

## Wichita and Affiliated Tribes

### Upcoming Activities:

#### Diabetes Walking Clinic for Elders

May 10, 2018 @ 10:00AM

Wichita AOA Building

#### Day of Champs Multi- Sport Skills Camp

May 31, 2019--June 1, 2019

9:00 AM to 3:30 PM

Anadarko Football Field

#### Alzheimer's and Dementia Lunch and Learn

June 4, 2019 @ 11:00 AM

Wichita Community Building

#### Men's Health Fair and Walk

June 21, 2019 @ 11:00 AM

Wichita Community Building

#### Injury Prevention Summer Safety Fair

June 9, 2019

#### Fitness Class @ 6:00 PM

Wichita Community Bldg.

#### Zumba

May 13, 2019 and May 20, 2019

#### YOGA

May 9, 2019 and May 23, 2019

#### Fit Camp

May 16, 2019

#### Cardio Kick Boxing

June 4, 11, 18, 25, 2019

# Wichita Health and Fitness Programs

## May 2019

April Activities



*Zumba Class*



*Rabies Clinic (left)*



*Autism Run (Right)*

The Fitness Program is going strong with cardio classes that include Zumba, yoga, fitness camp, and boxing. We have also completed the Step Challenge. Congratulations to the participants for reaching their goal with the maximum steps of 273,000. The Rabies Clinic hosted by the CHR Program and the Ft. Sill Veterinary Services was a success. Thank you for all the participants who attended. In addition, the Running and Walking Program participated in the 5K Run and Walk with 36 participants in the 5K Run. Thank you for coming out to support Autism Awareness and Team Oscar.

## Contact Us

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Wichita and Affiliated Tribes

Health and Fitness Programs

PO Box 729

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[www.wichitatribe.com](http://www.wichitatribe.com)

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### Health and Fitness Programs:

CHR  
Special Diabetes  
Fitness Center  
PHN  
Chemical  
Dependency/Mental  
Health  
Patient Transport

## Mental Health Awareness Month:

May has been recognized as National Mental Health Awareness Month. It is an opportunity to have meaningful conversations regarding mental health; to learn about integrated health, which is how the mind and body interact with each other; to become educated about the positive steps we can take to protect mental health; and to change our own and others' negative attitudes, stigma and discrimination towards individuals with mental illness.

Approximately one in five adults in America experience a mental health condition each year, but only 41 percent receive treatment. In addition, one in 17 Americans lives with a serious mental illness such as schizophrenia or bipolar disorder.

When a person is diagnosed with cancer, they receive sympathy and goodwill. To ensure everyone with a mental illness receives treatment, people must feel that they can talk openly about their mental health in the same way we talk about physical health, without fear of negative consequences.

