

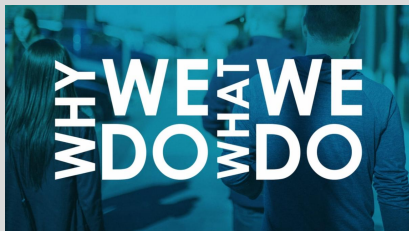
Promoting Physical Activity & Good Nutrition

The Coalition will not meet in July

Enjoy an active and healthy summer break this month and plan to join us on August 22nd at 2pm. The meeting location will be announced in the next newsletter.



To read a summary of June meeting, click [here](#).



Connecting to our Mission

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

In June we shared the Sedgwick County Health Department's [My Sidewalk](#) tool that tells the story of the health data in our community. Use this website if needed and share with others!

Local Food System Updates

Healthy Corner Store Initiative RFP deadline extended to August 4, 2023.

The City encourages respondents to leverage resources by coordinating services with other community-based organizations and speak to how your organization collaborates with other nonprofit and community organizations in the Wichita area and embraces innovation. For more information, click [here](#)



For the last event of the season, Growing Growers ICT is being joined by Tom Buller, Executive Director of the Kansas Rural Center, for a Small Farm Business Workshop. Tom's presentation will provide an overview of the basics of farm business planning and sound farm business management. He will include tools and strategies to optimize management for small farms. This will also be a great opportunity to network with peers and meet industry professionals. This will be the last time Growing Growers ICT gathers in person this season, so we hope you'll join us! Click [here](#) to register or to contact Kinzie with questions.



KANSAS RURAL CENTER

FOR THE HEALTH OF THE LAND AND ITS PEOPLE

The Kansas Rural Center's food hub project is sponsored by a grant received from USDA's Agricultural Marketing Service and is officially called "Building the Central Kansas Food Corridor: Creating a Food Hub and Delivery Network to Serve Communities Along Interstate 135 in Kansas and Increase Food Access". As that's quite a long title for simplicity we have been calling it the "Central Kansas Food Hub". If you haven't been involved so far you can learn about the basics and read our project FAQ [here](#).



Together, WSU Tech and [NICHE](#) created a webisode-style cooking show where culinary and healthcare students collaborate to develop amazing side dish recipes, with a fresh spin. Their culinary creations must include fresh vegetables and promote healthier dietary choices, while still being delicious. This webisode showcases all participating students, with the winning team selected based on specific criteria outlined by the course instructors. Click [here](#) for the recipes.

Check out Boats and Bikes



[Boats and Bikes](#) is an equipment and venue rental company. Their aim is to bring outdoor health and fitness activities to the Downtown River Corridor for locals and visitors to enjoy. They provide hourly rentals, season passes, group discounts, and special events to help make every day an active one.

Thank you to Boats and Bikes for hosting the June HWC meeting!

These three mobiles served 462 households last month, providing food for 1,579 of our neighbors.

PRODUCE Pantry
at New Life Church

When: Friday – July 21, 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



Drive-thru Mobile Pantry

FRIDAY, July 28, 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
What is required: Guests will be asked for total number of people living in their household along with # of seniors and # of kids in the home and zip code

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.



PRODUCE Pantry

DRIVE-THRU

At the Urban League of Kansas

When: Thursday, July 20, 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.



Sponsored by:



On July 21st the New Life Church and the Kansas Food Bank are partnering together to provide a produce pantry at the New Life Church. Anyone in need of food assistance is encouraged to attend. Guests will check in with their zip code and number in the household.

For more information, please contact Ken at the Kansas Food Bank 316-265-3663.

On July 28th the Progressive Missionary Baptist Church and the Kansas Food Bank are partnering together to provide a mobile pantry in Progressive's parking lot. Anyone in need of food assistance is encouraged to attend.

Line up to the south of 25th Street on Estelle Street.

For more information, please contact Craig at the Kansas Food Bank 316-265-3663.

On July 20th the Urban League of Kansas, Bank of America and the Kansas Food Bank are partnering together to provide a fresh produce drive-thru mobile.

Anyone in need of food assistance is encouraged to attend. Guests will check in with their zip code and number in the household.

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.

For more information, please contact Frankie at the Urban League (316) 512-1071 or Ken at the Kansas Food Bank (316)-265-3663.

GOTR → Heart & Sole

SHE BELONGS!

Girls on the Run

heart & sole

The Girls on the Run season starts the week of September 11!

Studies have shown that girls' confidence begins to drop by age 9 and physical activity levels begin declining by age 10. At Girls on the Run, we fuel girls with motivation, movement and mentorship.

Our program ignites a joy in girls that is unlike anything else. Continue to unleash her confidence by joining us at the starting line this fall.

To learn more details about the upcoming season and how to sign your girl up, please click [here!](#)

Registration opens for the Fall 2023 season on July 24 at 8:00am.

If you are interested in coaching, please email [Christy](#) for more info and to be assigned a team!

DIET FREE
Zonya's
Deep Dive
Edition



**Lose weight and improve your health
through sensible nutrition and exercise.**

Don't miss this rare opportunity to join these inspirational online sessions with Celebrity Nutritionist and TV Host Zonya Foco, RDN!

**Weekly Livestreams Thursdays, Aug 10 - Dec 14
7:00 pm ET (6 CT/5 MT/4 PT)**

(Can't make it live? All sessions are recorded for later viewing.)



Rose

One word for this program...
AMAZING. Best of all, my doctor says
I'm kicking pre-diabetes to the curb!



Molly

I ate like I was starving, and nutrient-wise, I was. Now I feel satisfied and I'm down 110 pounds. DIET FREE has literally changed my life!



Ashley

I've lost 60 pounds and I feel FANTASTIC. And the best part is, I know I can eat this way for good!

- Learn more and register now at Zonya.com/product/diet-free-with-zonya/
- Use discount code **DITCHDIETS30** to save 30%

Watch this [2-minute video](#) to learn more. Click [here](#) to register.



HEARTLAND REGION
IS EXCITED TO ANNOUNCE

WALK LIKE MADD 2023

Kansas City
MO/KAN 9.16.2023
English Landing Park
Parkville MO

St. Louis
10.15.2023
Creve Coeur Park
Maryland Heights, MO

Wichita
11.04.2023
Sedgwick County Park
Wichita, KS

Use the Code:
"earlybird"
for \$5 off!

*expires July 14th

Click [here](#) to register.

8AM
EVERY
WEEK

EXPLORATION PLACE PARKRUN

Who

Anyone can participate however they wish: run, walk, volunteer, spectate. Register online if you'd like your name listed in the results.

When and Where

every **Saturday at 8am**
at Exploration Place's Festival Plaza

More Info

parkrun.us/explorationplace
facebook: Exploration Place parkrun

RUN
WALK
JOG

FREE

5K



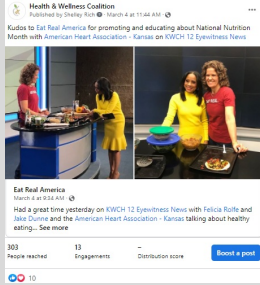
Register

Top five tips for parkrun in the sun

Summer is officially here! With high temperatures ahead of us, here are five tips to help you parkrun in the sun.

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.



What's in Season in Summer?

We are well into an amazing summer this year, and that means summer produce is flourishing and abundant. It's time to pick up these in-season fruits and veggies and make something delicious!

Not only is in-season produce bursting with vibrant flavors and textures, but it tends to be more budget-friendly than out of season produce as well. So – what produce is in season during the summer?

[Here you go!](#)



Click [here](#) for the current edition. Scuba diving lessons, junior football, sunset summerfest and more!



Learn more with [these resources](#) from the National Center on Health, Physical Activity and Disability including: [8-min. inclusive workout video](#)

33rd Anniversary of ADA

July 26 is the 33rd anniversary of the Americans with Disabilities Act of 1990. This law protects people with disabilities from discrimination in several areas including employment, education, health care, recreation, transportation, and housing.

In alignment with the law, people of all ages and abilities must have safe, convenient, and accessible places for physical activity. Equitable health outcomes include a commitment to the needs and wants of people with disabilities. Reducing barriers to physical activity can help create feelings of safety, belonging, and inclusion.



Get to Know the
Move Your Way[®] Campaign





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



NOVEMBER 4TH-SALINA, KS

- 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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