



## Promoting Physical Activity and Good Nutrition

### May Coalition Meeting (5/24/22) - we will be celebrating Bike Month and discussing Active Transportation

The Health & Wellness Coalition will meet virtually at 1pm on Tuesday, May 24th for updates, networking, and a panel discussion about Active Transportation in Wichita. Join us via this meeting [link](#).

Click [here](#) for the April meeting summary.

[Email us](#) to be added to the calendar invitation for Coalition meetings.



### 2022 Basket List



We want to inspire you to get out and ride your bicycle this May, Check off as many items as you can from the [2022 Basket List](#).

Share your experiences on the [Bike Month Facebook page](#) or [email](#) using #2022BasketList for a chance to win a \$100 gift card to a local bike shop awarded on June 1st.

# MAY 2022



# BIKE



# MONTH



# ICT

Open Streets Nimar <b>MAY 1</b>	Bike to School Day <b>MAY 4</b>	Bike Month Proclamation <b>MAY 10</b>	Haysville Bike with the Mayor <b>MAY 19</b>	<b>All month activities:</b>
Bike to Work Lunch <b>May 20</b>	Bike Share ICT 5th Birthday <b>May 20</b>	Find local group rides: <a href="https://bikewalkwichita.org/local-rides/">https:// bikewalkwichita .org/local- rides/</a>	Bike to the Ballgame <b>May 31</b>	<b>Bike Ride &amp; Seek</b>
<b>Bike Month ICT Events Calendar</b>				<b>Bike Basket List</b>
Check out our calendar on <a href="https://bikemonthict.org">bikemonthict.org</a> or visit our Facebook page for local biking events! Don't see it on the calendar? Make sure to share your event so others can join in on the fun!				
  @bikemonthict  <a href="https://bikemonthict.org">bikemonthict.org</a>				

Bike Month has been celebrated each May in Wichita since 2010 as a month full of rides, events, and informative bicycling activities. Highlights include month-long activities, group rides, Bike to the Ballgame, plus our favorites: bike to school day and bike to work day! We're excited to bring attention to biking in ICT! For a full calendar of events, visit us [online](https://bikemonthict.org) or Facebook @BikeMonthICT.

\* Planning organizations include Bike Walk Wichita, Bike Share ICT, Health & Wellness Coalition of Wichita, Safe Kids Wichita, Kansas Business Group on Health, City of Wichita, Jajo, and Visual Fusion

# AUGUST 2022



## SAVE THE DATE

### Working Well Conference

**Tuesday, Aug. 23**  
Drury Plaza Hotel Broadview

Visit the website for updated times,  
speaker details and registration fees.  
[HWCWichita.org](http://HWCWichita.org)

Presenting sponsor



SUN	MON	TUE	WED	THU	FRI	SAT
		23				



# COME JOIN US FOR A **FREE** BIKE RODEO



Saturday , May 14, 2022

1 - 3 pm

Naftzger Park, 601 E Douglas Ave, Wichita



**Get your bike ready to Go!  
Have it checked by a Pro!**

**Free Inspections  
by**

**Bicycle  
X-CHANGE  
SHOPS**

**SAFE  
K:DS**  
WICHITA AREA

**Bring your helmet for a  
Free Helmet Safety Check!  
Free Kid's Helmets & Lights \*limited supply**

**Free! Face Painting  
by Funtastic Faces!**

**Sponsored by**



**BAYSINGERS**  
UNIFORMS & EQUIPMENT



**Bike Safety Presentation &  
Ride the All Ages Agility Course with  
your Community Police Officers  
Wichita Police Department K-9, Mounted and Bicycle Units!**



**For more information go to [www.wichitapolicefoundation.org](http://www.wichitapolicefoundation.org) or  
contact Jennifer (316) 613-1075/[wichitapolicefoundation@gmail.com](mailto:wichitapolicefoundation@gmail.com)**



**Follow the Health & Wellness Coalition  
on Facebook!**

Thanks to our spring intern, the HWC Facebook page is bursting with great content, don't miss out! [Click here to follow our page](#) and engage with us on social media.



**Tuesday**

**May 17**

**2pm - 7pm**

Health \* Wellness

# EXPO<sup>2022</sup>

Derby / South Wichita



## The Venue

at Madison Avenue Central Park  
in Derby, Kansas  
512 E. Madison Ave.

**Pre-Expo Luncheon  
Speaker, 12:30 noon**  
(by reservation only, \$15)

- ♦ Exhibitor Booths
- ♦ Free A1C and Lipid Screening
- ♦ Cooking Demos & Speakers
- ♦ Fitness Previews
- ♦ Give-a-ways
- ♦ T1D Kidz Walk

## FREE ADMISSION



**STOP DIABETES**



Sedgwick County



Woodlawn  
United Methodist Church  
Working Grace's Love Real

## THIS MAY, CELEBRATE

- ♦ NATIONAL PHYSICAL FITNESS AND SPORTS MONTH
- ♦ GLOBAL EMPLOYEE HEALTH AND FITNESS MONTH
- ♦ NATIONAL MENTAL HEALTH AWARENESS MONTH
- ♦ NATIONAL BIKE MONTH

**AND #MOVEWITHUS**

PHYSICAL ACTIVITY ALLIANCE  
MOVE WITH US

May is an important month for physical activity and public health for many reasons. Join us this month as we celebrate! **Physical activity is one of public health's BEST returns on investment, and can help address the biggest health challenges America faces today.**

We invite you all to #MoveWithUS and get helpful resources for:

[National Physical Fitness and Sports Month](#)

[Mental Health Awareness Month](#)



AGE MY WAY: MAY 2022



*Central Plains Area Agency on Aging*

# Wellness in the Park

Join CPAAA for a fun day at the park as we celebrate Older Americans Month. Learn about local resources and programs that can help you achieve overall wellness!

- \* FREE Admission
- \* Healthy Snacks Provided
- \* Live Yoga and Fitness Demonstrations
- \* Local Wellness Vendors
- \* DIY Art Class
- \* And Much More!

**MAY 24TH**  
**1-4 PM**

Sedgwick County Park  
Sunflower Shelter  
(Near 13th Street Entrance)  
6501 W 21st St, Wichita, KS 67205



# Drive-thru Mobile Pantry

**FRIDAY, May 27, 2022**

**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

**For more information:** call (316) 265-3663, ask for Craig

**Guests - Please do not arrive early**

**Each household receiving food must be represented. While Supplies Last.**



## Top Produce Picks For Mental Health

Enjoying a produce-packed meal or snack can give you a nice mental break from your busy schedule and fuel your body to tackle your day. Fruits and vegetables add vitamins, minerals, antioxidants, and fiber; plus, lots of color to your plate making meals appetizing and more fun! Plus, eating nutrient-rich produce can leave you feeling content and proud that you are taking steps to care for



yourself.

Root for your mental health this May with these top produce picks.



# 7 Days of Embracing Hope

## May 14- 21, 2022

Join MHA as we embrace hope to celebrate Children's Mental Health Awareness Month.



### 7 days - 1 goal

#### Improving Mental Health

This is not a fundraiser, nor does it require a lot of time...

IT IS a campaign to raise awareness of mental health. The beauty is how simple it is to focus on your mental health. It costs nothing and you can complete it anywhere. You execute an act of kindness on the first day, show inspiration on the second, and on and on.

#### THAT'S IT!

The hardest part is registering, which only takes about 60 seconds.

- 1 Kindness
- 2 Inspiration
- 3 Respect
- 4 Generosity
- 5 Gratitude
- 6 Connect/Listen
- 7 Fitness



Register today [www.mhasck.org/events](http://www.mhasck.org/events)

Share your Acts of Hope online  
[#MHAembracinghope](https://twitter.com/MHAembracinghope)

For more information visit [www.mhasck.org](http://www.mhasck.org) or contact  
[hillary.zwetzig@mhasck.org](mailto:hillary.zwetzig@mhasck.org)



