

# Cheers



## TO 20 YEARS

JOIN US FOR THIS FREE, FUN, COME & GO EVENT TO CELEBRATE 20 YEARS OF PHYSICAL ACTIVITY AND HEALTHY EATING PROMOTION.

WHAT TO EXPECT:

- GAMES WITH PRIZES
- ADD YOUR NAME TO THE HISTORY TIMELINE
- THINK BOLDLY ABOUT THE NEXT 20 YEARS
- ENJOY HEALTHY REFRESHMENTS

Bring a  
friend!

**SEPTEMBER 24TH 3:30-5:30 PM**

**Season's Venue at OJ Watson Park  
3022 S. McLean Blvd**

### Every Time You Eat, Have a Plant

Happy National Fruits & Veggies Month! This year's theme, Every Time You Eat, Have A Plant®, invites you to reimagine your meals with a splash of color and nutrition. Ever wondered how easy it could be to include fruits and veggies in every bite you take? [We're here to show you how](#) – with hacks, flavor and a whole lot of fun!



# 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](#)

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

Get social with the [Walktober ICT](#) Facebook group.



## 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 October 1st. 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.](#)

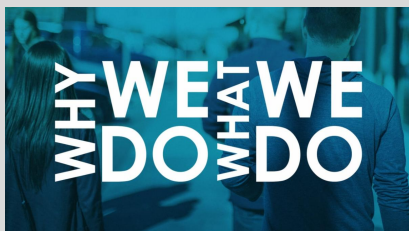
The FFC will coordinate and connect food system activities, elevating the goals of the Food System Master Plan.

Congratulations to FFC member Lexi Michael for being promoted to Dean, Executive Chef, Culinary Arts at [NICHE.](#)

## National Family Meals Month

More than 35 years of research and thousands of studies from around the globe document that family meals (no matter how you define "family") are advantageous for both physical and mental health. Beyond these benefits, it has been shown time and again that family meals improve family functioning – family connectedness, communication, expressiveness, and problem-solving.

We may have always known, intuitively, that family meals are good for us, but the numerous research studies from the past ten years alone (cited below) provide scientific proof. [See for yourself.](#)



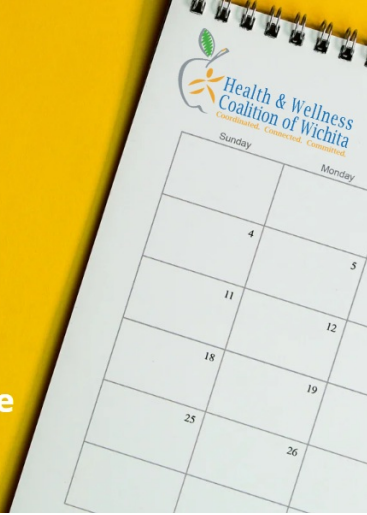
## Connecting to our Mission

The [Alliance for a Healthy Kansas](#) shared about Medicaid Expansion with these documents at the September Coalition meeting:

- [What is Medicaid Expansion](#)
- [Just the Facts](#)

SAVE  
-THE-  
DATE

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



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## Partner Announcements

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# FARMER RESOURCE EVENT

Calling Sedgwick County growers and aspiring growers! Come have lunch on us and learn about the many resources and programs available to support YOU!

Tuesday, September 17th

12:00-3:00 p.m.

4-H Hall

Sedgwick County Extension

Education Center

7001 W. 21st St.

Wichita, KS 67205

Register for this **FREE** event here:

<https://bit.ly/Farmer-Resource-Event-SGCO>

**Registration is required.** A complimentary boxed lunch will be provided for all registrants.



**SCAN  
HERE!**

**K-STATE**  
Research and Extension

Sedgwick County



Sedgwick County...  
working for you

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact Abbey Draut four weeks prior to the start of the event August 20, 2024 at 316-660-0142 or [abbeyd@ksu.edu](mailto:abbeyd@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.





**Numbers to Celebrate with the 100th [Exploration Place Parkrun](#)**

Total registrations: 2234

Total participants: 1580

Total 5k finishes: 7103

Unique volunteers: 168

Total volunteer occasions: 1165

Top five zip codes by registrations: 67203, 67212, 67205, 67226, 67208

Top five zip codes by number of 5k finishes: 67203, 67212, 67218, 67226, 67205



# 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](mailto:joseph.samaniego@cpaaa.org)
-  271 W. 3rd St. N. Ste. 500  
Wichita, KS 67202





# September 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
<b>11:00-11:45 AM Lakefront Sr Res.</b> 3 1701 E. Osage Rd, Derby <b>12:30-1:15 PM Downtown Sr Center</b> 200 S. Walnut, Wichita <b>1:45-2:30 PM McLean Manor</b> 2627 W 9th St N, Wichita	<b>11:00-11:45 AM Central Park Sr Res.</b> 4 3850 W. Newell, Wichita <b>12:15-1:00 PM Woodlake Senior Res.</b> 3059 W. 2nd St N, Wichita <b>1:30-2:15 PM Somerset Plaza Tower</b> 2395 N. Somerset St, Wichita	<b>11:00-11:45 Clearwater Comm</b> 5 Center 921 Janet, Clearwater <b>12:30-1:15 PM Haysville Sr Center</b> 160 E Karla Ave, Haysville <b>1:30-2:15 PM Peachtree Plaza Tower</b> 141 Sarah Ln, Haysville	<b>4:30-6:30 PM First Fridays!</b> Paradise Missionary Baptist Church 4401 E 17th St N, Wichita <b>FREE vendor tables available!</b>
<b>11:00-11:45AM Country Acres Sr</b> 10 343 N. Country Acres, Wichita <b>12:15-1:00 PM Mohr Place II</b> 6922 W. Shade Lane, Wichita <b>1:30-2:15 PM West Park Tower</b> 3618 W. 15th St, Wichita	<b>11:00-11:45 AM Wichita Place Senior</b> 11 3246 S. Wichita, Wichita <b>12:30-1:00 PM MacArthur Manor Sr Res</b> 1221 E. MacArthur Rd, Wichita <b>1:30-2:00 PM Southern Hills Sr Res</b> 3301 E. 31st St. South, Wichita	<b>10:30-11:15 AM Orchard Park Sr Center</b> 12 4808 W. 9th St N, Wichita <b>12:00-12:30 PM La Familia Sr Comm. Center</b> 13 841 W. 21st North, Wichita <b>1:00-1:45 PM Sunflower Gardens Sr</b> 460 N Emporia St, Valley Center	
<b>11:00-11:45 AM Hesston Sr Center</b> 17 108 E. Randall, Hesston <b>12:15-12:45 PM Midtown Towers</b> 105 W. 9th, Newton, Newton <b>1:30-2:15 PM Burrton senior center</b> 124 N Burrton Avenue, Burrton	<b>11:00-11:30 AM Andover Senior Res.</b> 18 420 Lioba Dr, Andover <b>12:00-12:30 PM Linwood Sr Center</b> 1901 S. Kansas Ave, Wichita <b>1:00-1:45 PM Sheridan Village</b> 1051 S. Bluffview, Wichita	<b>11:00-11:45 AM Shadyway Plaza</b> 19 1421 N. Spruce, Wichita <b>12:15-1:00 PM Shadybrook Estates</b> 4925 E Shadybrook St, Wichita <b>1:15-1:45 PM Pinecrest Place Senior</b> 2332 N. Pinecrest Ave, Wichita <b>2:15-2:45 PM Prairie Villa</b> 5640 E. 21st North #2700, Wichita	
<b>11:00-11:45AM Country Acres Sr</b> 24 343 N. Country Acres, Wichita <b>12:15-1:00 PM Mohr Place II</b> 6922 W. Shade Lane, Wichita <b>1:30-2:15 PM West Park Tower</b> 3618 W. 15th St, Wichita	<b>11:00-11:45 AM Wichita Place Senior</b> 25 3246 S. Wichita, Wichita <b>12:30-1:00 PM MacArthur Manor Sr Res</b> 1221 E. MacArthur Rd, Wichita <b>1:30-2:00 PM Southern Hills Sr Res</b> 3301 E. 31st St. South, Wichita	<b>10:30-11:15 AM Orchard Park Sr Center</b> 26 4808 W. 9th St N, Wichita <b>12:00-12:30 PM La Familia Sr Comm. Center</b> 27 841 W. 21st North, Wichita <b>1:00-1:45 PM Sunflower Gardens Sr</b> 460 N Emporia St, Valley Center	<b>4:00-6:00 PM</b> New Life Covenant Church 1819 W Douglas, Wichita



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!

### CGPG EVENTS:

- 2nd Sundays! 2:00 - 5:00 PM  
S Main St, Goddard, KS 67052
- 3rd Saturdays! 10:00 - 12:00 PM | Produce \$1/lb.  
Oaklawn Activity Center 4900 S Clifton Ave, 67216

Place online orders at [commongroundpg.com](http://commongroundpg.com) or call 316-250-7957. Email: [commongroundpg@gmail.com](mailto:commongroundpg@gmail.com)



## The Promise of Urban Agriculture: Online Courses for Growers and Planners

The U.S. Department of Agriculture's (USDA) Agricultural Marketing Service (AMS) in partnership with the Cornell Small Farms Program and Rooted have launched **the Promise of Urban Agriculture** courses to provide critical information for building or supporting successful commercial urban farms.

The courses, [now available on the Cornell Small Farms Program website](#) educate participants through unique video content and materials about topics including, Accessing Urban Land for Farming, Urban Farm Planning and Management, and Sources of Urban Farm Income. Upon completion of these courses, participants will know the important factors involved in building viable urban farms, understand relevant policy and planning tools, be aware of economic opportunities and risks, and distinguish between effective nonprofit and for-profit business structures.

## Partner Announcement Repeats



**Check out a  
blood pressure  
monitor at the  
library today!**



## Libraries with Heart

Local library cardholders now can check out blood pressure kits for home use. Kits include blood pressure monitor & guide, monitoring log, and list of local health resources.

### **Blood Pressure Kits are available at:**

- **Wichita Public Libraries**

Visit [wichitalibrary.org](http://wichitalibrary.org), call (316) 261-8500 or stop by any location.

- **Mount Hope Public Library**

Visit the Mt. Hope Library or call (316) 667-2665.

- **Clearwater Public Libraries**

Stop by the library, visit [clearwater.biblionix.com](http://clearwater.biblionix.com) or call (620) 584-6474.

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SEDGWICK COUNTY  
Health Department



Grumpy Old Men





# Do you struggle to buy groceries?

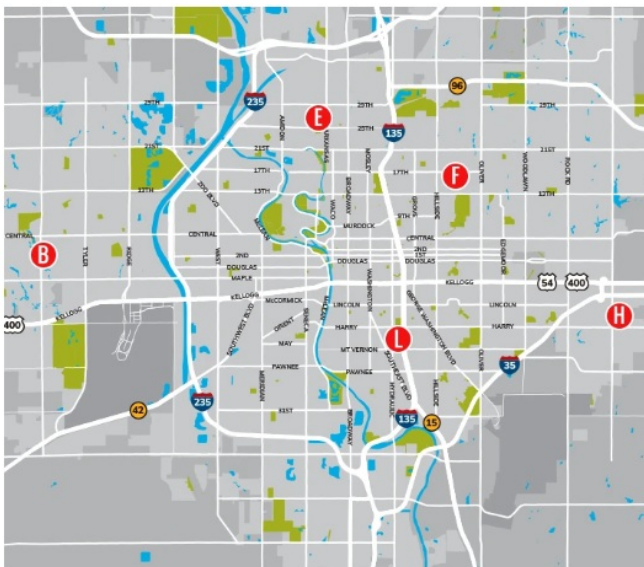
About 57,000 people in Sedgwick County don't have adequate food.



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

The graphic features a dark blue background on the left with the text "SEDGWICK COUNTY HEALTH EVENTS" in large, white, sans-serif font. Below this is the Sedgwick County seal, which depicts a Native American figure holding a bow and arrow, surrounded by the words "SEDGWICK COUNTY" and "KANSAS". To the right of the seal are three blue arrows pointing right. Further right is a QR code. To the right of the QR code is the text "or visit [sccd.online/events](http://sccd.online/events)". The background of the graphic is a light blue grid with some text from a calendar visible, including "18", "25", "Workgroup (CHIP)", "Through Menopaus", "7:30am Commun", 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](mailto: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 6**

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](mailto:Amanda@gpnc.org) | 316.683.5499 | 6232 E 29th St N, Wichita, KS 67220 | [GPNC.org](http://GPNC.org)



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



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

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