



Health & Wellness
Coalition of Wichita
Coordinated. Connected. Committed.



Promoting Physical Activity & Good Nutrition

October Coalition Meeting and Author Talk

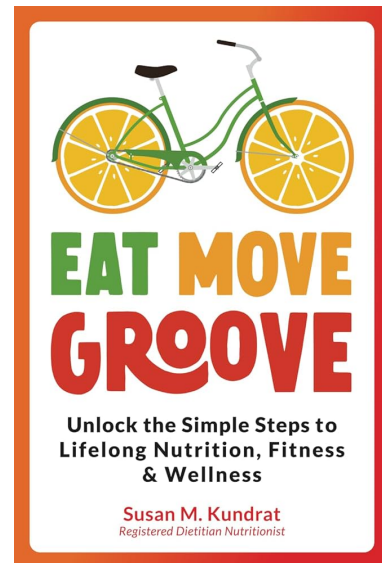
Tuesday, October 22nd 2 - 3 pm
Walters Branch Library, 4195 E Harry St

Are you looking for simple, positive ways to increase energy, optimize productivity, and boost health and well-being? It's amazing what our bodies can do for us. Did you know that by adding quick and easy "wellness piggybacks" to your day can increase energy, boost your wellness, and foster a vibrant health span?

In this workshop, Eat Move Groove author Susie Kundrat will offer 11 simple ways to eat, move, and support your personal well-being every day on her Eat Move Groove Wellness Tour across the country. Don't miss it!

Time is allotted after the workshop for a Q and A with Susie and an opportunity to investigate how the Eat Move Groove program can foster well-being in simple, easy steps. For more information about Susie, look for her at www.eatmovegroove.com, on the Eat Move Groove [YouTube channel](#), or [@eatmovegroove](#).

This is the last Coalition meeting in 2024. The November & December meetings are cancelled due to the holidays.



Join us to win one of 4 free books. Books will also be sold and 22% of the profits will benefit the [Kansas Food Bank](#).



NEW! Coalition Member Spotlight

Wendy James is the Office Manager & Community Health Worker Program Director at [Wichita Family Medicine Specialists LLC](#). She will be presenting **Empowering in Action: Community Health workers paving the way for diabetes prevention program success** at the 2024 American Public Health Association Annual Meeting and Expo Oct. 27-30 at the Minneapolis, Minnesota Convention Center. Wendy will share about their 94% retention rate!

In addition to Wendy's great work at Wichita Family Medicine, she is an wonderful Coalition partner serving on the Walktober planning committee, and volunteering to lead evening walks. **Keep up the great work, Wendy!**

WALKTOBER

Walktober is a free, community-wide physical activity initiative, encouraging you to engage in the recommended 30 min. of activity 5 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.

[CLICK HERE TO REGISTER](#) Get social with the [Walktober ICT](#) Facebook group.

When you register for Walktober, you are entered into a drawing at the end of the month for Fartleks, Scheel's & Fleet Feet Gift Cards. With your registration, you will also receive weekly email updates on Walktober events and healthy tips.

Wichita/Sedgwick County Food and Farm Council

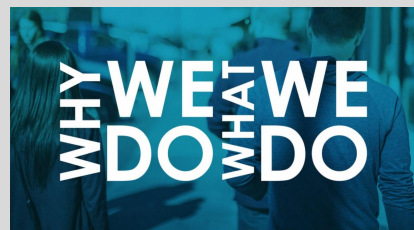
Food and Farm Council Meetings - 1 to 2:30 pm the first Tuesday of each month. The next meeting is November 5th in the first floor conference room of the Ronald Reagan Building (271 W 3rd St N). [Click here to sign up for Council alerts.](#) [Click here for meeting agendas and the virtual option link.](#)

The FFC will coordinate and connect food system activities, elevating the goals of the Food System Master Plan.

At the October meeting, Deputy Health Director, Chris Steward presented on Food Access and Poverty in Sedgwick County.

How to Have a Healthy Halloween

Too much Halloween candy got you spooked? Try some of [these healthy tips](#) for party snacks and trick-or-treats. Ideas so good, it's scary!



Connecting to our Mission

On September 24th, the Health & Wellness Coalition celebrated 20 years of physical activity and healthy eating promotion. The event included a timeline of key Coalition events, games, healthy snacks and prizes.

Thank you to Danielle, Debbie, Michele, Patty, and Wendy for your help planning the event.

SAVE
-THE-
DATE

20th Annual Working Well Conference
Tuesday, April 8, 2025



Partner Announcements

City of Wichita Climate Action Plan

Do you have opinions about green spaces, water, community gardens, urban agriculture, and pedestrian safety? Share your thoughts on these topics and more in the [draft plan survey](#).

In collaboration with the [Sustainability Integration Board](#), city staff have worked to develop a draft Climate Action Plan for Wichita. This plan will outline goals and actions for the city and community to work towards in the coming years. Having a plan will allow for staff to apply for grant funding more effectively, highlight community priorities, and guide future work of the SIB.





October 2024 Common Ground Producers & Growers Mobile Markets

*Prices and availability of products are subject to change. Delivery dates are subject to change.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00-11:45 AM Lakefront Sr Res. 1 1701 E. Osage Rd, Derby 12:30-1:15 PM Downtown Sr Center 200 S. Walnut, Wichita 1:45-2:30 PM McLean Manor 2627 W 9th St N, Wichita	11:00-11:45 AM Central Park Sr Res. 2 3850 W. Newell, Wichita 12:15-1:00 PM Woodlake Senior Res. 3039 W. 2nd St N, Wichita 1:30-2:15 PM Somerset Plaza Tower 2395 N. Somerset St, Wichita	3 4:30-6:30 PM First Fridays! Paradise Missionary Baptist Church 4401 E 17th St N, Wichita FREE vendor tables available!	4
11:00-11:45AM Country Acres Sr 8 343 N. Country Acres, Wichita 12:15-1:00 PM Mohr Place II 6922 W. Shade Lane, Wichita 1:30-2:15 PM West Park Tower 3618 W. 15th St, Wichita	11:00-11:45 AM Wichita Place Senior 9 3246 S. Wichita, Wichita 12:30-1:00 PM MacArthur Manor Sr Res 1221 E. MacArthur Rd, Wichita 1:30-2:00 PM Southern Hills Sr Res 3301 E. 31st St. South, Wichita	Salina Mobile Market 10 Time & Location: TBD	5:00-8:00 PM 11 Pearson's Family Farms Pick & Pay! 2430 E. 33rd Street North, Wichita
11:00-11:45 AM Hesston Sr Center 15 108 E. Randall, Hesston 12:15-12:45 PM Midtown Towers 105 W. 9th, Newton, Newton 1:30-2:15 PM Burrton senior center 124 N Burrton Avenue, Burrton	11:00-11:30 AM Andover Senior Res. 16 420 Lioba Dr, Andover 12:00-12:30 PM Linwood Sr Center 1901 S. Kansas Ave, Wichita 1:00-1:45 PM Sheridan Village 1051 S. Bluffview, Wichita	11:00-11:45 AM Shadyway Plaza 17 1421 N. Spruce, Wichita 12:15-1:00 PM Shadybrook Estates 4925 E Shadybrook St, Wichita 1:15-1:45 PM Pinecrest Place Senior 2332 N. Pinecrest Ave, Wichita 2:15-2:45 PM Prairie Villa 5640 E. 21st North #2700, Wichita	1:00-4:00 PM 18 Senior Day at Pearson's Family Farms! 2430 E. 33rd Street North, Wichita 5:00-8:00 PM Pearson's Family Farms Pick & Pay! 2430 E. 33rd Street North, Wichita
11:00-11:45 Clearwater Comm. Center 22 921 Janet, Clearwater 12:30-1:15 PM Haysville Sr Center 160 E Karla Ave, Haysville 1:30-2:15 PM Peachtree Plaza Tower 141 Sarah Ln, Haysville	10:30-11:15 AM Orchard Park Sr Center 23 4808 W. 9th St N, Wichita 12:00-12:30 PM La Familia Sr Comm. Center 841 W. 21st North, Wichita 1:00-1:45 PM Sunflower Gardens Sr 460 N Emporia St, Valley Center	24	4:00-6:00 PM 25 New Life Covenant Church 1819 W Douglas, Wichita 5:00-8:00 PM Pearson's Family Farms Pick & Pay! 2430 E. 33rd Street North, Wichita

*November 1 is the LAST day to use your senior vouchers. Use them while you can!

SNAP/EBT
Double your fresh produce dollars up to \$25 per day.

DOUBLE UP FOOD BUCKS

PAYPAL

CASH/ CASH APP

CREDIT/ DEBIT

Use your Senior Vouchers/ Seniors Farmers' Market Nutrition Program (SFMNP) here!

Place online orders at commongroundpg.com or call 316-250-7957. Email: commongroundpg@gmail.com

CGPG EVENTS:

- 3rd Saturdays! 10:00 - 12:00 PM | Produce \$1/lb. Oaklawn Activity Center 4900 S Clifton Ave, 67216
- Saturdays! (Not the 19th) 8:00 - 12:00PM | Pick & Pay! Pearson Family Farms, 2430 E. 33rd Street North

Call or follow us on Facebook & Instagram for information on the Pearson's Family Farms Pick & Pay!

Get active this Sunday, 12-5pm

Open Streets ICT is a FREE community-building event along Douglas Avenue. Enjoy a full day of physical activity, delicious food trucks, live music, and fun for all ages.

The City of Wichita Park & Recreation Department will be closing 4.1 miles of Douglas Avenue to traffic, from College Hill at Bluff St. to Glenn St. in the historic Delano District. Learn more [here](#).



Let's Get Down with Blood Pressure



Thursday, October 24

3-4 p.m.

**Atwater Neighborhood Resource Center,
2755 E. 19th St.**

Join us for an engaging and informative conversation about heart health and blood pressure.

As a special bonus, attendees will have a chance to receive a \$20 gift card upon completing a brief survey at the end of the session.

→ wichtalibrary.org



Sedgwick County



Exploration Place Parkrun **#104 October 5th highlights:**

- In addition to 90 finishers there were visitors from Detroit, Scotland, and England via France! 🇫🇷🇸🇨🇩
- 14 more first timers that humored us by taking pictures with our brand new first timer sign 📷
- Milestones for Jake (50)♥, Cassandra (25)☐, and Chris (25 volunteers) ☐
 - And the fastest EVER finish by previous record holder Robbie! ☐ 15:01 official ☐☐☐

Blood Pressure Monitor Kits



Your Wichita Public Library gives you the opportunity to borrow blood pressure monitors! Each kit comes with a blood pressure monitor, a log book, a pre-survey, and instruction booklet.

You can borrow a blood pressure monitor for 14 days.

Presented in partnership with K-State Research and Extension, the Sedgwick County Health Department, and the Wichita Medical Research and Education Foundation.

→ wichitalibrary.org



Partner Announcement Repeats



NATIONAL DIABETES PREVENTION PROGRAM

Learn How You Can Prevent or Delay Type 2 Diabetes!



Improve Your Health

A lifestyle change program can help you lose weight through eating better and being more physically active.



Feel Better and More Energetic

Many participants feel better and are more active than they were before the program. Imagine having more energy to do the things you love.



Flexible Learning Preferences

Whether you prefer to meet in-person or online, you have the option to choose what works best for you and your schedule.

1 OF 3 ADULTS HAS PREDIABETES

A CDC-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

Contact Information

-  1-855-200-2372
-  joseph.samaniego@cpaaa.org
-  271 W. 3rd St. N. Ste. 500
Wichita, KS 67202



Do you struggle to buy groceries?

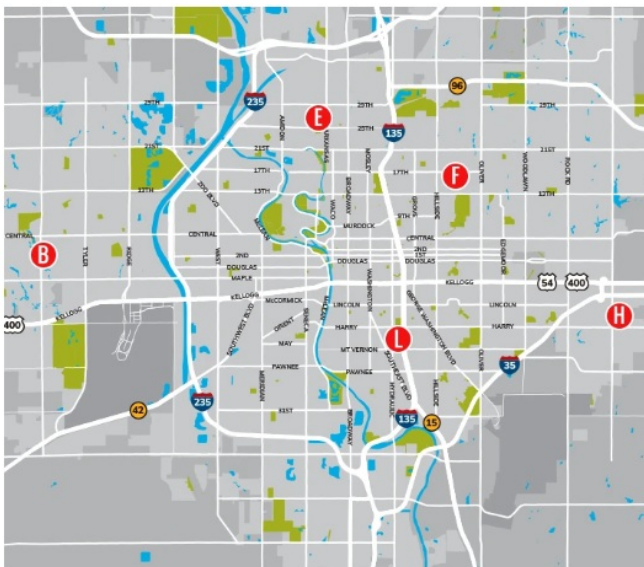
About 57,000 people in Sedgwick County don't have adequate food.



There are community resources who want to help.
Scan this QR code for resources or go online here:
hwcwichita.org/local-food-resources



StoryWalk Locations & Current Stories



B Buffalo Park, 10201 Hardtner

Construction by Sally Sutton

E Evergreen Park, 2700 N. Woodland

Finding Home by Esteli Meza (*bilingual*)

F Fairmount Park, 1647 N. Yale

Lola Loves Stories by Anna McQuinn (*bilingual*)

H W.B. Harrison Park, 1300 S. Webb Road

Please, Mr. Panda by Steve Antony (*bilingual*)

L Linwood Park South, 1901 S. Kansas

My Friends by Tarō Gomi (*bilingual*)

**SEDGWICK COUNTY
HEALTH
EVENTS**

18

Workgroup (CHIP) 7:30am Commun
Through Menopaus 4pm Pendants fo

25

Scan the QR code for a calendar of upcoming health events in the community

or visit sccd.online/events

SEDGWICK COUNTY
KANSAS

The graphic features a dark blue background with the title 'SEDGWICK COUNTY HEALTH EVENTS' in large, white, sans-serif font. Below the title is the Sedgwick County seal, which depicts a Native American figure holding a bow and arrow, surrounded by the text 'SEDGWICK COUNTY KANSAS'. To the right of the seal are three blue chevrons pointing right. Further right is a QR code. To the right of the QR code is the text 'or visit sccd.online/events'. The background of the graphic is a light blue grid with some text from a calendar visible, including dates '18' and '25', and event titles like 'Workgroup (CHIP)', 'Through Menopaus', and '4pm Pendants fo'.

Community Sedgwick County Health Department Health Events Calendar

Click [here](#) to find out about upcoming events in Sedgwick County that focus on improving health.

To submit an event, email healthevents@sedgwick.gov

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WALKING BOOK CLUB

October - March 2-4 p.m. | April - September 9-11 a.m.

Nature enthusiasts will read a designated nature or wildlife focused book each month and then meet at the Great Plains Nature Center to chat about it. Discussion continues during a nature walk, weather permitting. Purchase the books at the Owl's Nest Gift Shop and receive a discount. No registration or purchase is necessary.

January 5
My Antonia
by Willa Cather

May 3
Finding the Mother Tree
by Suzanne Simard

September 6
Flight Behavior
by Barbara Kingsolver

February 2
East of Liberal
by Raylene Hinz-Penner

June 7
Nightwalk
by Chris Yates

October 4
American Buffalo:
In Search of a Lost Icon
by Steven Rinella

March 1
Before Sleep
by Jeremy Alessi

July 12
A River Runs Through It
by Norman Maclean

November 1
Coyote America
by Flores

April 5
The Last Ranger
by Peter Heller

August 2
H is for Hawk
by Helen Macdonald

December 6
Last Child in the Woods
by Richard Louv

For info, contact Amanda@gpnc.org | 316.683.5499 | 6232 E 29th St N, Wichita, KS 67220 | GPNC.org



www.hwcwichita.org



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

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