



**Meeting Agenda**  
**Tuesday, May 28th 2024, 2-3pm**  
**Ralph Wulz Tennis Center**

*Our mission: Promote physical activity and good nutrition for every generation living in the greater Wichita area through people, programs, and policies.*

**1. Coalition Updates**

- a. 3 days remain for Bike Month ICT. Bike Month is just beginning! Make every month Bike Month. Visit [www.bikemonth.org](http://www.bikemonth.org) for helpful routes and safety tips. New this year - registration to win a hybrid bike
- b. Worksite wellness summer FREE education series
  - i. Dates:
    1. June 25<sup>th</sup> – Weight Related Chronic Conditions - virtual with KBGH.
    2. July 23<sup>rd</sup> – The Cost of Hypertension, presented by the CDC - Virtual
    3. August 13 - Supporting Employee Mental Health in the Workplace - in person with KBGH
- c. Food System Updates - tackling an update to the 64 action steps Food System Master Plan that was passed in 2022. If you work in the food system. AND received my email, please respond!!

**2. Education: Ralph Wulz Riverside Tennis Center** Brent Fields

- a. The Center hosted three weeks of regional and state tennis as well as a level 5 tournament. Friends and Newman play their home matches there.
- b. Programs for 4 year olds through adults including leagues, lessons, and clinics.
- c. In addition to training they have a pro shop with racquet restringing.
- d. Find classes and register on the new [Park & Recreation app](#).

**3. Networking/Good News/Upcoming Activities/Events**

- a. K-State Research and Extension offers free nutrition education to help students shop and cook on a budget. They have three new educators.
- b. Park & Recreation began 6 summer camps at various locations including a meal through a partnership with the summer meal program. The swimming pools opened Memorial Day with a high revenue day! For \$200 a family of four can visit any pool all summer.
- c. The Walters Branch library is partnering with KSRE for Create Better Health classes. The Harrison Park story walk was recently updated with the help of a girl scout troop.
- d. Goodwill partners with Park & Recreation for a Rec to You program.
- e. Senior Farmers Market Nutrition Program applications are now open for residents 60+ who meet income guidelines.
- f. Kansas Legal Services was recently featured in the [Wall Street Journal](#).

**4. Why We Do What We Do**

- a. This month we are taking a different spin on this topic from research and data to successes:
  - i. Bike Month Celebration - The Golden Pedal Award was awarded to Deserae from the Kansas Heart Hospital. She rode 14 miles per day for a total of 70 miles for the week.
  - ii. Worksite Wellness celebration #1: Lori answered the newsletter riddle and won a prize. I learned she connected to the HWC through Walktober. When she worked onsite at the office she got people involved in walking on their breaks and lunch because our jobs are sit down. They had different prizes every month.
  - iii. Worksite Wellness Celebration #2 - case study is Coffee County with a 14 year wellness program and paid FT Coordinator. Their program was started when 2 County commissioners attended the 2010 WWC!

- iv. The HWC was approached by Partnership for a Healthier America to coordinate the Good Food at Home program resulting in 250 residents receiving \$60 Instacart Fresh Food funds in August, September, and October coordinated by the Kansas Food Bank.

**5. Closing, Call to Action & Completely Random Coalition Facts**

- a. Call to action - Network! Share what you learned!
- b. Random fact - # of Action steps in FSMP? 64. Number with some notes for update? 37! Over half! Still leaves 27 with updates needed or work that can be accomplished.
- c. Play Tennis/Pickleball

**Next meeting: Tuesday, June 25th at 2pm, Park Spotlight: Edgemoor Recreation Center**