Health Alliance meeting this Friday - Don't Miss This Meeting!

October 2016

October Health Alliance Meeting

You will not want to miss this month’s Health Alliance meeting:

**Friday, October 7 at 10:30am**

**Wichita Metro Chamber of Commerce, 350 West Douglas Avenue**

Click [here](#) for meeting agenda.

This meeting will provide a unique opportunity to meet two (and potentially three) of the 4th District Congressional candidates. Candidates will be given 10 minutes to provide Health Alliance members with the challenges and opportunities for health and health care in the next two years at the national level and questions from Health Alliance members will be allowed. In addition, Ty Kane with Wichita State University will provide an update on the Community Health Improvement Plan and our next steps towards implementation. Progress!

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Fall Health Exhibits at Exploration Place - Now Open!

**Eat Well, Play Well**

- Move to the music and mimic your favorite animal.
- Visit a mini grocery store and buy ingredients for a balanced meal.
- Pedal a hand cycle and find out how long it takes to burn calories.
- Fuel and "race" a car using a variety of breakfast foods.
Genome: Unlocking Life’s Code

- Encounter 3-D models of a human genome.
- Complete puzzles to test your DNA sequencing skills.
- View real-life stories of patients and clinicians solving medical mysteries.
- Examine the genomes of five different species and identify what they reveal.

Human Plus: Real Lives + Real Engineering

- Ride a mono-ski in a simulated ski race.
- Scratch and fade music like a DJ with the wheels of a wheelchair.
- Design unique solutions to engineering challenges.
- Type messages, edit photos and watch videos using a hands-free Camera Mouse.

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Walktober began Saturday - still time to register!

[Image of Walktober 2016]

Why walk?
- Walking improves your health.
- Walking reduces the risk of stroke and diabetes and the risk of several chronic diseases.
- Walking enhances your mental well-being and improves your mood.

How does Walktober work?
- Register and track the number of minutes you walk each day using the calendar provided & report your minutes at the end of the month.
- Start slow and work your way up to 5 days per week with the goal of 150 minutes per week.

Click here for more information and to register.
You bring some fierce hail to our brainstorm.
Way to make a dent!
Are you Registered to Vote?

The last day to register to vote is October 18th. Click here to create a personal, interactive voting plan.

Like, share, and engage with us on Facebook.
Upcoming Health Alliance Meeting Dates:

November 4, 10:30-noon at the Chamber, 350 West Douglas
December 2, 10:30-noon at the Chamber, 350 West Douglas

The Health Alliance is focused on improving the health and quality of life for all people in the Wichita area. It convenes, catalyzes and collaborates to support programs, strategies and evaluation efforts to influence policy, environment, and systems. This community advancement initiative of the Wichita Metro Chamber seeks to achieve measurable outcomes in five health priorities: mental health, oral health, obesity/diabetes, access and health disparities. For more information, please contact Becky Tuttle, Project Manager, Health ICT.