

## Promoting Physical Activity and Good Nutrition

**Join us at the September Coalition Meeting (9/27/22) at 1pm at the Evergreen Community Center and Library Arteaga Room 2601 N. Arkansas, Wichita KS 67204**

Experience Wichita's first permanent StoryWalk at the September Coalition meeting! We will meet for Coalition updates and networking from 1-1:40pm and then take a walk through the park as we read *Dreamers/Soñadores* by Yuyi Morales. to close the meeting.

StoryWalk is a way to combine physical activity with literacy; it's an innovative way to get people of all ages out walking while reading children's picture books. Pages of a book are transformed into signs that are then laid out on a trail inviting families, children, caregivers, teachers and others to follow the path of pages. Click here to learn more about [StoryWalk](#).

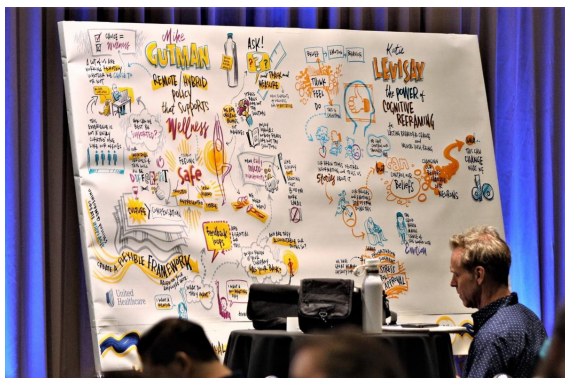
Bring your walking shoes and a friend!

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



### The 17th annual Working Well Conference was a Success!

Thanks to the hard work of the conference planning committee this year's conference returned to an in-person event at the Drury Plaza Hotel. With 70+ different organizations attending the conference, the potential reach of full-time employees that will benefit from information learned at the conference is over 47,600!



One highlight of the conference was the visual notetaker, Drew Dernavich, who was hired to help represent the conference theme, "Take Note Take Action"! Drew is best known for being a cartoonist for the New Yorker magazine and received a standing ovation from conference attendees for his ability to capture the speaker content.

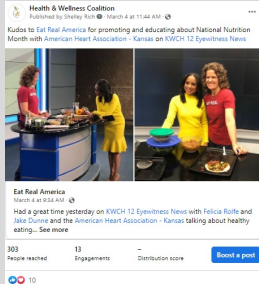
Click [here](#) to view the conference photo album.

Save the date for the next conference  
**April 11th, 2023!**

## We Need You!

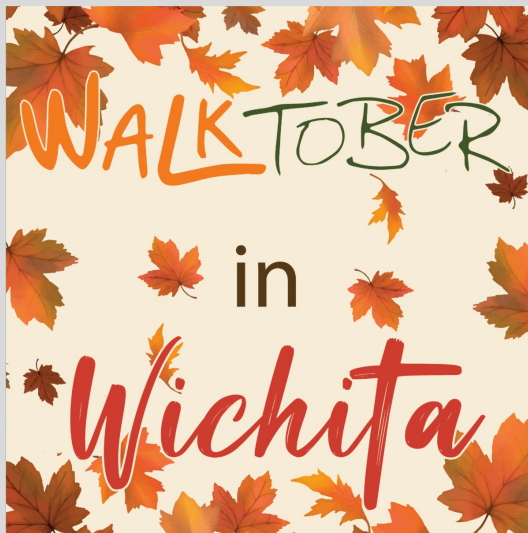
Volunteers are needed to educate the community about the upcoming Food & Farm Council. Our goal is to have a base of 10 volunteers that we can reach out to attend upcoming community events.

Contact [Shelley](#) to stay volunteer.



## 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.



## Sign up Today 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!

# WALKTOBER in Wichita

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!

A brief list of the events planned:

- 10/1 - Stadium Striders
- 10/9 - 2nd Saturday Slow Roll & Stroll
- 10/22 - WSU Pumpkin Run
- Ongoing - Strava leader board
- Every Saturday 8am - parkrun
- Walking Wednesday Series
- TBA - Delano Ghost Tour
- And more...

Scan the QR code to sign up for weekly email updates and a chance to win prizes!

Walktober is brought to you by the following partners:



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







**Join us THIS Sunday, September 18th from noon - 5pm on Douglas!**

Open Streets ICT provides more than just opportunities for physical exercise - it's an exercise in building community, cultural identity, and social engagement. By temporarily removing the danger of motor vehicles, Open Streets provide a novel type of public space that helps people make social connections and lets them view their city through a new lens.

4.1 miles of Douglas Avenue will be closed to traffic from College Hill at Bluff St. to Glenn St. in the historic Delano District, and open the street for biking, walking, running, food and more! [Click here for more info!](#)



The Sedgwick County Conservation District is offering a conservation **\*POSTER CONTEST\*** for K through 6th grade students. The national theme for the 2022 contest is "**HEALTHY SOIL HEALTHY LIFE**".

The rules for the annual contest are located [here](#).

**Posters are due by 4:00 pm on September 30, 2022.** Winning entries will be submitted to the State competition. For more information, contact [Brenda](#).

**MONDAY**

**Open Gym** 5:45-10a (Nick S)  
**CrossFit** 12-1p (David H)  
**Open Gym** 3-6p (Nick S)  
**CrossFit** 6-7p (Cody P)  
**\*Gym Closed Labor Day 9/5**

**TUESDAY**

**Open Gym** 5:45-7a (Christy F)  
**\*\*HIIT** 5:45-6:30  
**Meditation** 12-12:25p (Maria N).  
**Open Gym** 4-5:30p (Cale R)  
**Yoga** 5:30-6:30p (Liv G)

**WEDNESDAY**

**Open Gym** 5:45-11:30a (Nick/Mandy)  
**Power Yoga** 12-1p (Danita R)  
**Open Gym** 3-6p (Nick S)  
**CrossFit** 6-7p (Sean O)

**THURSDAY**

**Open Gym** 5:45-7a (Christy F)  
**\*\*HIIT** 5:45-6:30  
**Open Gym** 10-12p (DJ P)  
**\*No 10a class 9/8**  
**Open Gym** 4-5:30p (Mallory F)  
**Yoga** 5:30-6:30p (Danita R)

**FRIDAY**

**Open Gym** 5:45-10a (Nick/Mandy)  
**CrossFit** 9-10a (David H)  
**Open Gym** 3-6p (Nick S)  
**\*Gym closed 9/23**

**SATURDAY**

**Power Yoga** 10-11a (Danita R)  
**Open Gym** 11-1p (Elka R)

**SUNDAY**

**Open Gym** 10-12p (Volunteer)

**"Meet the Doc" Sept. 18th**  
**10:00a - 12:00p**

Meet with physical therapist, Dr. Dir, to assess any chronic pain or injury that's holding you back. You'll leave with exercises catered to you.

**FREE!** Sign up using the QR code here



Sign up for a class at  
[the phoenix.org/findaclass](https://the phoenix.org/findaclass)

**Free with 48 hours of sobriety**

Download The Phoenix app on Google Play or App Store

[WWW.FACEBOOK.COM/THEPHOENIXWICHITA](https://www.facebook.com/the phoenix wichita)



**SEPTEMBER IS NATIONAL**  
**FRUITS & VEGGIES**  
**MONTH** #NFVM2022 #haveaplant

The 2022 NFVM theme, Celebrating The Roots Of Our Food, offers an opportunity for everyone to celebrate all the goodness fruits and veggies bring to our tables, our minds, our souls and our health and happiness. After all, they are at the root of our diets as well as our

health and well-being.

Click through [these options](#) to discover ways you can engage your community in the celebration! #haveaplant #NFVM2022.

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## It's time to begin meeting for the 2023-2025 Community Health Improvement Plan (CHIP)!

The Sedgwick County Health Department (SCHD) and community partners invite you to provide input in the development of the 2023-2025 CHIP for Sedgwick County. You can do this through participating in the community partner meetings on the dates below. **More details to come, for now save the dates!**

Location: Sedgwick County Extension Office - 7001 W 21st St, Wichita, KS 67205

Tuesday, October 18th from 8am-2pm

Monday, November 14th from 8am-2pm

Tuesday, December 13th from 9am-2pm

\*Breakfast and lunch provided

For more information, contact [Daisy](#).

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## 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**



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Get your chance to win a  
brand new Ridge Rider from  
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**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>







DERBY RECREATION  
COMMISSION

HEALTH & WELLNESS

**New**  
Programs - Fall 2022

## Eat Right for Your Body Type

Call (316) 788-3781 or [www.derbyrec.com](http://www.derbyrec.com) to register.  
Registration begins August 29.

### INTERMITTENT FASTING, IS IT RIGHT FOR YOU?

Day: Tuesdays  
Dates: September 13 – October 4  
Time: 5:45 pm  
Fee: \$30.00  
Location: Hubbard Arts Center, Innovation Room

### KETO FOR BEGINNERS

Day: Tuesdays  
Dates: September 13 – October 4  
Time: 7:00 pm  
Fee: \$30.00  
Location: Hubbard Arts Center, Innovation Room

### HOW TO HEAL YOUR METABOLISM BOOK CLUB

Day: Thursdays  
Dates: September 15 – October 20  
Time: 5:30 pm  
Fee: \$50.00 (includes book)  
Location: DRC, Greteman

### LOW CARB BASICS

Day: Tuesdays  
Dates: October 18 – November 8  
Time: 5:45 pm  
Fee: \$30.00  
Location: Hubbard Arts Center, Innovation Room

### EATING KETO WITH KRISTI

Day: Tuesdays  
Dates: October 18 – November 8  
Time: 7:00 pm  
Fee: \$30.00  
Location: Hubbard Arts Center, Innovation Room

### HEALTHY EATING SEMINAR SERIES

- All About Macronutrients, September 21, 6:30 pm
- What is Clean Eating? October 11, 6:30 pm
- Meal Planning Made Simple, November 10, 6:30 pm

Fee: \$30.00 for entire series  
Location: Hubbard Arts Center, Innovation Room

### FOOD FIGHT FILM SERIES

- Sugar Coated, October 12, 6:30 pm
- Cereal Killers, November 15, 6:30 pm
- Fat Chance: Is Butter the New Superfood?, December 6, 6:30 pm

Fee: \$30.00 for entire series  
Location: Hubbard Arts Center, Innovation Room



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## Fall Prevention Awareness

Every second of every day, an adult age 65 or older suffers a fall in the United States—making falls the leading cause of injury and injury death in this age group. **Falls Prevention Awareness Week is September 18-24.** Steps that can prevent older adult falls include strength and balance exercises and making homes safer.

Improving the community environment to include

smooth sidewalks, curb cuts, adequate lighting, and accessible recreation facilities can also help reduce the likelihood of falls. These improvements are needed where older adults walk, shop, recreate, visit with friends or family, and do other activities.





**THE PHOENIX**  
WICHITA CHAPTER

# OVERDOSE AWARENESS MEMORIAL WALK

**TOGETHER WE REMEMBER**

**Sunday, October 2, 2022**

**11AM to 1:30PM**

Registration Begins at 10:30AM

**Brightwater Bay**

4900 W. 31st St. S.

**Registration Fee - \$20**

12 and Under - FREE

The Phoenix Wichita is helping individuals transform their lives from substance use disorder. Together we walk to remember those who have lost their lives to overdose and support those lives affected by substance use. Join us for our second annual walk fundraiser event including lunch, speakers, resources, and activities for the whole family.



Register At:  
[https://runsignup.com/Race/KS/  
Wichita/OverdoseAwarenessMemorial](https://runsignup.com/Race/KS/Wichita/OverdoseAwarenessMemorial)

For more information contact Bri Schrader -  
[bschrader@thephoenix.org](mailto:bschrader@thephoenix.org)



**CROSS  
ROADS  
MARATHON**

**BOSTON  
QUALIFIER**

**FULL & HALF  
MARATHON**

**4.01 K  
FUN RUN**

**TEAM RELAYS  
FOR FULL & HALF  
MARATHON**

**SATURDAY, NOV 5TH • 2022 • SALINA, KS**

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

