



Promoting Physical Activity & Good Nutrition

**Join us at the Sedgwick County Zoo for the May 23rd
Health & Wellness Coalition meeting at 2pm.**

Meet in the Cargill Learning Center to learn about two "wild" physical activity initiatives! Agenda also includes Coalition updates and partner announcements.

All Coalition members are welcome!

To read a summary of April meeting, click [here](#).

MAY IS NATIONAL BIKE MONTH



**BIKE MONTH
EVENTS**

**BIKE TO WORK
DAY CHALLENGE**

Bike Month ICT Event Highlights

Check out our calendar on bikemonthict.org or visit our Facebook page for local biking events and group rides! Don't see it on the calendar? Make sure to share your event so others can join in on the fun!

Tour de Wichita April 30	Sedgwick County Bike Month Proclamation May 3	Opens Streets ICT NoMar May 7	2nd Sunday Slow Roll - The Keeper May 14	Bike To Work Lunch May 19
Bike Share ICT 6th Birthday May 19		Wicked Wind 100 Ride May 21		

 @bikemonthict  bikemonthict.org

Local Food System Updates

You are invited to bid on Request for Proposal #233172 **Healthy Corner Food Store Food**

Access Program for the City Manager's Office.
For details, click [here](#).

- Two (2) RFP Pre-proposal workshops scheduled Wednesday, 5/17 and Tuesday, 6/6 at 10:30 AM at the Advanced Learning Library, 711 West 2nd St N Wichita, KS 67203
- Zoom [link](#) Meeting ID: 619 157 9044, Passcode: 569810

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



BIKE TO WORK CHALLENGE

MAY 15 - 19, 2023



- Form a team with co-workers
- Challenge friends
- Scan the code to sign up
- Record your miles for the week
- Win your business the Golden Pedal Award

Your business could win the 2023 inaugural Golden Pedal award which will be handed out to the business with the highest average number of miles recorded during the Bike To Work Week of May 15-19. The trophy will be awarded at the Bike To Work Day lunch at the Bike Walk Wichita facilities located at 325 N. St Francis Street on Friday, May 19th.



Bike To Work Week

May 15 - 19

Bike to Work Day Lunch

May 19

 @bikemonthict

 bikemonthict.org



**Special
Olympics**
Kansas



VOLUNTEER AT SUMMER GAMES!

VISIT **BIT.LY/413WAJ6** TO SIGN UP!

FOR QUESTIONS, PLEASE EMAIL WARRENR@SOKS.ORG

Volunteer with Healthy Athletes

150+ clinical and non-clinical volunteers are needed for our Summer Games in Wichita, KS on June 3rd, 2023. Special Olympics Kansas needs YOUR help!

Join the more than 90,000 healthcare providers and students worldwide who have volunteered with the Healthy Athletes program.

[CLICK HERE TO LEARN MORE AND SIGN UP TODAY!](#)

L.L.Bean

MHIA
Mental Health America

The L.L.Bean Feel-Good Challenge

In recognition of Mental Health Month and the feel-good benefits of time outside, L.L.Bean invites you to work together with other participants towards a combined goal of 500,000 hours outside during the month of May. L.L.Bean is donating \$25,000 to Mental Health America – and will donate \$50,000 if the challenge is met.

Since this is a combined challenge, you only need to spend the time that's right for you, whether that's hours or minutes. Even a small amount of time outside can make a big impact on one's mental well-being. Through your joint efforts, you'll raise awareness of the importance time outside has on mental health and help ensure this awareness is shared with everyone who needs it. Plus, you'll have a wonderful time outdoors doing the things you love – or maybe even trying something new.

[Sign up today](#) and together we can raise awareness for mental health and the feel-good benefits of time spent outdoors.



How to Double Up Food Bucks and Ride Free

- Show your SNAP EBT card to the bus driver for a free ride to or from the Farmers Market. (Valid on Saturdays, April - October, between 6 am and 2 pm)
- Buy SNAP tokens with your SNAP EBT card at the farmers market info booth, and get a matching amount to purchase fruits and vegetables (\$25 double up limit per day)

Participating Farmers Markets

Kansas Grown! Farmers Market

7001 W. 21st St.

Saturdays, 7 am - 12 pm

Old Town Farm & Art Market

835 E. 1st St.

Saturdays, 8 am - 1 pm

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
 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.

Kids in the Kitchen

Teaching your children to cook not only exposes them to a fun hobby they can enjoy but exposes them to a skill they'll utilize for the rest of their lives. For that reason, the younger a child can begin learning cooking skills, the better they can become. **Click [here](#) to view** Cooking and Kitchen Safety Guide for Parents including:

- Developmental Benefits of Teaching Kids to Cook
- Teaching Kids How To Safely Use the Kitchen
- Kitchen Activities for Two to Five-year-Olds
- Kitchen Activities for Six to Eight-year-Olds
- Kitchen Activities for Eight to Ten-year-Olds
- Safe Kitchen Activities for Eleven-year-Olds & Up
- Recipes and MORE!



Play All May

Play All May is a free event that promotes healthy and active lifestyles. **[Sign-up](#)** to receive information on ways to be physically active throughout the month. Everyone is welcome to participate and make this event anything you wish. Simply find ways to have fun moving more! Use the hashtag #PlayAllMay on social media and tag @ActiveSchoolsUS.



7 DAYS OF EMBRACING HOPE



May 14-20, 2023

Join the Mental Health Association of South Central KS as we embrace hope to celebrate Mental Health Awareness Month.

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

What: a campaign to raise awareness of mental health.

Where: literally wherever you are

Why: improve you and your community's mental health

When: May 14-23, 2023

How: register before May 14th, then each day focus and execute the theme for each day

Cost: nothing other than a little bit of time

The beauty is in how s
Simple it is to focus on your mental health.

THAT'S IT!

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

<https://forms.office.com/r/DiwQmgVfpu>

7 days- 1 goal – Improving mental health



By participating,
You can spread mental
wellness throughout the
community

Once you register,
Look for daily updates
and reminders

Share your acts of
Hope with the online
world
#MHAembracinghope

For more information:
www.mhasck.org
(what you can do)

hillary.zwetzig@Mhasck.org

Daily Themes:

Kindness
Inspiration
Connection
Respect
Gratitude
Generosity
Fitness



Mobile Health Clinic



HealthCore Clinic & Project HOPE

Coleman Parking Lot (2nd & St. Francis)



April 26 (9 AM - 12 PM)

May 17 (1 PM - 4 PM)

Project HOPE and HealthCore Clinic collaborate to bring healthcare services into the community.



Services Offered

The HealthCore Mobile Clinic will be offering primary health visits, Covid Vaccines, health screenings, and more. **It's a full clinic on wheels!**



Walk-Ins Welcome

No appointment needed. If you would like to reserve a time, call us at **316-691-0249**.



HealthCore
CLINIC

HealthCoreClinic.org
316-691-0249





4th Annual Caregiver Summit

IMPROVING THE HEALTH & WELL-BEING OF OUR NATION'S CAREGIVERS

Course will be **VIRTUAL (TEAMS)** from 1:00 p.m. to 3:30 p.m. on May 17, 2023.

Certificate of attendance and course objectives can be provided. Course is not pre-approved for CEU credits.

To register for the event or with any questions, please contact:

Beth Dreher

Caregiver Support Program PSA
(316) 685-2221 Ext. 57865
beth.dreher@va.gov



U.S. Department of Veterans Affairs
Veterans Health Administration
Robert J. Dole VA Medical Center





Wellness in the Park

CELEBRATING OLDER AMERICANS MONTH

- ✓ Fun Demos
- ✓ Art Activities
- ✓ Wellness & Nutrition Info
- ✓ Health Screenings

May 18, 1-4 p.m.
Plum Shelter, Sedgwick County Park,
6501 W. 21st St. N., Wichita, KS



Central Plains Area Agency on Aging

1-855-200-2372

THE MENTAL HEALTH ASSOCIATION OF SOUTH CENTRAL KANSAS PRESENTS:

A DAY AT THE PARK

10TH ANNUAL CHILDREN'S EVENT

MAY 20, 2023

11 AM - 1 PM

**SEDGWICK COUNTY PARK
SHELTER 5, 13TH STREET ENTRANCE**

IN CELEBRATION OF CHILDREN'S MENTAL HEALTH AWARENESS DAY

FACE PAINT

PHOTO BOOTH

SNACKS & DRINKS

GAMES & PRIZES

GOODY BAGS

ARTS & CRAFTS

TEAM MASCOTS

ENTERTAINMENT



WWW.MHASCK.ORG





FIT FEST 2023



EVENINGS
6:30 - 7:30 PM

MAY 22 - MAY 26

11010 E 28TH ST. N.
WICHITA, KS 67226

*1 ticket gets you in to all 5 nights (not required to attend every night).
Free for GoTime members, \$10 for non-members - pay with cash or card at the door.*

For ticket info visit our Facebook page - GoTime Training!

Active Aging

- **True Physical Therapy** - Strength training for runners
- **Bodyworx Physical Therapy** - Being active with osteoarthritis
- **Kansas Pelvic Health & Wellness** - Pelvic floor health

22nd
MONDAY

Hormonal Health

- **Jeweled Green Yoga** - Breathing to help with anxiety & stress
- **Wichita Health & Hormone Clinic** - Sleep, exercise & stress impact on hormones
- **Casey Ross Fitness** - How nutrition impacts hormones

23rd
TUESDAY

Stress Mangement

- **GoTimeTraining** - Ways to measure stress and manage it
- **Mobile Physical Therapy** - Tips to improve your sleep
- **Michelle Martin Life Coach** - Overcome mental blocks so you can reach your goals

24th
WEDNESDAY

Support Services

- **ICT Muscle & Joint** - Support fitness goals with chiropractic adjustments & dry needling
- **Perfect Plate** - Balanced meals for a healthy lifestyle
- **Natural Grocers Health Coach** - Manage sugar cravings & control blood sugar

25th
THURSDAY

Family Health

- **David Akao Training** - Importance of cross training for young athletes
- **Dr. Kate Hamm** - Importance of eye health & exams for kids & adults

26th
FRIDAY



Sign up for the first Walk Bike Roll online session for an introduction to the expanding Kansas Active Transportation Enhancement (KATE) program.

Join Jenny Kramer and Matt Messina from the Kansas Department of Transportation, and Tammy Sufi from Toole Design Group, to learn about the recently completed [Active Transportation Plan](#) and get a preview of upcoming KATE activities.

[Register now](#)

This will be the first in a monthly Walk Bike Roll Kansas virtual series. Stay tuned for information on future events covering topics such as active tourism, demonstration projects, safety, accessibility, and more! Can't tune in live? Sign up and we'll provide a recording after the session.

If you have any questions, please reach out to [Jenny Kramer](#).

And mark your calendars for our in-person Walk Bike Roll Kansas Active Transportation Summit happening in McPherson, KS, September 20-22!



Drive-thru Mobile Pantry

FRIDAY, May 26, 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.





Upcoming Wellness Classes



FREE WORKSHOP SERIES LED BY TRAINED LEADERS:

Chronic Disease Self Management

April 18 – May 23

Tuesdays from 9:30 – 12:00

Diabetes Self Management

May 17 – June 21

Wednesdays from 1:00 – 3:30

Either Chronic Disease OR Diabetes Self Management

(To be determined, based on interest)

August 16 – September 20

Wednesdays 1:30 – 4:00

-or-

November 8 – December 13

Wednesdays 1:30 – 4:00

A Matter of Balance (Fall Prevention)

July 5 – July 28

Wednesdays and Fridays from 1:30 – 3:30

-or-

September 26 – October 19

Tuesdays and Thursdays from 9:30 – 11:30



Scan QR code for
a list of other
up coming
training sessions



Revised Sept. 2022



SelfManagementResource.com

1900 E. 9th St. N, Wichita, KS
316-660-7428
phperformance@sedgwick.gov



Oaklawn PET-acular

Saturday, June 10
1 p.m. - 3 p.m.

- NO-COST MICROCHIPPING
- NO-COST PARVO VACCINES (DOGS)
- PET ADOPTION RESOURCES
- INTERACTIVE PET EDUCATION
- PET RESOURCE VENDORS
- RESOURCES FOR FAMILIES

Oaklawn Activity Center
4904 S Clifton Ave

Well-behaved, leashed pets are welcome!

Sponsored by



SEDGWICK COUNTY
Health Department

Click [here](#) for the health benefits of walking a dog. Click [here](#) for 10 dog walking tips.



CENTRAL COMMUNITY CHURCH

6100 W MAPLE ST | WICHITA | KS 67209

CAMP GWC

EARLY CHILDHOOD ANNUAL CONFERENCE

6.23.23 | 6.24.23

EMPOWERING THE FUTURE: IGNITING INSPIRATION IN EARLY CHILDHOOD EDUCATION

Camp GWC is an annual early childhood conference that brings together educators, professionals, and parents to explore the latest developments in the field of early childhood education. The conference features a variety of workshops, keynote speakers, and networking opportunities designed to enhance the knowledge and skills of those working with young children.

With its dynamic program and engaging atmosphere, Camp GWC is a must-attend event for anyone working in the early childhood education field!

SPONSORED BY:



www.hwcwichita.org



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

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