



## Promoting Physical Activity and Good Nutrition

The Health & Wellness Coalition has hired Armbruster Consulting to conduct Strategic Planning. Following key informant interviews, the Advisory Council met in July for a SWOT analysis and more. ***Now it is time to engage the full Coalition.***

**Please fill out [this survey](#) by Friday, October 21st.**

**Join us at the October Coalition Meeting (10/25/22) at 1pm** at the Kansas Food Bank Sunderland Foundation Volunteer Center  
1919 E. Douglas, Wichita KS 67211  
(entrance at southeast corner of building)

The October Coalition meeting is hosted by the Kansas Food Bank. Following a 30 minute meeting, our group will volunteer based on the needs of the day and could include tasks such as sorting or bagging produce, packing Food 4 Kids packets, packing senior boxes, sorting donations, etc.

### Notes for volunteers:

- Please wear closed-toed shoes for safety precautions.
- No outside food or drink allowed in the Volunteer Center.
- Please park and enter thru the Sunderland Foundation Volunteer Center entrance on the south side of the parking lot.
- We have limited lockers for volunteers to keep valuables in.

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

To view the minutes from the September Coalition meeting, click [here](#).

Plan to attend the remaining 2022 meetings including your opportunity to hear the results from the Coalition Assessment:

- November 29th 1-3pm at WSU CEI Harvester Room - Special 2 Hour meeting discussing Coalition results\*\* Note this is the 5<sup>th</sup> Tuesday in November!
- December 27th - Meeting canceled - enjoy your holidays

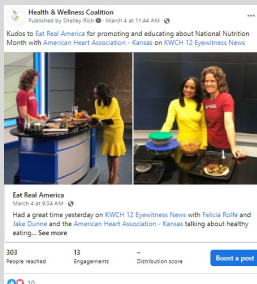
## Food System Master Plan Updates

The HWC is excited to announce progress to Goal #1, Objective #1, Action Step #1 of



the [Food System Master Plan](#): “Appoint a Wichita-Sedgwick County Food and Farm Council to serve as an advisory body to the City of Wichita and Sedgwick County.” 😊 The City Council first reading of the Food & Farm Council ordinance passed on Tuesday October 11th. This item is on the Sedgwick County agenda for Oct 12.

Local food system partners toured [RISE Farms](#) on October 4th.



## Follow the Health & Wellness Coalition on Facebook!

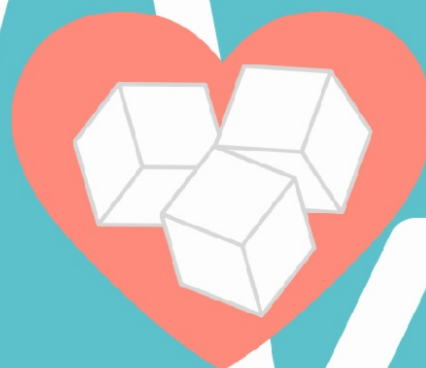
The Health & Wellness Coalition is on Facebook. **Click here to follow our page** and engage with us on social media. We are willing to share your community events relating to physical activity and good nutrition on our page.



## Registration continues for Walktober!

Plan now to enjoy each day of October's pleasant temperatures with a friend, child, spouse, co-worker, neighbor or pet. You might get hooked! Forming a walking habit is comfortable with the partnership and accountability of friendship, family, neighbors, co-worker or dog. Walking-and-talking is relaxing for mental health and stimulating to body's health.

Click [here](#) to receive weekly updates & a chance to win prizes!



# Eating to Decrease Complications of Diabetes

Learn about nutrition for those with diabetes

**OCTOBER 19, 2022 • 2 P.M.**  
**WALTERS BRANCH LIBRARY**  
**4195 E HARRY**

If you have questions or want us to know to expect you please contact Mary Hiebert at 316-660-5141 or [mary.hiebert@cpaaa.org](mailto:mary.hiebert@cpaaa.org)  
Registration is not necessary.



# MI SALUD ES PRIMERO

## 'CUIDAR DE USTED Y DE SU FAMILIA'

**11 A.M. - 1 P.M., SATURDAY, NOV. 5**  
DOORS OPEN AT 11 A.M.,  
LUNCH SERVICE BEGINS AT 11:15 A.M.

Prizes  
Talk with a doctor  
No-cost entry with RSVP

**EVERGREEN ACTIVITY CENTER**  
2700 N. WOODLAND  
WICHITA, KANSAS

Spots limited. RSVP by  
calling 316-303-8042.



OB/GYN ELIZABETH DIAZ-COX, MD  
ASCENSION MEDICAL GROUP VIA CHRISTI



PEDIATRICIAN JOSE SANCHEZ, MD  
ASCENSION MEDICAL GROUP VIA CHRISTI

HOSTED BY ASCENSION VIA CHRISTI, SALUD + BIENESTAR  
AND THE CAMARENA ADELANTE FOUNDATION

### New health information series to be delivered in Spanish with lunch

Ascension Via Christi, together with Salud + Bienestar and the Camarena Adelante Foundation are launching Mi Salud es Primer, a quarterly lunch and health information series offered in Spanish. The first offering in the series will be "Caring for You, Caring for Your Family" with OB/GYN Elizabeth Diaz-Cox, MD, and pediatrician Jose Sanchez, MD, both with Ascension Medical Group Via Christi, as the featured speakers. Monique Garcia with Wichita State University will be the event emcee.

The luncheon will take place from 11 a.m. - 1 p.m. Saturday, Nov. 5, at Evergreen Activity Center, 2700 N. Woodland. Doors will open at 11 a.m., lunch service begins at 11:15 a.m.

There is no cost, but advance reservations are required. Space is limited, so anyone wanting to attend should make their reservation early by calling 316-303-8042 or going to [this link](#).

The next Mi Salud es Primero will be in February and focus on heart health.





# Addressing Health Equity in Benefit Design



## The Presenter

**Wayne  
Rawlins,**  
*MD, MBA*  
Chief  
Medical  
Officer at  
WellSpark  
Health



**Date/Time:** Nov. 8, 10-11 a.m.  
The event is free.

## Learn:

- ◆ The difference between equity and equality
- ◆ How workplace culture and equity are aligned
- ◆ How to implement an equitable benefit design



**Click to Register**

See this and all our events at [www.ksbgh.org/events](http://www.ksbgh.org/events)





**RIVALZ**   
**WICHITA**

**ALZHEIMER'S  ASSOCIATION®**  
**10TH YEAR ANNIVERSARY GAME**

**OCTOBER 29TH**

**FRIENDS UNIVERSITY**  
 444 S St Clair St, Wichita, KS 67213

**GATES OPEN AT 12:30 PM    KICKOFF AT 1:30 PM**

**FREE GENERAL ADMISSION**  
**\$15 VIP SEATING**

**FOR MORE INFORMATION CALL 316. 267. 7333**  
 [act.alz.org/RivalZWichita](http://act.alz.org/RivalZWichita)  [@rivalzwichita](https://www.facebook.com/rivalzwichita) 



## 7 ideas to get Americans Eating Healthier

The [White House Conference on Hunger, Nutrition, and Health](#) was held on September 28th, and announced a new national strategy. This comes more than 50 years after a [landmark White House conference](#) which



helped launch today's major federal food assistance programs. Here are [7 big ideas](#) they are excited about!

## 2023-25 Community Health Improvement Plan **CHIP DEVELOPMENT MEETINGS**



*Join community partners to set priorities for a healthier Sedgwick County.*

### PLEASE PLAN TO ATTEND EACH MEETING TO:

**1 SELECT HEALTH ISSUES**

Tuesday, October 18  
8:00 a.m. - 2:00 p.m.

**2 DEVELOP GOALS, OBJECTIVES & STRATEGIES**

Monday, November 14  
8:00 a.m. - 2:00 p.m.

**3 DISCUSS HEALTH EQUITY IN CHIP WORK**

Tuesday, December 13  
9:00 a.m. - 2:00 p.m.

**SEDGWICK COUNTY EXTENSION OFFICE • 7001 W. 21ST ST., WICHITA**



SEDGWICK COUNTY  
Health Department

*RSVP today!*

Register by scanning  
the QR code or by emailing  
[Daisy.Urbina-Ceja@sedgwick.gov](mailto:Daisy.Urbina-Ceja@sedgwick.gov)





## JOIN THE PARKRUN MOVEMENT

**WALK, JOG, RUN, VOLUNTEER**

or simply come and watch - it's up to you!

### FRIENDLY, ENJOYABLE 5K EVENTS

Every Saturday morning

### FUN FOR ALL THE FAMILY

Strollers and dogs can take part

### IMPROVE HEALTH & FITNESS

Be active in the open air

### DEVELOP NEW SKILLS

Opportunities to volunteer

### FREE & EASY TO TAKE PART

No need for special equipment or clothing

### YOU DON'T HAVE TO RUN

Walkers are always welcome

### BE PART OF A COMMUNITY

Make new friends & socialize

### BUILD CONFIDENCE

Track progress & achieve goals

Register online at [parkrun.us/explorationplace](https://parkrun.us/explorationplace) and head down to your local event:

**Exploration Place parkrun**

Saturday mornings at 8am - begins Sep 17th





# RIDGE RIDER RAFFLE



1 TICKET 6 TICKETS

**\$10 \$50**



**PEDEGO**<sup>®</sup>  
**ELECTRIC BIKES**

*Wichita*

Get your chance to win a  
brand new Ridge Rider from  
Pedego Electric Bikes Wichita!

**DRAWING ON NOVEMBER 25, 2022 1PM**

GO TO [WWW.WICHITAPOLICEFOUNDATION.ORG](http://WWW.WICHITAPOLICEFOUNDATION.ORG) FOR OFFICIAL RULES  
YOU DO NOT HAVE TO BE PRESENT TO WIN.

To Purchase Tickets Online Go To  
<https://www.wichitapolicefoundation.org/news-and-events>



# SAVE *the* DATE



## GREAT PLAINS DIABETES

### LIVE WELL WITH DIABETES

**Friday, November 4, 2022**  
*For Health Professionals*

**Saturday, November 5, 2022**  
*Free Public Event*

**WSU Metropolitan Complex - 5015 E. 29th St. N.**

#### A PROGRAM DEVELOPED FOR:

##### CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

**Friday, 11/4**

##### PROGRAM FOR THOSE AT RISK OF DEVELOPING DIABETES, YOUTHS & ADULTS WITH TYPE 1 & TYPE 2 DIABETES

**Saturday, 11/5**

#### PLANNED EVENTS FOR 11/5

- Recognizing Diabetes Heroes @ 11:30 am
- Free Labs
- No Cost Flu Vaccines
- Health & Wellness Screenings
- Food Demos
- Diabetes Expert Speakers
- Youth Activities
- Visit with Vendors
- Diabetes Technology
- Pharmacies, Nutrition, Fitness, How to Be More Active & much more!

#### In Partnership with



**For Updated Information on FREE LUNCHES, DRAWINGS & SCHEDULE OF EVENTS,  
visit [www.greatplainsdiabetes.com](http://www.greatplainsdiabetes.com), or scan the code!**

**Great Plains Diabetes 316-440-2802**

## Tips for "trick-or-treat" Survival

When Halloween arrives in your neighborhood, here are a few tips from Zonya to help adults and kids alike enjoy the fun while surviving the onslaught of sweet temptations delivered by the bagful.



Club  
Parkinson's

# OPEN HOUSE!

Tuesday, October 18th  
5-7 p.m.

Join us for our One  
Year Anniversary  
Celebration & Learn  
about Parkinson's  
Disease!

Wichita State University  
Heskett Center  
1845 Fairmount St, Wichita, KS  
67260



[info@clubparkinsons.org](mailto:info@clubparkinsons.org)



(316) 252-1877







## 1-YEAR CELEBRATION and OPEN HOUSE.

October 18<sup>th</sup>, 2022

5:00-7:00pm

### Parkinson's Disease Awareness Night

5:00-6:30 pm		
Topic	Location-Heskett Center	Description
What is PD?	143	Define PD and common motor and nonmotor symptoms
What is a Neurologist vs a Movement Disorder Specialist?	133	Teach about the different type of specialists
How to diagnose/recognize PD	141	Medical Protocol
Find your care team	141	1)Neurologist 2)PT/OT/ST scope of practice and how they can help you to live your best life 3)Support group/system
Newly diagnosed- table of resources, no speaker	141	Dx with PD in the last 3 years? You are considered newly Dx. What do you do now?
Vendors/Resources	Heskett Center-hallways	Wichita community resources- This will provide students/public with a learning opportunity to access local resources
6:30-7:00pm		
<b>Heskett Lobby:</b> Q&A Panel--People living with Parkinson's Disease and caregivers		

#### Sponsored by

LIFELONG LEARNING



GRASSLANDS ESTATES



College of Public Health  
Sciences/Aging Studies





[www.hwcwichita.org](http://www.hwcwichita.org)



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

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