



# WORK WELL ICT THINK TANK

Presented by:



 Community Resources    Local Gyms (Excluding Traditional Gyms)

## Specialty Gyms

- [Orangetheory \(East & West\)](#)
- [Go Time Training](#)
- [Opti-Life](#)
- [Cross Fit Wichita](#)
- [Optimal Performance](#)
- [Jazzercise Wichita](#)
- [Bliss Bouldering & Climbing Complex](#)
- [BeStrong Training](#)
- [Curves](#)
- [Rogue Personal Training](#)
- [Wichita Fit Body Boot Camp](#)
- [Vasa Fitness](#)

## Barre Classes

- [Barre Forte Wichita](#)
- [Pure Barre](#)

## Yoga

- [Flow Foundry Studio](#)
- [Ganesh Yoga Studio](#)
- [Hot Asana Yoga Studio](#)
- [Inside Out Fitness](#)
- [Limitless Yoga](#)
- [Satya Moon Yoga](#)
- [Siva Yoga Studios](#)
- [Sunshine Family Yoga](#)
- [Yoga Central](#)
- [Wichita Body Studio](#)

## Martial Arts / Kickboxing

- [Title Boxing Club – East Wichita](#)
- [Title Boxing Club – West Wichita](#)
- [Empower Martial](#)
- [Kim's Academy of Tae Kwon DO](#)
- [Premier Martial Arts](#)
- [USA Martial Arts & Fitness](#)
- [Valor Martial Arts](#)
- [Wichita Airstrike Martial Arts](#)

## CrossFit

- [CrossFit 316](#)
- [Cross Fit Wichita/Old Town Fitness](#)

## Pilates

- [Studio 54 Pilates & More](#)
- [Core Strength Wichita](#)



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## Community Resources

Organizations to reach out to for Lunch 'n Learn, health fair, other resources:

### Community Resources

- [Health & Wellness Coalition](#)
- [Bike Share ICT](#)
- [Wichita Business Coalition on Health Care](#)
- [WorkWell KS](#)
- [Medical Service Bureau](#)
- [Bike Walk Wichita](#)
- [American Heart Association](#)
- [Wichita Area Breastfeeding Coalition](#)
- [American Diabetes Association](#)
- [Alzheimer's Association](#)
- [Amerigroup](#)
- [American Cancer Society](#)
- [Comcare](#)
- [Safe Place](#)
- [Kansas Alliance for Wellness](#)

### Wellness Resources

- [Sedgwick County Division of Health](#)
- [K-State Research & Extension Sedgwick County](#)
- [YMCA Corporate Wellness](#)
- [Genesis Corporate Wellness](#)
- [Derby Health Collaborative](#)
- [Fitbit Challenges](#)

### Community Volunteer Opportunities

- [Girls on the Run](#)
- [Kansas Food Bank](#)
- [Lord's Diner](#)
- [Ronald McDonald House](#)
- [Victory in the Valley](#)
- [ICT SOS](#)
- [Retired Senior Volunteer Program](#)
- [Volunteer KS](#)
- [YMCA Community Volunteering](#)

### Staff Wellness Retreat

- [Wichita Sports Forum/leagues](#)
- [Sedgwick County Park](#)
- [Botanica](#)
- [Santa Fe Lake](#)

### Meal Prep

- [Made Simple Meals](#)
- [Eat Fit Go](#)
- [316 Meal Prep](#)
- [Evolve Paleo](#)

### Chiropractors

- [Wellness at Work](#)
- [Core Strength Wichita](#)



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Community Resources

By topic

## Mental/Emotional Health

- [Retreat to Joy](#)
- [Mental Health Association of South Central Kansas](#)
- [Riordan Clinic](#)
- [EMPAC](#)

## Physical

- [Inspire HP](#)
- [Strong Roots Healthy Farming](#)
- [YMCA Corporate Services](#)
- [Work Safe Ergonomic Safety](#)
- [Work Safe Industrial Athlete Program](#)

## Chronic Disease Prevention

- [Novo Nordisk – Diabetes Education](#)
- [YMCA Diabetes Prevention Program](#)

## Financial

- [Wichita Federal Credit Union Financial Education](#)
- [United Way Financial Education and Counseling](#)

## Seasonal Programs

- [Health ICT/Botanica Walk at Lunch Joint Use Agreement](#)
- [Walk at Work Day – 3<sup>rd</sup> Wednesday in May](#)
- [Walktober – every October](#)
- [Bike Month – May](#)
- [Bike to Work Day – 3<sup>rd</sup> Friday in May](#)
- [We All Eat Event – March 28, 2019](#)
- [Filling the Gap](#)

## Healthy Eating

- [Eat Real America](#)
- [Natural Grocers Nutritional Health Coach](#)

## Massage

- [Serenity Spa](#)
- [Sveta's Skin & Body Therapy](#)
- [Massage Envy](#)
- [Meadowlark Massage Therapy](#)
- [Fresh Spa Market](#)
- [Body and Soul](#)
- [Kneaded Healing Massage](#)
- [Health and Healing Therapeutic Massage](#)
- [Beau Monde Spa and Boutique](#)