



WORK WELL ICT THINK TANK

Presented by:



Community Resources Local Gyms (Excluding Traditional Gyms)

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

Pilates

- Studio 54 Pilates & More
- Core Strength Wichita

CrossFit

- CrossFit 316
- Cross Fit Wichita/Old Town Fitness

Martial Arts / Kickboxing

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

Specialty Gyms

- Orange theory (East & West)
- Omnicut
- Go Time Training
- Opti-Life
- Cross Fit Wichita
- Optimal Performance
- Jazzercise Wichita
- Bliss Bouldering & Climbing
- BeStrong Training
- Curves
- Rogue Personal Training
- Wichita Fit Body Boot Camp



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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
- Health 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

Wellness Resources

- Sedgwick County Division of Health
- K-State Research & Extension Sedgwick County
- YMCA Corporate Wellness
- Genesis Corporate Wellness?
- Next Steps Corporate Wellness?
- Derby Health Collaborative

Chiropractors

- Wellness at Work
- Core Strength Wichita

Community Volunteer Opportunities

- Girls on the Run
- Kansas Food Bank
- Lord's Diner
- Ronald McDonald House
- Victory in the Valley
- ICS SOS
- Retired Senior Volunteer Program
- Volunteer KS

Staff Wellness Retreat

- Wichita Sports Forum/leagues
- Sedgwick County Park?
- Botanica
- Eat Real America

Meal Prep

- Made Simple Meals
- Eat Fit Go
- 316 Meal Prep
- Evolve Paleo



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Community Resources By topic

Mental/Emotional Health

- Retreat to Joy
- Mental Health Association of South Central Kansas

Physical

- Eat Real America
- Inspire HP
- Be Healthy for Life
- Strong Roots Healthy Farming

Chronic Disease Prevention

- Novo Nordisk – Diabetes Education

Seasonal Programs

- Health ICT/Botanica Walk at Lunch Joint Use Agreement
- Walk at Work Day – 3rd Wednesday in May
- Walktober – every October
- Bike Month – May
- Bike to Work Day – 3rd Friday in May
- Filling the gaps?