



Promoting Physical Activity & Good Nutrition

October Coalition Meeting

Tuesday, 10/24 2-3 pm

ICT Food Rescue Tour and 1 mile mall walk

Towne West Square, 4600 W Kellogg Dr

Meet at ICT Food Rescue's [Upcycle Kitchen](#) inside the mall across from Dick's Sporting Goods. Enter the mall at the northwest public entrance. Look for the ICT Food Rescue flag. Call if you need additional directions: 316-285-9355.

Bring/wear your walking shoes! Following a brief Coalition meeting, we will tour the Upcycle Kitchen and then walk a mile around the mall.

Click [here](#) for the September Coalition meeting summary. [Email](#) to be added to the monthly calendar invitation.



Mall Walking

Sign up with ICT Food Rescue to have \$1 donated for every mile you walk!



Why Mall Walk?

- To obtain recommended amounts of physical activity and numerous health benefits associated with walking.
- A temperature-controlled indoor environment that can be used for walking, regardless of seasonal changes and conditions.
- Mall security staff and presence of other walkers and shoppers help to ensure safety.
- Accessibility to level surfaces in a mall helps reduce the risk of injuries that may occur with hilly and uneven terrain.
- Well-lit restrooms available in malls may help overcome the worry of some adults about walking in public places, where there may not be access to restroom facilities.

Participation Steps:

1. Pick up a punch card on the Mall Walking Tips signs at the mall entrances or at ICT Food Rescue's Upcycle Kitchen (across from Dick's Sporting Goods) Monday, Tuesday, or Wednesday between noon-2pm.
2. Walk during mall open hours: M-Th 9am-7pm, Fri & Sat 9am-8pm, Sun 11am-6pm.
3. Turn in your completed card at ICT Food Rescue's Dry Storage – simply drop your card through the metal gate.
4. Get a new card to continue walking and financially supporting the Upcycle Kitchen!

Program generously funded by the Wichita Foundation.
Email hwcwichita@gmail.com to support the next round of funding.



WALKTOBER Wichita

Join **#WalktoberICT** for walking challenges and resources the entire month of October and be entered to win **fabulous prizes!**

09/30 Walktober Kick-Off
SAT Exploration Place parkrun

EVERY Walking Wednesdays
WED with Bike Walk Wichita

ALL Strava Club
MONTH Walktober in Wichita



Scan this code or visit our website to learn more about how to participate and see all **#WalktoberICT** activities!

<https://hwcwichita.org/healthy-lifestyles/walktober>

Walktober is brought to you by:



WHAT IS WALKTOBER?

Walktober is a free, community-wide physical activity initiative, encouraging you to engage in the recommended 30 minutes of activity five or more days of the week. Walking is a perfect way to meet that goal!

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 the body's health.

REGISTER FOR THE OPPORTUNITY TO RECEIVE PRIZES!

[Click here to register for Walktober.](#) Registered participants will receive a weekly motivational email packed with event descriptions and resources. Submit

your weekly walks for a chance to win prizes donated by REI more!

[Click here to see the full list of events.](#)



ICT/SC Food and Farm Council

Food and Farm Council Meetings - 1 to 2:30 pm the First Tuesday of the Month (except January)
2023 Meeting Dates: November 7, December 5
2024 Meeting Dates: January 9, February 6, March 5
Location: Rockwell Branch Library, 5939 East 9th Street North, Wichita, KS 67208

[Click here for meeting agendas and the virtual option link.](#)

Upcoming Central KS Food Hub Meetings

As the growing season starts to wind down we've been working on some educational programming around forming a food hub and would love for you to join us and share your input about what collaboration your farm or ranch may be interested in with other farmers in the region.

Join us on **Monday evenings in October!** These meetings are scheduled for 1.5 hours starting at **7pm** and will be recorded for those who are unable to join us live.

Monday October 16

Asset Mapping and Determining Who is at the Table

Monday October 23

Scaling Up, Selling to Wholesale Markets, and Operations of a Food Hub

Monday October 30

Working Together: Cooperative Business, LLC, or Informal Collaboration?

[Register Here](#)




**KANSAS
RURAL
CENTER**

FOR THE HEALTH OF THE LAND AND ITS PEOPLE



Save the date

WORKING WELL CONFERENCE

 April 11, 2024

 The Vail, Wichita

 8:30 a.m. - 4 p.m.



Presenting Sponsor



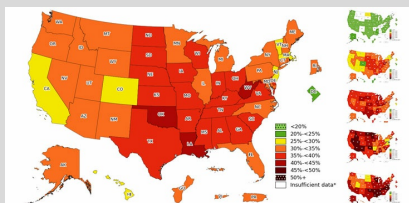
Connecting to our Mission

Each Coalition meeting since January has featured research or data to connect the work we do to the community.

NEW data from CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) maps the prevalence of obesity across the United States in 2022.

In all states and territories, more than 1 in 5 adults had obesity (20% prevalence). 22 states and territories had obesity prevalence over 35%, three of which had prevalence over 40%.

In Kansas, the prevalence of obesity based on self-reported weight and height is 35.7%



K-STATE

Research and Extension

Local Food Systems

COMMUNITY

Roundtable

November – December 2023

Join us during one of our Local Food Systems Community Roundtables for an opportunity to share, listen and learn about local food systems in your community.

These roundtable discussions are a time to build connections, share successes and challenges, and learn about resources to support and grow local foods. Scan the QR code below to learn more.

LOCATIONS:

Dodge City - November 2
Clay Center - November 6
Ottawa - November 9
Topeka - November 10
Quinter - November 13
Colby - November 13
Wichita - November 15
Hutchinson - November 16
Olathe - November 21
Pittsburg - November 29
Liberal - TBD

VIRTUAL SESSIONS:

December 5
December 7



More details available at:
ksre-learn.com/local-foods-roundtable

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact [LOCAL NAME], [PHONE NUMBER].
K-State Research and Extension is an equal opportunity provider and employer.

We would like to invite you to bring your ideas and experience related to local food to a Local Food Community Roundtable that will be held on **Wednesday, November 15th** at the **Advanced Learning Library 711 W. 2nd St. N Wichita, KS 67203**. This event is part of a new Local Food Systems effort through K-State Research & Extension, and we believe that you have an important perspective to share about these topics.

The goal of the roundtable is to help K-State Research & Extension staff better understand the great work that has already been done in our community related to local foods, areas where we are struggling to make progress, and what resources are needed to improve our local food system. The information collected from the roundtables across the state will help inform the development of new K-State Research & Extension programs related to local food systems.

You can RSVP for the roundtable at this link: <https://www.ksre.k-state.edu/kansaslocalfoods/get-involved/roundtables.html>

If you are not able to attend the roundtable but would like to provide feedback, there will also be virtual roundtable session available. Learn more here: <https://www.ksre.k-state.edu/kansaslocalfoods/get-involved/roundtables.html>

We greatly appreciate your participation in this event and look forward to seeing you!



[Exploration Place parkrun](#) continues every Saturday in October @ 8am!



1st Anniversary: Party on the Parking Lot

Join Bike Walk Wichita to celebrate their first year at 325 N. St. Francis with a cookout, fun games with w/prizes, volunteer recognition awards, adventure bundles to bid on, and an outdoor screening of Pee Wee's Big Adventure!

[Click here for more information and to purchase tickets.](#)

CLUB PARKINSON'S 2ND ANNUAL OPEN HOUSE

OCT. 17, 2023

4:30-7:00 PM



RM 141 **5:00 OR 6:00 PM SEMINARS**

- Parkinson's 101
- Neurologist vs. Movement Disorder Specialist/Care Team
- How is Parkinson's diagnosed/recognized?

RESOURCES/NEWLY DIAGNOSED **RM 143**

Diagnosed in the last 3 years? What now?

RM 133 **CLUB PARKINSON'S VIDEO**

What is Club Parkinson's all about?

-LOCAL RESOURCES
-VENDORS
-REFRESHMENTS
-ASK A MEMBER!

HALL, LOBBY



OUR GOLD SPONSORS



MORE INFO:
316.252.1877

INFO@CLUBPARKINSONS.COM

1845 FAIRMOUNT ST, WICHITA, KS 67260

WICHITA STATE UNIVERSITY - HESKETT CENTER





WALKTOBER + Wichita Rec Centers

1. Carl G. Brewer Community Center

1329 E 16th | 316.337.9222

Mon, Tues, Thurs, Fri: 9-11am

2. Boston Recreation Center

6655 E Zimmerly | 316.688.9301

Mon, Wed, Thurs: 9am-12pm

3. Edgemoor Recreation Center

5815 E 9th | 316.688.9392

Wed: 9-11:30am, 1-3:30pm

Thurs: 9-11:30am

Fri: 1-3:30pm

4. Evergreen Recreation Center

2700 N Woodland | 316.303.8036

Mon – Fri: 12-3pm

5. Linwood Recreation Center

1901 S Kansas | 316.337.9191

Mon: 11am-4pm

Tuesday, Thursday: 11:30am-4pm

Wed, Fri: 9am-4pm

6. Orchard Recreation Center

4808 W 9th | 316.337.9244

Mon – Fri: 8-9am, 11am-1pm

7. Woodard Recreation Center

2750 E 18th | 316.303.8015

Tues, Thurs: 1-3pm

Be a part of WALKTOBER

Walktober is a free, community-wide physical activity initiative, encouraging you to engage in the recommended 30 minutes of activity five or more days of the week. Walking is a perfect way to meet that goal!



Park &
Recreation
CITY OF WICHITA

WALKTOBER



SAVE *the* DATE



GREAT PLAINS DIABETES

LIVE WELL WITH DIABETES

Friday, November 3, 2023

For Health Professionals

Saturday, November 4, 2023

Free Public Event

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

A PROGRAM DEVELOPED FOR:

CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

Friday, 11/3

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

Saturday, 11/4

PLANNED EVENTS FOR 11/4

- 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



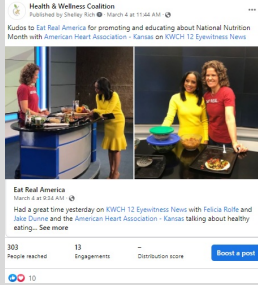
For Updated Information on **FREE LUNCHES, DRAWINGS & SCHEDULE OF EVENTS**,
visit www.greatplainsdiabetes.com, or scan the code!

Great Plains Diabetes 316-440-2802

Tips for a Healthier Halloween

For many, autumn events like Halloween are a time to wear costumes, go trick-or-treating, go to parties with friends, and eat sweet treats. Celebrations such as Halloween are a chance to not only have fun, but also provide healthy snack options and be physically active with friends and family. Make your Halloween season healthier this year by getting plenty of physical activity to balance food intake and help children choose wisely and eat their treats in moderation. [Click here](#) for tips to make your Halloween healthier for trick-or-treaters and party guests.





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.



Dine together, shine together

Refuel. Reconnect. Repeat each week.

The American Heart Association has tools for Together Tuesdays - to satisfy your craving for connection. Click [here](#) to learn more including:

- Tips to satisfy picky eaters
- Ways to find time together
- Device free conversations
- Meal ideas

More than a Meal provided these fun conversation starters for a family discussion. Choose a question each night to get the fun going.

- If you could travel anywhere, where would it be?
- If you had to eat the same food every day for a month, what would you choose?
- If you could have one dream come true, what would it be?
- What is your favorite childhood memory?
- What is your favorite family tradition?
- What is the best book you've read?
- What is the craziest thing you've ever done?
- What was your most embarrassing moment?
- If you could stay up all night, what would you do?



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

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