



Promoting Physical Activity & Good Nutrition

September Coalition Meeting

Tuesday, 9/26 2-3 pm

RISE Farm Tour

[Email](#) to RSVP

Thirty (30) Health & Wellness Coalition members are invited to join us as we tour the RISE rooftop garden. **RISE Farms is a 15,000-square-foot specialty crop farm and a 204-panel solar farm blooming on the top floor of Fidelity Bank's RISE Car Park.** When the RSVP is received, you will be sent important information including where to park.

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



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.](#)



Save the date

WORKING WELL CONFERENCE

📅 April 11, 2024

📍 The Vail, Wichita

🕒 8:30 a.m. - 4 p.m.

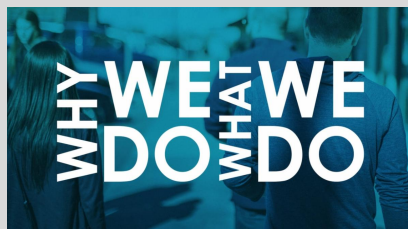


Presenting Sponsor



Network and learn how to create a healthier, more supportive workplace culture where everyone wins!

Registration will begin in January.



Connecting to our Mission

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

Healthy People 2030 The US Department of Health & Human Services: Office of Disease Prevention and Health Promotion lists 14 Health Behaviors including Physical Activity and Nutrition and Healthy Eating. Each health behavior has a goal, objectives and status report The work we do daily connects to this national work!



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.





Come celebrate the first anniversary of [Exploration Place parkrun](#) in Wichita by participating in parkrun!

Saturday, September 16th, 8am - click [here](#) for Facebook event.

That's right, Exploration Place parkrun is turning 1! It's been a fabulous year with over 1000 unique finishers, over 100 unique volunteers, and over 3,300 total 5ks completed. If you haven't joined us yet, come out and see what it's all about and celebrate with us.





Open Streets ICT - Douglas

Sunday, September 17, 12-5pm

Douglas Ave. from Bluff St. to N. Glenn

Enjoy a day of biking, fun physical activities, music, dancing, and much more! All Wichitans are invited to get active and socialize at the five major activity hubs situated every mile along the four-mile stretch. Open Streets ICT brings Wichitans of all ages together for an active, fun, community building afternoon in Wichita's historic Delano District all the way down to the College Hill area. Visitors will be able to cruise along Douglas Ave. on bikes, skateboards, or walk and stop at activity hubs, shop businesses on the route, and visit food and street vendors while listening to music. Please remember no motorized vehicles of any kind are allowed. Hubs will be located at West Douglas, Kennedy Plaza, Naftzger Park, East High School and College Hill.

Questions? Contact Matt Martinez at mamartinez@wichita.gov

Click [here](#) for a map and vendor hubs.





Wichita Bicycle Plan - Provide Input

The City of Wichita is developing a new Wichita Bicycle Plan, which will update the 2013 Wichita Bicycle Master Plan. Since 2013, many improvements have been made to bicycling in Wichita. It is now time to write the next chapter of bicycling in Wichita.

[Click here to take the survey.](#)

"It is exciting to see the vision developed in 2011 by a committee of the Health & Wellness Coalition along with the City of Wichita staff ready for a ten-year renewal process. We look forward to learning from the results of the survey what our next steps will be in supporting a bicycle friendly environment." Mim McKenzie, Chief Operating Officer, Greater Wichita YMCA.



PRODUCE Pantry
DRIVE-THRU
At the Urban League of Kansas

When: Thursday, September 21, 2023
Where: Urban League of Kansas
2418 E. 9th St N
Wichita, KS 67214



Time: 2:00 pm to 3:00 pm
(while supplies last)

Who is Eligible: Anyone in need of food assistance

What is Required: Guests sign in with their zip code and number in household.

- Limit one visit per household.
- Guests may only pick up for one household.

Call (316) 512-1071 or (316) 265-3663 for more information

Sponsored by:



BANK OF AMERICA



PRODUCE Pantry
at New Life Church

When: Friday – September 22, 2023
Where: New Life Church
1156 N Oliver
Wichita, KS 67208



Time: 4:45 pm to 5:45 pm
(while supplies last)

Who is Eligible: Anyone in need of food assistance

What is Required: Guests sign in with their zip code and number in household.

- Limit one visit per household.
- Guests may only pick up for one household.

Hosted by
New Life Church



For more information contact
Ken at (316) 265-3663

In partnership with:

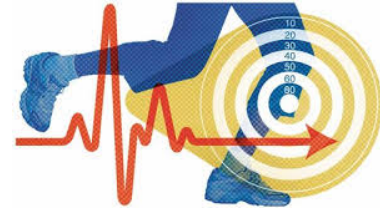


The line for this mobile starts at the Poplar Street entrance to the Urban League's back parking lot. Cars should continue lining up to the North.

Park in the back parking lot. For more information, please contact Ken at the Kansas Food Bank 316-265-3663.

What should your heart rate be when working out, and how can you keep track of it?

Find out what normal resting and maximum heart rates are for your age and how exercise intensity and other factors affect heart rate.



[Click here to learn more](#)

EVOLVE

FALL
2023

Cultural Arts, Wichita Park & Recreation and Wichita Public Library activities guide. Click to view the fall session!

The Library Hosts an Adult Spelling Bee This Fall!

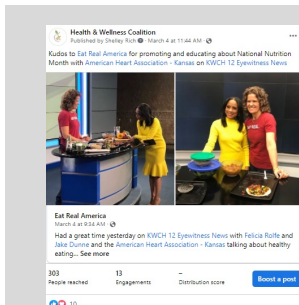
Click [here](#) to view.



Natural Grocers Health Coaches offer free nutrition classes for the community. Whether you have a group or business, we can come in person or do virtual classes for your lunch and learn or event. We also offer free one-on-one health coaching in store or virtually. For more information on any of these services please email Aubrey.



[Tell Congress](#) to co-sponsor this important bill that would allow pre-tax dollars in Flexible Spending Accounts (FSA) and Health Savings Accounts (HSA) to be used for fitness and youth sports activities.



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.



**SEPTEMBER IS NATIONAL
FRUITS & VEGGIES
MONTH** #NFVM2023 #haveaplant

September is National Fruits & Veggies Month, a month-long celebration of America's original and favorite plants – fruits and vegetables – and all the amazing flavors and feelings associated with eating and enjoying them!

We encourage everyone to use this moment as an opportunity to create new fruit and vegetable habits: either by simply adding one or more fruit and/or veggie to their daily routines, or even experiencing one you've never tried before. Every Time You Eat, Have A Plant® for better health and happiness.

Click [here](#) to learn more.





Drive-thru Mobile Pantry

FRIDAY, September 29, 2023

Time: 1:00 pm to 2:00 pm

**Where: Progressive Missionary Baptist Church
2725 E 25th Street North**



Who is Eligible: Families in need of food assistance may attend

For more information: call (316) 265-3663, ask for Craig

Guests - Please do not arrive early. Enter south from Estelle Street.

Each household receiving food must be represented. While Supplies Last.





TAKE THE GOOD NEIGHBOR CHALLENGE

SEPT. 23- SEPT 30TH IS GOOD NEIGHBOR WEEK IN HONOR OF NATIONAL GOOD NEIGHBORH DAY SEPT. 28TH



ANNUAL REDBUD TRAIL NEIGHBORHOOD WALK

WHEN: SEPT 23RD @9AM

WHERE: REDBUD TRAIL
17TH AND OLIVER



JOIN US AS WE KICK OFF GOOD NEIGHBOR WEEK WITH OUR ANNUAL NEIGHBORHOOD WALK ALONG THE REDBUD TRAIL! GET ACTIVE WITH US AS WE WALK ALONG THE TRAIL FROM 17TH AND OLIVER TO 13TH AND HILLSIDE. WE WILL STRETCH, LEARN A LITTLE HISTORY ON THE REDBUD TRAIL, AND END WITH SOME SNACKS AND A NUTRITIONAL CONVERSATION!



Celebrate good neighboring with us and follow along on our social media!

Tag us in any efforts you initiate throughout the week!

#WSUGoodNeighborWeek / #wichitastateengaged

FB: @EngagedWichitaState and
@ShockerNeighborhoodCoalition
engagedstudent1@wichita.edu



PRODUCE DISTRIBUTION

with our partners at
HEALTHCORE CLINIC

Saturday, September 30th - 9:00 AM (while supplies last)

LOCATION

HealthCore Parking Lot
2707 E 21st St N in Wichita



DETAILS

Anyone in need may attend.

Guests will be asked to check in with the total # in each household, along with seniors and kids.

Bring a bag or box to carry your produce!

QUESTIONS?

Call the Kansas Food Bank at
(316) 265-FOOD



MOBILE PRODUCE PANTRY



Friday, October 6th

Word of Life Church

2020 E Blake

Wichita, Ks 67211

Time: 4:30 pm to 6:30 pm or while supplies last

Who is Eligible? Anyone in need of food assistance

What is required? Guests sign in with their zip code and number in household

- Limit one visit per household
- Guests may only pick up for one household





Upcoming Wellness Classes



FREE WORKSHOP SERIES LED BY TRAINED LEADERS:

Chronic Disease Self Management

April 18 – May 23

Tuesdays from 9:30 – 12:00

Diabetes Self Management

May 17 – June 21

Wednesdays from 1:00 – 3:30

Either Chronic Disease OR Diabetes Self Management

(To be determined, based on interest)

August 16 – September 20

Wednesdays 1:30 – 4:00

-or-

November 8 – December 13

Wednesdays 1:30 – 4:00

A Matter of Balance (Fall Prevention)

July 5 – July 28

Wednesdays and Fridays from 1:30 – 3:30

-or-

September 26 – October 19

Tuesdays and Thursdays from 9:30 – 11:30



Scan QR code for
a list of other
up coming
training sessions



Revised Sept. 2022



SelfManagementResource.com

1900 E. 9th St. N, Wichita, KS
316-660-7428
phperformance@sedgwick.gov



Salina Crossroads Marathon

5K Walk, 5K Run, Half Mile Kids Run,
Half Marathon Relay/Full Marathon Relay

\$5.00 ENTRY THROUGH AUGUST 31ST!

ENTER CODE: RACE25



- Scenic Courses
- Finishers Medal
- Race Shirt
- Music/Great Food
- 2600+ Runners
- USATF Certified
 - Marathon
 - Half Marathon
 - 5K
- 200+ Volunteers
- Flat/fast courses
- Plenty of close parking
- Free downloadable photos

www.hwcwichita.org



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

[Unsubscribe shelley.rich@ymcawichita.org](mailto:shelley.rich@ymcawichita.org)

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