------------|------------|-------------|----------------|
| 2/19/25-4/23/25 | Wednesdays | 5:45-7:00PM | Downtown YMCA |
| 4/9/25-6/11/25 | Wednesdays | 5:30-6:45PM | Northwest YMCA |

ENROLL AT ANY MEMBERSHIP DESK

QUESTIONS?

Contact Tammi Krier, Nutrition Director
tammi.krier@ymcawichita.org or
316.776.8183

GREATER WICHITA YMCA

ymcawichita.org

#FORALL

@ymcawichita

@greater_wichita_ymca

SPONSORED BY SEDGWICK COUNTY EARLY
CHILDHOOD COORDINATING COUNCIL

GROW TOGETHER

FREE FAMILY PLAY DAY

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

APRIL 26TH

10AM - 1PM

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



GREAT PLAINS NATURE CENTER
6232 EAST 29TH STREET
WICHITA, KS 67220
(316) 683-5499

Blood Pressure Monitor Kits



Your Wichita Public Library gives you the opportunity to borrow blood pressure monitors! Each kit comes with a blood pressure monitor, a log book, a pre-survey, and instruction booklet.

You can borrow a blood pressure monitor for 14 days.

Presented in partnership with K-State Research and Extension, the Sedgwick County Health Department, and the Wichita Medical Research and Education Foundation.

→ wichitalibrary.org



NATIONAL DIABETES PREVENTION PROGRAM

Learn How You Can Prevent
or Delay Type 2 Diabetes!



Improve Your Health

A lifestyle change program can help you lose weight through eating better and being more physically active.



Feel Better and More Energetic

Many participants feel better and are more active than they were before the program. Imagine having more energy to do the things you love.



Flexible Learning Preferences

Whether you prefer to meet in-person or online, you have the option to choose what works best for you and your schedule.

1 OF 3 ADULTS HAS PREDIABETES

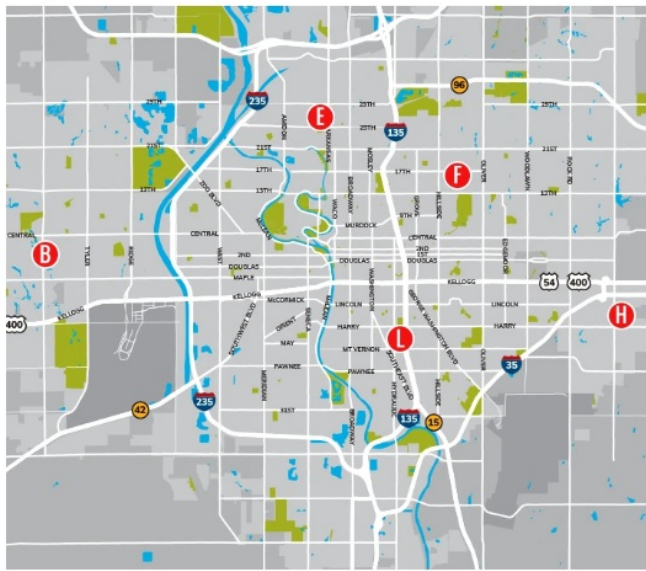
A CDC-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.






Contact Information

- 1-855-200-2372
- joseph.samaniego@cpaaa.org
- 271 W. 3rd St. N. Ste. 500
Wichita, KS 67202



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*)

A graphic for Sedgwick County Health Events. On the left, a dark blue box contains the text "SEDGWICK COUNTY HEALTH EVENTS" in white. Below this is the Sedgwick County seal. To the right, a white arrow points to a QR code with the text "Scan the QR code for a calendar of upcoming health events in the community". Further right, a white arrow points to the text "or visit scho.d.online/events". The background features a calendar grid with dates 18 and 25, and event snippets like "Workgroup (CHIP)", "7:30am Commu", "Through Menopaus", and "4pm Pendants fo".

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

NATURAL GROCERS

FREE NUTRITIONAL HEALTH COACH SERVICES



NUTRITIONAL HEALTH COACHES (GOOD4U NHC™)

Our Nutritional Health Coaches (NHCs) are your go-to nutrition professionals, equipped with the training and tools to help you reach your health goals. With 164 hours of continuing education required annually, our NHCs are always on the cutting-edge of nutrition science. That's why they are superstars in their field, providing nutrition education to help you stay rooted in health.

One-On-One Coaching Sessions



Are you looking for personalized care to address your unique health goals? Are you confused about which diet is best, or which bit of health advice is relevant to you? **YOU'RE IN LUCK!**

We have the Nutrition Education Experts to help you Schedule a free 1-hour health coaching session with your NHC today and receive personalized care specific to your individual needs, as well as a collaborative plan for success. You'll also receive a **\$5 OFF COUPON WHEN YOU SPEND \$25 OR MORE**. It's your time to get the support you've been looking for!

Invite Us to Speak at Your Next Event

We love to talk about all things health and nutrition-related, including regenerative agriculture.

Do you have a group interested in kickstarting their healthy weight goals? Does your company have a wellness program that needs a reboot? Does your local senior center want to learn about immune function or brain health?

Invite us to speak at your next event for free. It would be our privilege to help **EDUCATE, EXCITE,** and **EMPOWER** your organization or group



Contact your local Nutritional Health Coach in Wichita, KS

Aubrey Vereecke

nhc.wt@naturalgrocers.com | 316-636-4242



SUN Bucks 2025

A \$120 one-time benefit per eligible child to help purchase groceries during the summer months.

*Eligibility Requirements:

- The child is aged 7 to 17 and their household already participates in Food Assistance or Temporary Assistance for Needy Families (TANF).

OR

- The child attends a school that offers the National School Lunch or School Breakfast Program, and their household income meets the requirements for free or reduced-price school meals.

*Some families may receive a letter from Kansas DCF in January notifying them that their child(ren) is eligible for SUN Bucks. These families do not need to apply. Visit [SUNBucks.dcf.ks.gov](https://www.sunbucks.dcf.ks.gov) for a full list of eligibility requirements.

Relatives, non-related kin, and foster homes will need to submit a SUN Bucks application for children in the custody of the DCF Secretary after April 1, 2025.

Learn More:

[SUNBucks.dcf.ks.gov](https://www.sunbucks.dcf.ks.gov)



If your child is not automatically eligible for SUN Bucks, you can submit an application at [SUNBucks.dcf.ks.gov](https://www.sunbucks.dcf.ks.gov) beginning **January 27, 2025**.

Applications must be submitted no later than **5 p.m., August 29, 2025**.



20



25

OUTSIDE THE BOOK CLUB

October - March 2-4 p.m. | April - September 9-11 a.m.

Nature lovers are invited to join us for a monthly book club focused on nature and wildlife! Each month, we'll read a selected book and then gather at the Great Plains Nature Center for a discussion, accompanied by a bonus nature walk. Club members can enjoy discounted book purchases at the Owl's Nest Gift Shop. No registration or purchase is required!

January 3

To the Bright Edge of the World
by Eowyn Ivey

February 7

What an Owl Knows
by Jennifer Ackerman

March 7

Mozart's Starling
by Lyanda Lynn Haupt

April 4

Beaverland
by Leila Philip
Meeting at Kansas Wildlife Exhibit
in Riverside Park.

May 2*

*Spring Rain:
A Life Lived in Gardens*
by Marc Hamer

*Contact Amanda@gpnc.org
for the location of May's book club.

June 6

*Crossings: How Road Ecology Is
Shaping the Future of Our Planet*
by Ben Goldfarb

July 11

*Soil: The Story of a
Black Mother's Garden*
by Camille T Dungy

August

No book club this month.

September 5

Who Has Seen the Wind
by W.O. Mitchell

October 3

*Gathering Moss: A Natural and
Cultural History of Mosses*
by Robin Wall Kimmerer

November 7

Greenwood: A Novel
by Michael Christie

December 12

Instead of reading a book in
December, we'll have an end of the
year celebration potluck with dishes
inspired by this year's books!

For info, contact Amanda@gpnc.org | 316.683.5499 | 6232 E 29th St N, Wichita, KS 67220 | GPNC.org

www.hwcwichita.org



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

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