



Meeting Summary
Tuesday, February 24th 2026, 2-3pm
Wichita's Edge Sports Complex Hospitality Suite

Our mission: *Promote physical activity and good nutrition for every generation living in the greater Wichita area through people, programs, and policies.*

1. Welcome & Coalition Updates

- a. Two meeting improvements in 2026
 - i. Meeting norms added - this will not be a FINAL list. Talk to me if you have concerns or suggestions.
 - ii. Meeting coins starting in March - adult stickers because you deserve it!
- b. Grant Updates
 - i. Community Advocate Fellowship - 10 fellows, 3 sessions completed, 1-1 coaching is being completed. First Thrive Lights evaluation completed.
 - ii. Pathways - Healthier Child Care Pledge signed this week! 😊
 - iii. CDRR - pilot projects for healthy eating policies and bicycle commuting to work.
- c. Upcoming Events
 - i. Working Well Conference
 - ii. Bike Month

2. Education: Andy Sykes, Owner Wichita's Edge Sports Complex

- a. Weekdays are quiet in the facility, looking for partners to have events. Noon - 4pm Free court usage for First Responders.
- b. Office space for lease. Current businesses include massage therapists and sports psychologist.
- c. Beyond sports - gun show scheduled for Father's Day
- d. Amplify supplement line, healthier options in concession stand and Clean Eats Microwave meals.
- e. Hiring league coordinators for volleyball, basketball and soccer.

3. Networking/Good News/Upcoming Activities/Events

- a. Walk Kansas Registration begins 3/1
- b. The Phoenix is going different events like knit/crochet and Paint and sip.
- c. Mental Health America is preparing for May 16th - Children's Mental Health Awareness Day
- d. Wichita Riverfest is planning the River Run on 5/30, 20/40 mile gravel grinder, 3v3 basketball tournament, family bike ride
- e. Tara Sharon is asking for requests for schools to provide tobacco/vaping education
- f. The SC Dept. on Aging has a line dancing class in two locations, hiring a diabetes education coordinator
- g. Walk with a Doc is walking inside Towne West during the winter.
- h. Park & Recreation is preparing for Summer of Discovery - 9 weeks licensed childcare and free lunch.
- i. KSRE offers nutrition education for 4th grade and older
- j. Active Age mailer for 55+
- k. AHA Heartcorps Lakia Dupree offers hands only CPR courses
- l. KSRE offers Walk with East and A Matter of Balance

4. Closing

- a. Call to Action - share what you have learned, network!
- b. Completely Random Coalition Facts: There are currently 73 individuals registered for the Working Well Conference representing 40 different organizations. Approximately how many FTE's could benefit from concepts applied from the working well conference?
 - i. A. 2,000-5,000
 - ii. B. 10,000-15,000
 - iii. C. 120,000-130,000: **126,321**
- c. Why We Do What We Do https://www.kac.org/kansas_kids_count

5. Facility Tour

Next meeting: Tuesday, March 24, 2026
Location: Wichita Public Schools Food Production Center



Meeting Norms

Why Norms Matter

The Health & Wellness Coalition brings together diverse leaders, sectors, and lived experiences to improve community health. Clear meeting norms help ensure that every member feels heard, respected, and included. By agreeing to shared expectations, we create a space for thoughtful dialogue, productive collaboration, and meaningful action.

Proposed Meeting Norms

1. Listen to Understand - Practice active listening. Seek first to understand before responding or offering solutions.
2. Assume Positive Intent - Approach differing opinions with curiosity rather than judgment. We are united in advancing community health.
3. Honor All Perspectives - Value lived experience, professional expertise, and community voice equally. Every perspective strengthens our work.
4. One Conversation at a Time - Avoid side conversations (in-person or virtual chat) that exclude others.
5. Step Up, Step Back - If you tend to speak often, practice stepping back. If you tend to listen more, consider stepping up. Make space for others and invite quieter voices into the conversation.
6. Address Ideas, Not Individuals - Challenge concepts respectfully while maintaining professionalism and trust.
7. Commit to Action and Accountability - Be clear about next steps, responsibilities, and follow-through so members see progress.