

TOPEKA

MARCH 2020

Health & Wellness

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MAGAZINE

VISION SCREENING:

Reaching
out to
communities
to save
sight

Kansas Lions
Sight Foundation
Mobile Screening Unit



BlueCross BlueShield
of Kansas Foundation

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See page 3 for
information about
front page photo

FREE
TAKE ONE!

How to Eat Steak on a Heart-Healthy Diet

Health & Wellness Marketplace - Page 24

Nutrition is key to a Healthy Lifestyle

Healthy Event Calendar - Page 26

NATIONAL NUTRITION MONTH

March is national nutrition month. As Spring approaches, what better time to take an honest look at the state of nutrition here in the United States.

At the Vreeland Clinic we strive to provide the correct information on diet and exercise to all of our patients. The health and nutrition statistics can be staggering and we, as a nation, have our work cut out for us. Check out the numbers below!

TELEVISION



35 HOURS/WEEK

The average adult spends 35 hours per week watching TV.

EXERCISE

2 HOURS

The average American spends just two hours per week exercising. Perhaps we can spare a little TV time???

CHILDREN AND TV



54%

Of children said they would rather watch TV than spend time with a parent.

NUMBERS

40%

Percentage of empty calories in a child's diet on a day-to-day average

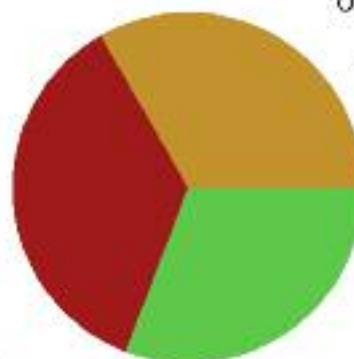
42%

Medical costs are 42% higher for people who are obese than for healthy weight persons

264%

Percent increase in the consumption of high fructose corn syrup since 1980

Obesity in America - 69% are overweight or obese



Overweight (33%)
Obese (36%)
All others (31%)

69%

160,000

FAST FOOD RESTAURANTS IN THE U.S.

\$110 BILLION

ANNUAL FAST FOOD REVENUE

50 MILLION

AMERICANS SERVED DAILY AT FAST FOOD RESTAURANTS

FAST FOOD NATION!



SUGAR CONSUMPTION

21.4 TEASPOONS

The average American consumes 21.4 teaspoons of sugar daily!



SUGAR PER YEAR

100 POUNDS

The average American consumes 100 pounds of sugar per year!



SODA CONSUMPTION

53 GALLONS

The average American drinks 53 gallons of soda per year!



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ON THE COVER:

Our cover this month features Lion's Club members (L-R) Sarah Casby, Jeri Greeve, Marie-Ann Turner, Irene Haws & Spencer Smith. The Topeka Lions Club and Twilight Lions Branch Club will be hosting the Mobile Screening Unit at EasterFest again this year on April 11. Look for the Kansas Lions Mobile Screening Bus.



Eighty percent of all visual impairment can be prevented or cured. The first step to prevention is awareness. The second is early detection through vision screening.

Around the world, Lions partner with medical professionals and community leaders to screen young children, primary school students, and adults to identify those at risk for vision loss. The venue for Lions' vision screenings varies from schools, to workplaces, to community health fairs, and the screening methods depend upon the age group. But the results are always the same. Early identification leads to timely referral, professional treatment, and improved or restored sight.

Thanks to all of our advertisers and contributing experts who helped inform our readers this month! Let us know how you like what we have to offer, and any suggestions you may have for improvements & additions, by emailing info@TopekaHealthandWellness.com.

THE SMART ROUTE



TO BICYCLE SAFETY



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What Can You Do

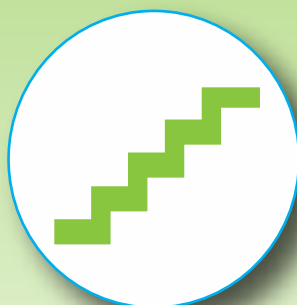
- Tell children to wear helmets. Studies have shown that using a bicycle helmet can reduce head injuries by up to 85 percent. Select a helmet that has a snug, but comfortable fit. Look for the helmet labels that show they are recommended by either the American National Standards Institute, www.ansi.org, or the Snell Memorial Foundation, www.smf.org.
- Make sure children wear proper clothing. Clothing should be light in color and close fitting to avoid being caught in the bicycle's moving parts. Also, be sure books and other loose items are carried in a backpack.
- Teach children to obey the rules of the road. These include all traffic signs, signals, and road markings. Teach children to ride on the right side of the street in single file and to use proper hand signals. Tell children never to hitch rides by grabbing onto moving cars or trucks.
- Teach children that before entering a street or intersection to check for traffic and always look left-right-left. Walk the bike across busy streets at corners or crosswalks.
- Children's bikes should display both front and rear reflectors. They should ride only in familiar areas and only during the day-light hours.
- Make sure children's bikes are adjusted properly. Check to make sure that all parts are secure and working. The handlebars should be firmly in place and turn easily. The wheels should be straight and secure. Check tires for pressure, bulges, and cracks.
- Teach children to always lock up their bike. A U-lock should be used, securing both the front wheel and the frame to a stationary object such as bike rack. Help children practice locking up their bike.
- Be sure children do not show off on their bikes. Hands should be kept on the handlebars, only one person should be on the bike at a time, and jumping curbs should not be allowed.
- Record the serial numbers of your children's bikes and keep them with the sales receipt and a photograph of the bike. Check with local police or the National Bike Registry (NBR) at 800-848BIKE about bike registration programs. NBR recently partnered with NCPC to help return stolen bikes to their rightful owners.
- Mark children's bikes with an engraver to deter thieves and to help in identifying and returning a stolen bike. Use a unique number, such as your driver's license number.

Get Active • Live Healthy Prevent Type 2 Diabetes

Finding ways to be physically active can be hard with a busy lifestyle. Use these tips to help you get moving.



Choose a parking spot further away from the entrance.



Skip the elevator. Take the stairs when they are an option.



Take a walk while meeting. Help blood & ideas flow.



Get active with your friends instead of eating out.



Move while you scroll social media. Try lunges, squats or crunches.



Set an alarm every few hours that reminds you to get up and move.



Make family time active. Play tag, walk your pets or have a dance party.



Stretch while watching TV or as part of your nightly bedtime routine.

Take the prediabetes risk test at www.midlandcare.org/24forlife



24 for Life Positively Impacts Participants

24 for Life is a Diabetes Prevention Program currently being offered in Shawnee and Lyon counties. This program focuses on finding candidates that are at risk for Type 2 Diabetes through a short quiz and connecting them with educational tools to reduce their risk of Type 2 Diabetes.

Deron, a 24 for Life participant has seen positive impacts on his health and lifestyle since participating in the program.

"I took the pre-diabetes test and realized that I was a prime candidate for developing Diabetes. I decided to sign up for the 24 for Life course," said Deron

Deron started the 24 for Life program at 251 pounds. After participation of the program he has lost 26 pounds through the skills he developed from participating in 24 for Life. Some of the skills participants can learn are accountability, healthy eating, physical activity and nutritional tracking.

"24 for Life has made me aware of my unhealthy lifestyle and what the possible consequences could be if I don't make changes. Now, I am getting in at least

150 minutes a week of physical activity and I am tracking my food intake each day to keep track of calories and fat intake," said Deron.

Groups meet for a year — First weekly for the first 3 months, biweekly in next 3 months, then once or twice a month for the second 6 months to maintain healthy lifestyle changes. During each session, your lifestyle coach will teach a lesson and lead a group discussion. For example, you will learn how to:

- Eat healthier
- Add physical activity to your life
- Manage stress
- Stay on track when eating out
- Understand your responses to food
- Stay motivated
- Solve problems that can get in the way of healthy changes

"The accountability for one year has been great for me. It has kept me on track and will get me into the healthy habit of eating right and getting in my physical activity each week," said Deron.

If you're interested in learning more about 24 for Life,

you can take the risk test online at www.midland-care.org/24forlife or call 785-232-2044 and ask to speak with Donna Doel.

You May Have Prediabetes and Be at Risk for Type 2 Diabetes if You:

- Are 45 years of age or older
- Are overweight
- Have a family history of Type 2 diabetes
- Are physically active less than 3 times a week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds



Donna Doel

785-250-5210

ddoel@midlandcc.org

24forlife@midlandcc.org

www.MidlandCare.org/24forLife



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Skilled Home Service Available in Topeka

At Phoenix Home Care & Hospice, they pride themselves on their ability to match your unique needs with a medical specialist who is a perfect fit for your situation. The regional office in Topeka, KS, offers a wide variety of skilled home services for the people of the community who meet the criteria for Medicare home health coverage. Learn about Medicare home health care and how you can get the care you need with Phoenix Home Care.

How to Know If You Meet the Coverage Criteria

According to the medicare.gov home health page, the eligibility restrictions are as follows.

All people with Medicare Part A and/or Medicare Part B who meet all of these conditions are covered:

- You must be under the care of a doctor, and you must be getting services under a plan of care created and reviewed regularly by a doctor.
- You must need, and a doctor must certify that you need, one or more of the following:
 - Intermittent skilled nursing care (other than drawing blood)
 - Physical therapy, speech-language pathology, or continued occupational therapy services. These services are covered only when the services are specific, safe, and effective for your condition. The amount, frequency and time period of the services needs to be reasonable, and only qualified therapists can do them safely and effectively. To be eligible, either: 1) your condition must be expected to improve in a reasonable and generally predictable period of time, or 2) you need a skilled therapist to safely and effectively make a maintenance program for your condition, or 3) you need a skilled therapist to safely and effectively do maintenance therapy for your condition. The home health agency caring for you is approved by Medicare (Medicare-certified).
- You must be homebound, and a doctor must certify that you're homebound.
- You're not eligible for the home health benefit if you need more than part-time or "intermittent" skilled nursing care.



- You may leave home for medical treatment or short, infrequent absences for non-medical reasons, like attending religious services. You can still get home health care if you attend adult daycare.

Why Choose Phoenix Home Care?

If you qualify for Medicare-covered skilled home service, Phoenix Home Care is a natural choice as a health-care provider. They work hard to recruit the most talented home care specialists in the area, and can match you or your loved one with a specialist who will best serve your unique needs. Their entire infrastructure is designed to help their patients achieve the freedom to live comfortably from home. You can be sure that you will receive excellent care, no matter what your reasons for skilled home service may be.

Contact Phoenix Today

If you are ready to make strides towards a happier, healthier life — contact the Topeka Phoenix Home Care & Hospice office today. The team will gladly discuss your situation to better understand exactly what your specific needs are, so they can be sure to meet them as best as possible. Contact the office at 785-260-6444 to learn more!



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Phoenix Home Care & Hospice was founded in 2011 and has 3500 employees.

Phil Melugin, President/CEO
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The Therapeutic Power of Music in Self-Care

By Amanda Griffin, MT-BC
Music Therapist, Valeo Behavioral Health Care

As we're headed into holiday season, setting time aside for our own self-care can often slip our minds. Self-care activities look different for each individual person; however, every self-care activity involves taking care of one's mental and physical health through a variety of enjoyable ways, including but not limited to reading, exercising, painting, singing, volunteering, and playing with pets. Media reporting on self-care and self-care activities has become more popular recently, which is inspiring as self-care is important to prevent burn-out in high stress jobs and decrease both mental and physical symptoms of stress. When planning self-care routines and activities, music listening can be a powerful tool to use in promoting self-regulation, relaxation, or concentration, and instrument



Amanda Griffin

playing or singing can aid in decreasing tension while promoting healthy self-expression.

There are a variety of music stores in town (e.g., Manning Music, Hayes House of Music, and Supersonic Music) where you can enjoy browsing different types of instruments, trying them out, and buying or renting them. Additionally, there are several places in Topeka that offer music lessons (e.g., Live Music Institute, Manning Music) for a variety of instruments, including guitar, piano, voice, and band instruments. Barnes and Noble also offers a



music section where you can find music recordings to purchase as well as books about different genres of music and musicians and sheet music for instrument playing or singing. There are many free opportunities to observe live music events through checking websites like Facebook, the newspaper, and the library, as many restaurants employ local musicians to play in the evenings or weekends and Washburn, KU, and the library host many free or low price performances throughout the year. Research related to music and mental and physical



health continues to show that music can decrease symptoms of pain, anxiety, depression, and so much more. Research also continues to show that your favorite music is often the most powerful music for you to use to affect change in your mood. So while you are gearing up for the coming holiday season, take a deep breath and schedule in some you time. Maybe you'll pick up learning an instrument, join a choir, or schedule a weekly meeting with friends over coffee enjoying live music—whatever you choose, I hope it brightens your life in these fall and winter months.



Valeo Behavioral Health Care (Adults)

Crisis Services
400 SW Oakley
Topeka, KS 66606
24 Hour Crisis Line
785-234-3300

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition
SCSPC.org

Family Service & Guidance Center (18 and under)

325 SW Frazier
Topeka, KS 66606
24 Hour Crisis Number
785-232-5005

Healing after Loss to Suicide Group (HeALS)

Sandy Reams – Group Facilitator
Topeka.Heals@gmail.com
785-249-3792

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Total Body Balancing: Treat the Whole You

We all experience pain and tension in different ways. Our lives and the stresses we encounter are unique to each of us. And while those statements are completely true, our bodies respond to relief techniques in similar ways. At Serenity Thyme Massage the staff has been trained to evaluate your particular condition and recommend the techniques that will benefit your distinct situation.

In past articles we have examined the benefits of Swedish Massage, Raindrop Technique and Lymphatic Drainage. This month we are going to talk about Total Body Balancing.

Total Body Balancing (TBB) is a full body evaluation and treatment approach focusing on reducing pain and body tension. TBB uses a gentle rhythmic mobilization to release tension in the muscles, fascia, joint capsules and ligaments to improve circulation, nerve, and energy flow. TBB helps to calm down an overly stressed nervous system.

There is a tendency to treat a patient's symptoms at the site of pain instead of searching for the root cause of your complaint. TBB incorporates both evaluation and treatment based on the philosophy of classical osteopathy, which looks at the body as a vital mechanism in which every part is interconnected and interrelated. Tammi Zimmerman, owner of Serenity Thyme Massage, has been trained to understand how to evaluate your specific needs in order to perform the individual TBB techniques, and how to integrate them, during your treatment session.

Benefits of Total Body Balancing include:

- Decreased pain
- Increased mobility
- Improved circulation
- Decreased swelling
- Increase of energy
- Improved posture and balance
- Speed up recovery of injury
- Decreased mental stress

TBB treats the body as a whole, taking into consideration that you are the sum of multiple interconnections and interrelationships of the body, mind and spirit. There are many lines of force acting on the body at any given time. As a result, TBB treats the whole body in multiple positions while focusing on integration, resulting in long



lasting improvements in health.

The gentle but highly effective nature of TBB makes it ideal for:

- All ages; infants, children, adolescents, adults and the elderly.
- Athletes, dancers, performers
- Amputees
- Pre- and post-surgery
- Rehabilitation and sports injury
- Prevention and maintenance
- General wellness

You will receive treatment while fully clothed so dress comfortably. TBB begins with evaluation which will guide the treatment and will help to measure change and progress. Serenity Thyme Massage will use gentle rhythmic mobilizations of the arms, legs, head, neck and torso. Your session can vary from 30-90 minutes in length and frequency of treatment will be based on recommendations made by Tammi.

You can expect to feel decreased pain and body tension and an increase in relaxation, energy, mobility and balance following a TBB treatment. TBB can be integrated with other manual and exercise therapies including those discussed in previous articles of Topeka Health and Wellness.

New Year Special

(New Clients Only)

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March is a time of madness in the world in which we live (NCAA March Madness, the Ides of March, etc.). But, at Serenity Thyme Massage it's time to March into Massage. Tammi is offering all new clients \$10.00 off any 60-90 minute session all month long.

Serenity Thyme Massage is located at 5709 SW 21st Street in Topeka, Kansas. Give Tammi a call at (785) 231-7715 to schedule your evaluation and session today.



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FINANCIAL HEALTH & WELLNESS

Do you need help with your IRS problem?

The first problem would be if you have not filed tax returns for several years. After 3 years, the taxpayer will not get his refund if one is due him. The IRS does have penalties for late filing of returns when there are taxes due. To solve this problem, you can try to do the returns yourself if you can find the blank forms. You can also call a tax expert who deals with this kind of problem all the time. The Enrolled Agent (the tax expert) can get the income information that may have been misplaced. They can talk with the IRS and get you current with filing. The Enrolled Agent can also negotiate a payment agreement.

Another problem some taxpayers have is the dreaded letter with an Internal Revenue Service return address. The Enrolled Agent can help reply to these letters. Some may be a simple answer and can be handled by a phone call or letter. Others may be more complicated. Don't wait until the day the letter has to be answered. It is easier if the EA has time to re-

search the problem.

There are several letters the IRS sends out, from "you missed reporting some income that was reported to the service," to "we are auditing your tax return," to an "intent to Levy" the taxpayer's assets.

The "We are going to audit your 20XX tax return" letter should be answered by an Enrolled Agent. They are trained to respond to all sorts

of situations regarding audits. They will know exactly what the IRS wants.

The only letter worse than the audit letter is the Intent to Levy Assets letter. This letter is a collection letter for past due taxes, and is nothing to take lightly. You could find all the money gone from your bank account one day. You will probably need professional help with this, and an EA knows what to do.

As a reminder, if you filed an extension to file your 2018 tax return, the due date for the return is October 15, 2019.

—Peggy Beasterfeld, EA



Peggy's Tax & Accounting Svc LLC

300 SE 29th, Suite C

Topeka, Kansas 66605

Tel: 785-286-7899

Frontdesk@peggystaxks.com

A4 Study: Double Down on Alzheimer's Disease



(Ivanhoe Newswire) —

Five and a half million Americans have Alzheimer's disease. It's a condition that has no cure right now, and very few treatments. Now, in a first-of-its kind trial, researchers are testing a drug they hope will stop the disease in its tracks before damage begins.

Alzheimer's has been studied since 1906. 25 years later, Max Knoll and Ernst Ruska began to study brain cells by creating an electron microscope that magnifies up to one million times. Later, Edgar Miller showed through multiple studies that the main feature of Alzheimer's is memory disorder. In the 1980s, researchers began to see that amnesia was the earliest and most salient aspect of the disease.

Researchers have tried semantic encoding, but this proved to be less effective in improving memory. In 1993, the first drug is approved by the FDA called Cognex to target thinking and memory. In the early 2000s, researchers were able to identify genetic risks, and in the past decade researchers have focused on prevention.

Neurologist Reisa Sperling, Brigham and Women's Hospital is one of the country's top medical minds. For her, Alzheimer's is very personal.

Dr. Sperling told Ivanhoe, "So, my grandfather



developed symptoms when I was applying to medical school, and it definitely influenced my decision. And then, my dad unfortunately, died almost three years ago now, also of Alzheimer's disease."

Dr. Sperling is the lead researcher in the A4 trial.

"So, the A4 study aims to use an antibody that helps to clear the amyloid out of the brain, and hopefully will prevent the memory loss altogether one day in Alzheimer's disease," she said.

The researchers screened 15,000 people online and brought 4,000 people in for PET scans—looking for a buildup of the amyloid protein in the brain—before people had symptoms. Participants come into the lab every month for an infusion. Half receive the antibody solanezumab, and the other half get a placebo. Sixty-seven-year old Dennis Chan is a Boston computer scientist with a family history of dementia.

"Losing what has been kind of yourself is a

pretty scary thing," A4 trial participant, Dennis Chan, said.

Dr. Sperling says the last two years have brought disappointing results for clinical trials targeting later stages of Alzheimer's. Outcomes that have fueled her fire.

"I think the research suggests that we need to go earlier and we need to not give up hope, not back down, but in fact to double down and to work harder on this disease so that it doesn't defeat us," Dr. Sperling said.

Fighting words from a clinician and scientist on Alzheimer's front lines.

Researchers are now enrolling participants in AHEAD 3-45 trials. They are looking to test antibodies in even younger participants starting at age 50. Researchers are also hoping to enroll people interested in Alzheimer's prevention in the APT Web study, which will help screen for future participants.

For more information, visit www.aptwebstudy.org.

How to Eat Steak on a Heart-Healthy Diet

By your Hy-Vee registered dietitian:
Kristi Sanders, RD, LD

It's National Nutrition Month. And yes, we're talking about steak. Why? Because learning about beef can help you make smarter choices in the grocery store and in the kitchen.

What Does It Mean to Be Lean?

Lean beef is actually a government regulated term. It means that a 3-ounce serving of cooked beef must have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol.

Knowing which cuts of steak are lean can help you reduce the amount of saturated fat in your diet. Eating too much saturated fat can increase your blood cholesterol as well as your risk for heart disease and stroke.

Lean choices include sirloin, strip steak, flank steak, skirt steak and tenderloin (filet mignon). For reference, a 4-ounce serving of strip steak contains about 150 calories and just 2 grams of saturated fat. If you forget which cuts are lean, just ask your butcher. They will be more than happy to recommend a smart choice.

Smart Portions

If it's protein you're after, keep in mind that a 3-ounce serving of beef (roughly the size of a deck of cards) provides a generous 25 grams of protein, along with a dose of zinc, iron and B vitamins.

Healthy Cooking Tips

Marinating lean steak can help tenderize the beef. Try making your own marinades using olive oil, vinegar, reduced-sodium soy sauce, salt-free seasoning blends, citrus, citrus zest and fresh herbs.

Try to make your meal as heart-healthy as possible by including a variety of vegetables and whole grains. Thinly cut strips of steak can be used for quick veggie stir-fries, fajitas, salads or whole-grain steak sandwiches.

Bottom line: Steak can be part of a balanced diet by choosing lean cuts and keeping portions in check.

To learn more, contact your Hy-Vee dietitian, and be sure to ask about a free store tour.



Bruschetta Steak

Turn a favorite appetizer into dinner by adding thin strips of New York strip steak.

Serves 4
30 minutes

All you need:

2 Roma tomatoes, seeded and chopped
2 tbsp Hy-Vee Short Cuts chopped white onions
1 clove garlic, minced
10 fresh mozzarella pearls, coarsely chopped

1 tbsp Gustare Vita olive oil
2 (8-oz each) New York strip steaks
¼ tsp Hy-Vee salt
⅛ tsp Hy-Vee ground black pepper
2 tbsp thinly slice fresh basil
Gustare Vita balsamic glaze, for serving

All you do:

1. Preheat broiler to HIGH.
2. In a small bowl, mix together tomatoes, onions, garlic and fresh mozzarella; set aside.
3. Heat olive oil in a 10-inch cast iron skillet over medium-high heat. Sear steak 2 to 3 minutes on each side or until deep golden brown. Remove from heat and top steaks with tomato mixture.
4. Broil steak 3 to 4 minutes until cheese is slightly melted and internal temperature of steak reaches 130 degrees for medium-rare or 145 degrees for medium. Remove from oven and allow to rest at room temperature for at least 5 minutes before serving. Top each steak with 1 tablespoon basil and drizzle with balsamic glaze, if desired.

Nutrition facts per serving: 250 calories, 17g fat,
6g saturated fat, 65mg cholesterol, 480mg sodium, 2g carbohydrate, 1g fiber, 1g sugar, 23g protein.

Sources:

<http://www.thelancet-press.com/embargo/EATComm.pdf>
www.heart.org

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SUMMARY OF KANSAS BICYCLE LAWS

[References are to the Kansas State Statutes]

Bicycles are VEHICLES under Kansas Law 8-1485

Bicycle operators using roadway must follow Kansas traffic laws 8-1587

Bicycle operators should ride "as near to the right side of the roadway as practicable" 8-1590(a)

Bicycle operators may ride TWO ABREAST on any road at any time 8-15909(c)

Bicycle operators may use the FULL LANE on "narrow width lanes" 8-1590(e)

Bicycle operators must signal turns, stop and stop signs and obey traffic laws 8-1550

Bicycles operators must use white front lights and red rear reflector lights at night 8-1592(a)

Bicycle operators may legally proceed through inoperative ride lights when it's safe to do so 8-1508(4)

Motor Vehicles must pass at least 3-feet to the left of a bicyclist 8-15169(c)(1)

Staycation
90-120 minutes in the Infrared Sauna followed by a 60 minute Float in either tank.

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Spring Break 2020: Float Your Cares Away

Arianne (Ari) Gross is a working mom in Topeka, KS. She has an eight-year-old daughter, Lily, two adult step-daughters, Alexis and Brianna, and has been happily married to her husband Bill for 6 years. She works a typical nine-to-five desk job, and moonlights as a freelance copy writer and blogger. Ari has been floating since April of 2019. She first learned about Midwest Float through a friend who was looking to have some copy work done for the shop. Ari had heard of sensory deprivation tanks before, but that was the beginning and end of her knowledge of float therapy. As she researched to develop an updated brochure for Midwest Float she was instantly intrigued.

"After reading a few articles, I couldn't wait to schedule my first float," Ari said.

Ari says the timing of it all couldn't have been more perfect. In fact, she's positive it was divinely planned. She found herself restless and irritable at work, and having a painfully short fuse at home. Ari desperately wanted peace and tranquility in her life, and had already sought it through a series of activities including hot yoga, professional counseling, and guided meditation. None of them seemed to have a lasting effect on her ability to remain calm and kind in difficult situations.

Her first float in the pod was a little challenging because Ari had a difficult time shutting off her mind.

"Like any busy mom, I just kept lying there thinking about all of the other things I could have been doing," she said.

If it weren't for the research she had done previously, there's a good chance Ari would have thrown in the towel that day. Something kept bringing her back to all of the studies and testimonials she had read, so she decided to give it another go. The second time around she tried the cabin and was sold: "It was a completely different experience for me in the cabin. I was able to really relax and let go."



After she felt she had mastered the float, Ari moved on to the Infrared Sauna. Again, the science pulled her in. "Detox, pain relief, weight loss, and skin purification; what's not to like?!" she exclaimed.

The most intriguing part is that the heat is produced from infrared lights. Although she still gets fairly warm, Ari says she feels rejuvenated after an infrared sauna session, unlike traditional steam saunas (and hot yoga), which tend to leave her soaking wet and exhausted from the heat. There are tons of options for entertainment in the sauna, too. Sometimes Ari will kick back with a good book and tranquil music streaming on the Spotify. On other days she passes the time by catching up on her Netflix, also available through the streaming service inside the sauna. "It's my own private oasis," she said. "No kids. No husband. No guilt."

Ari's final stop on her Midwest Float tour was the Staycation – a 30-minute session in the sauna immediately followed by a float. "Talk

about floating my cares away!" The combination of the heat therapy and sensory deprivation finally brought the peace she had been seeking for so long. Not only has Ari found her own little oasis in Topeka, KS, she also doesn't experience any guilt over the cost. By utilizing the unlimited float and sauna package, it winds up costing significantly less than the hot yoga or professional counseling she had been trying previously. If you're looking for a cost-effective way to get some "me time" this Spring Break, then mommas (and dads) should give the Staycation a try!

Midwest Float offers a number of pricing options including packages like the Mind Eraser – Infrared Sauna + Massage + Float Therapy for \$129, and the Staycation – Infrared Sauna + Float Therapy for only \$67. For those who are looking to float more frequently, they also offer discounted prices for Float Club members (not to be combined with other offers). They currently have two float options, the pod and the cabin, but have recently moved forward in their expansion plans that will include two additional float rooms.

To learn more about float therapy, or book a service, check out their website at www.midwestfloat.com.



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(21st & Wanamaker, 1 blk west)

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desk@midwestfloat.com

www.midwestfloat.com



The Cabin

Topeka Lions Annual

Frank E. Godding, Jr. Memorial

**Journey
for Sight**
36th Annual 5K/10K Run and 5K Walk
Sat. April 4, 2020 - 8 am start

Combat Air Museum, 7016 SE Forbes Ave., Topeka Regional Airport
 U.S. Track & Field Certified Course

Funds raised support the Topeka Lions Foundation's Eyeglass Procurement Program.

Topeka Lions Foundation is a registered 501 (c) (3) not for profit

Your run/walk bib is good for \$1.00 off entrance to the Combat Air Museum following the race.

Topeka Lions Club and Twilight Lions Branch Club Members

registration available at:
topekalions.org

Hard copy forms available at :

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Garry Gribbles Running Sports
 21st & Wanamaker (Next to Target)
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Awards for Top Male and Female
 and age divisions

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Race day registration

7 am at the Combat Air Museum,
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Spot™ Vision Screener: Transforming a Child's Life in Seconds

Five seconds is all it took for Ryder Moore's life to change for the better.

In 2015, Ryder, then four years old, had his vision tested by the Oklahoma Lions Club at his Cushing, Oklahoma, pre-school. The Lions Club performed this test using the Spot Vision Screener, a fast and objective way to detect up to six amblyopic risk factors that may lead to blindness in children or impaired vision development. In a non-intrusive span of five to eight seconds, the Spot Vision Screener indicated Ryder had extreme farsightedness in his left eye.

"I remember thinking it was bogus," says Emily Moore, Ryder's mother. "But my mom radar was on and it was a few weeks later that my husband and I noticed Ryder was turning his head slightly to watch television." Emily asked Ryder why he was turning his head. "It's because I can see better!" Ryder exclaimed. At that moment, Emily decided to follow-up on Ryder's vision screening results and make an appointment with their local optometrist.

The Value of a Second Opinion

Emily remembers the trip to the optometrist as being traumatic. The optometrist confirmed the test results from Ryder's vision screening with the Spot Vision Screener and sure enough, he was severely deficient in his left eye and would need glasses. Although Emily trusted her optometrist, she wanted another opinion.

Emily and her husband drove an hour to Tulsa, Oklahoma to meet with a pediatric ophthalmologist and discuss Ryder's potential vision disorder. After two hours of testing, the pediatric ophthalmologist confirmed the diagnosis. Since Ryder's vision disorder was caught at a young age, the ophthalmologist decided to patch Ryder's right eye to correct his left eye.



Desperate for a sign of hope, Emily felt this was the best course of action to fix Ryder's vision disorder.

The Perfect Time for New Glasses

The day Ryder's glasses arrived, the Moore family was scheduled to have family photographs taken. Before the photo shoot, Ryder tried on his new glasses and the first thing he said was, "Oh my gosh, you guys are so big!" Emily was in tears and couldn't believe how much clearer everything was for him.

Since that day, Ryder has been happy to wear his glasses. In school, he had been an above-average student, but now he excels at everything he does. Ryder is currently in first grade, loves math, and has exceptional reading skills. He is often chosen for speaking parts in school programs and assemblies because of his academic excellence and tremendous personality.



Forever Grateful to the Oklahoma Lions Club and Spot Vision Screener

For nearly a century, Lions Club International has championed the eyesight cause by recycling glasses, launching Lions Eye Banks to support eye-saving surgeries, operating guide dog programs, and establishing the SightFirst disease eradication initiative. Since launching KidSight USA in 2014, the Oklahoma Lions have screened about 25,000 children in the Sooner State. "Significantly, these eye screenings have an average referral rate of 5 to 12 percent," says Oklahoma Lions KidSight USA director, Tom Cummings. While the Lions screen children up to 18 years old, they are most concerned with children age six months to six years at day-care centers, kindergartens and schools. In Oklahoma, the Lions Club have nine Spot Vision Screeners, shared by clubs across the state. In 2017, those cameras were used by 220 volunteers at 53 screening sessions. "I am so thankful the Lions Club used the Spot Vision Screener at Ryder's school," says Emily. "I know we would have eventually discovered Ryder's problem, but it could have been too late."

Five seconds is all it took for the Spot Vision Screener to change Ryder's life and, despite wanting a second opinion, Emily hopes other parents will trust the results and act immediately.

Emily adds, "It changed our lives, and I know it can do the same for others."

Note: The Topeka Lions Club, Sunflower Lions Club and Twilight Lions Branch Clubs in Topeka offer this Spot Screening free of charge to day care centers and elementary schools.

They will also be hosting the Mobile Screening Unit at EasterFest again this year on April 11 in Garfield Park.

Nutrition is key to a Healthy Lifestyle



National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

National Nutrition Month® serves as a reminder that each one of us holds the tools to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future.

As nutrition experts, Academy members can help guide the public on gradually shifting toward healthier

eating styles by promoting NNM activities and messages during March.

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

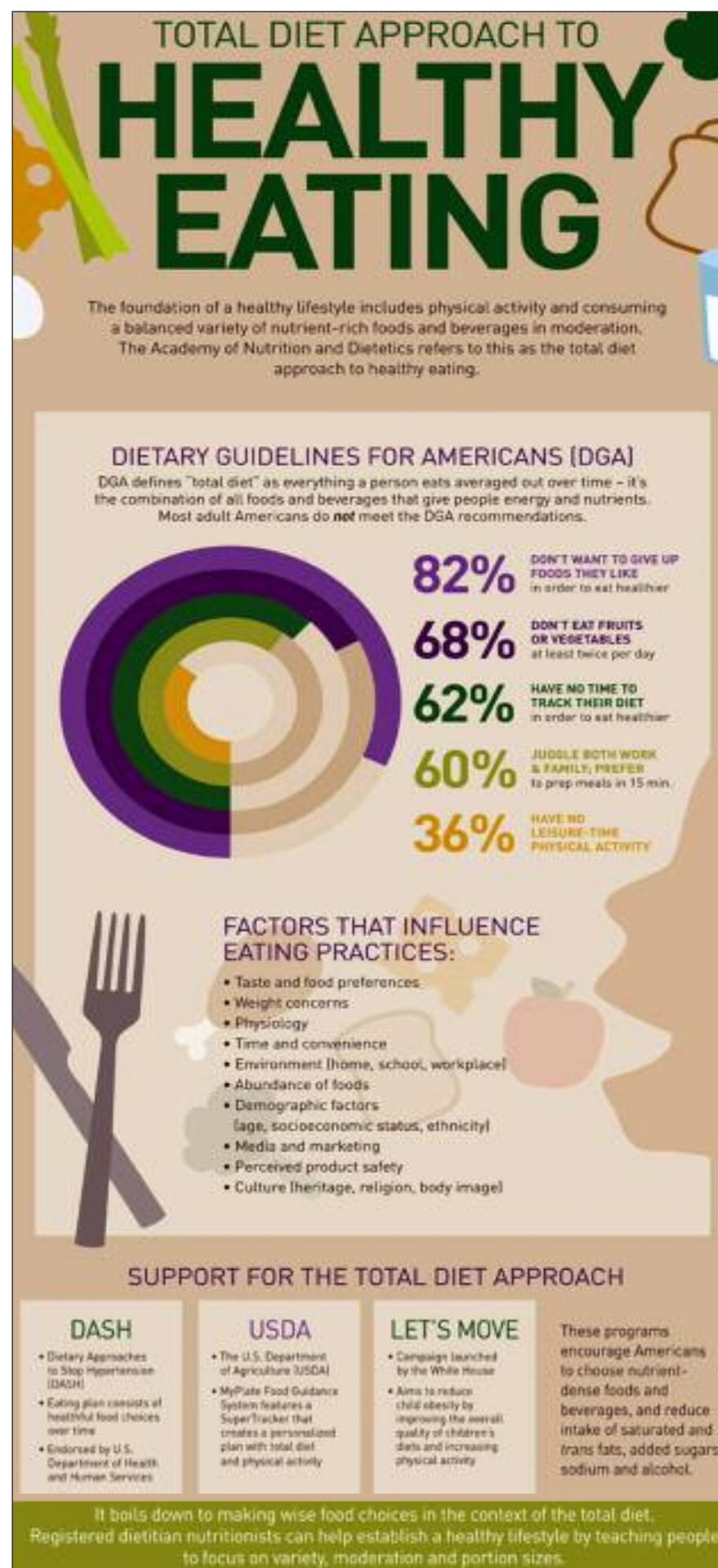
Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils.



7 Tips to Start Running After a Long Break

By Christine Luff (VeryWellFit.com)

Are you ready to start running again? Maybe you took a break because of an injury, a lack of motivation, or work responsibilities that demanded your time. It can be daunting to get back into running after taking time off. If you've taken several weeks or months off of running, there are smart guidelines you can follow to ease back into your routine without injury or frustration.

1. Build a Habit

After a long break, it can be tough to get back into the groove of running on a regular basis. And if you are a typical runner, you set high standards for yourself for both pace and distance. As you get back into running, it's important to focus on consistency first. Don't worry about how fast or how far you run, simply set small goals to run on a regular basis.

For example, on your first week or two back you might set a goal to complete two three-mile runs at an easy pace. These workouts will give you a sense of how your body feels as you return to your sport. Plus, you'll gain a sense of pride and accomplishment by setting and reaching your goal. As you set and conquer small goals you'll reconnect with your love of running without putting your body at risk for injury or your brain at risk for burnout.

2. Follow a Training Schedule

When you first started running, you may have followed a beginner training schedule to learn how to run and to keep yourself motivated. Many runners who've taken a long break from running also find it helpful to follow a beginner schedule so they can re-establish a regular running habit and avoid getting injured.

3. Cross Train

If you cross train on the days when you are not running, you can increase endurance and build strength without overstressing your joints and increasing your risk of injury. Examples of good cross-training activities for runners include swimming, aqua jogging, cycling, walking, strength training, yoga, and Pilates. Choose activities that you enjoy so that your program stays consistent.

4. Limit Mileage

Many runners who return to the sport after an injury find themselves re-injured because they increase mileage too quickly.¹ Even if you weren't injured, returning to your old mileage patterns can be detrimental after taking a break.

For example, if you were running seven miles a day before your break it's not a good idea to try to run seven miles again immediately after returning from your break. Not only are your muscles not ready, but your joints may not be prepared and you may not have the mental endurance to withstand



the effort. The result is that you may end up feeling frustrated, defeated, and possibly even injured.

Instead, start slowly. Begin with a short easy route that you know you can run with ease. You'll build confidence, endurance, and strength while keeping your muscles and joints healthy. During your initial runs, keep the run at an easy, conversational pace for six to eight weeks until you have a good running base established. Then increase pace cautiously and increase your overall mileage by no more than 10 percent per week.

Also, be conservative with your running schedule. Don't run two days in a row when you're first starting out. Take an active rest day or cross-train between runs. If you've taken a break because of an injury, get clearance from your healthcare provider or physical therapist before you get back to running. They should be able to provide personalized advice on how much and how often to run.

5. Join a Running Group

As you get back into running, you may be able to boost your motivation and gain other great benefits by running with others. You'll meet friends who can help to hold you accountable as you rebuild your program and your runs may be more enjoyable with friendly conversations. Check with local running clubs or running shops to see when they offer group runs. Some local races also offer some group runs leading up to the race. You can also find a charity training group—you'll find lots of people to run with and help a worthy cause at the same time.

6. Consider a Race

Once you've got a few weeks of running under your belt, you may want to pick a race to train for. Start with a shorter event, such as a 5K, before you register for a longer distance race. Having a race on the calendar may help you to stay motivated while you train. You may even want to recruit a friend or family member to run it with you for increased motivation or fun.

If you are a runner who participates in the sport simply for the joy of running (rather than racing) consider setting a different goal. Perhaps there is an off-road trail that you'd like to conquer. Or maybe you'd like to take a day-trip to explore a running route in a nearby town. Setting any inspiring goal can help to you motivated and keep your program on track.

7. Stay Positive

It can be frustrating to think about your past running accomplishments and it may even feel like they're out of reach at this point. But don't beat yourself up. Simply focus on the positive steps that you are taking and build momentum from there. As you set and reach milestones you'll feel good about your progress and your confidence will increase. Patience is key during this building stage.


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New Health & Wellness Info at the Library

By Kelly Barker

Fulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

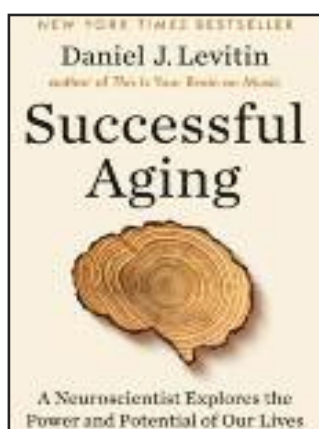
Dr. Kellyann's Cleanse and Reset: Detoxify, Nourish, and Restore Your Body for Sustained Weight Loss ... in just 5 Days by Kellyann Petrucci, New Health Books Media Center 613.22 PET

Even when you think you are eating and living healthfully, your body naturally becomes depleted. Dr. Kellyann's Cleanse & Reset will help you slim your body, deep cleanse your cells, and reclaim your energy and focus so you can start feeling truly good again.



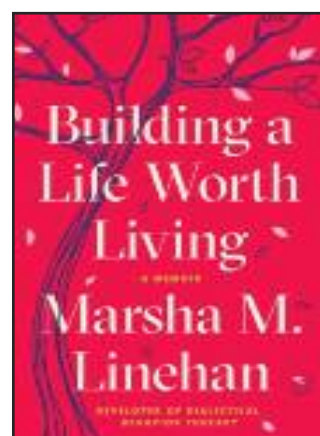
Successful Aging: A Neuroscientist Explores the Power and Potential of our Lives by Daniel J. Levitin, New Health Books Media Center 612.82 LEV

Successful Aging inspires a powerful new approach to how readers think about their final decades, and it will revolutionize the way we plan for old age as individuals, family members, and citizens within a society where the average life expectancy continues to rise.



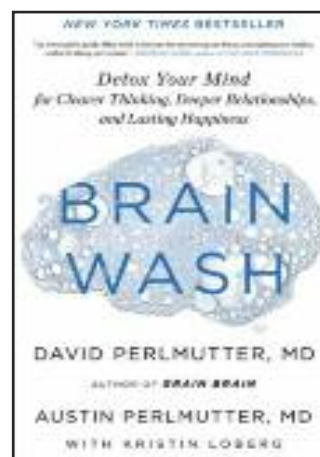
Building a Life Worth Living: A Memoir by Marsha Linehan, New Health Books Media Center 616.89083 LIN

Over the years, Dialectical Behavioral Therapy (DBT) has saved the lives of countless people fighting depression and suicidal thoughts. Linehan shows, in Building a Life Worth Living, how the principles of DBT really work--and how, using her life skills and techniques, people can build lives worth living.



Brain Wash: Detox your Mind for Clearer Thinking, Deeper Relationships, and Lasting Happiness by David Perlmutter, New Health Books Media Center 612.82 PER

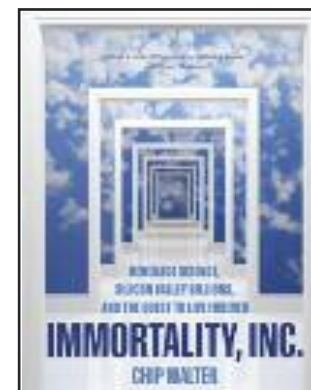
Based on the latest science, the book identifies the mental hijacking that undermines each and every one of us, and presents the tools necessary to think more clearly, and make better decisions. It features a doctor-approved plan that includes a ten-day boot camp and forty delicious recipes.



Immortality, Inc.: Renegade Science, Silicon Valley Billions, and the Quest to Live Forever by Chip Walter, New Health Books Media Center 613.0438 WAL

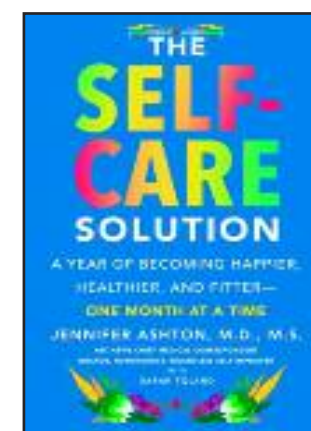
This gripping narrative explores today's scien-

tific pursuit of immortality, with exclusive visits inside Silicon Valley labs and interviews with the visionaries who believe we will soon crack the aging process and cure death.



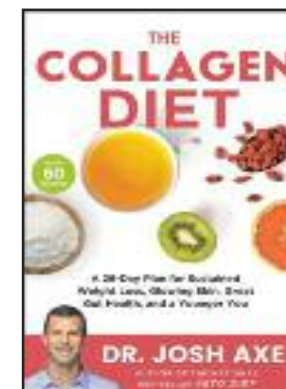
The Self-Care Solution: A Year of becoming Happier, Healthier, and Fitter--One Month at a Time by Jennifer Ashton, New Health Books Media Center 613 ASH

Inspiring, practical, and informative, and illustrated with helpful photos and charts, The Self-Care Solution teaches you how to recalibrate your life to enjoy a better, healthier year, one month at a time. Featuring guidance from top experts, entertaining case studies, and easy-to-follow advice and tips.



The Collagen Diet: A 28-day Plan for Sustained Weight Loss, Glowing Skin, Great Gut Health, and a Younger You by Dr. Josh Axe, New Health Books Media Center 613.26 AXE

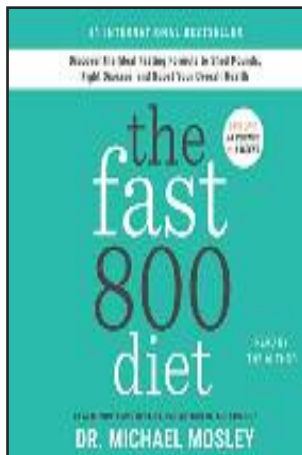
In The Collagen Diet, Dr. Axe describes how collagen helps maintain the structure and integrity of almost every part of the body. He explains how to lose weight, prevent disease, improve your digestion, and renew your



youth by taking advantage of dietary collagen.

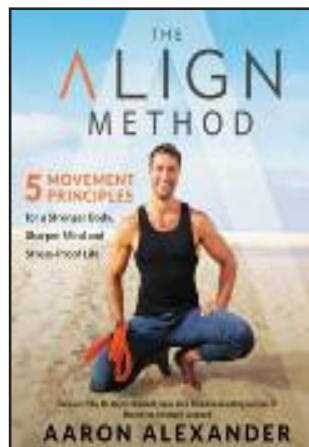
The Fast 800 Diet: Discover the Ideal Fasting Formula to Shed Pounds, Fight Disease, and Boost your Overall Health by Michael Mosley, New Health Books Media Center 613.25 MOS

Clinical studies show that fasting not only helps you lose weight fast, but also improves blood sugar levels, heart health, and boosts brain health and function. Dr. Mosley's powerful three-phase program is designed to supercharge weight loss and fast-track you to a healthier life.



The Align Method: 5 Movement Principles for a Stronger Body, Sharper Mind, and Stress-proof Life by Aaron Alexander, New Health Books Media Center 613.78 ALE

Good posture is about more than standing up straight: It can change your mood, alleviate pain, and rid your body of stressful tension. The Align Method centers on five daily optimizations and is the quintessential user's manual to feeling better and looking great while you're at it!



Anti-Diet: Reclaim Your Time, Money, Well-being, and Happiness Through Intuitive Eating by Christy Harrison, New Health Books Media Center 613.2 HAR

If dieting is so clearly ineffective, why are we so obsessed with it? In Anti-Diet, Christy Harrison takes on diet culture and the multi-bil-

lion-dollar industries that profit from it. It will turn what you think you know about health and wellness upside down and provide a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives.

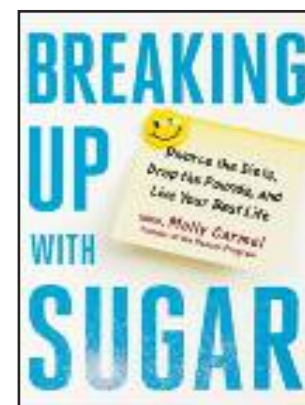
A New Way to Age: The Most Cutting-edge Advances in Antiaging by Suzanne Somers, New Health Books Media Center 613.0438 SOM

With A New Way to Age, author, Suzanne Somers, takes things a step further to present a revolutionary philosophy for a longer and better-quality life--in the form of easy-to-understand lessons and doctor interviews that will make you feel like you've just had the best checkup of your life.



Breaking Up with Sugar: A Plan to Divorce the Diets, Drop the Pounds, and Live Your Best life by Molly Carmel, New Health Books Media Center 613.26 CAR

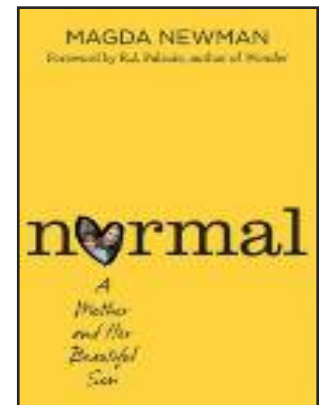
The solution to your food and weight problems isn't willpower or the next fad diet - it's breaking up with sugar. Author, Molly Carmel, explains how Sugar is a substance with highly addictive potential. With empathy and honesty, her sustainable roadmap will put you on the path



to true freedom giving you essential tools to navigate this new way of eating.

Normal: A Mother and her Beautiful Son by Magdalena M. Newman, New Health Books Media Center 616.042 NEW

For Magdalena Newman, normal was a goal. Nathaniel's severe Treacher Collins syndrome--a cranio-facial condition--meant that other concerns came first. In this moving memoir, Newman, with the help of her son, tells the story of raising Nathaniel, from the shock she and her husband faced when he was born, to the inspiration of Nathaniel's own strength and quirky humor.



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We make
Home Sweet Home
a little sweeter

Healthy Recipes for Nutritious Meals



Healthy and tasty recipes are key to sticking with a healthy nutrition plan. Here are some good ones!

Crab Ceviche



This is wonderful as an appetizer served on tostadas or even with tortilla chips.

Ingredients

- 1 (8 ounce) package imitation crabmeat, flaked
- 2 large tomatoes, chopped
- 1 red onion, finely chopped
- 1/2 bunch cilantro, chopped
- 2 limes, juiced
- 3 serrano peppers, finely chopped
- 1 tablespoon olive oil
- salt and pepper to taste

Directions

Place the shredded imitation crab into a glass or porcelain bowl. Plastic or metal are not recommended. Stir olive oil into the crabmeat until well coated, then stir in the cilantro, onion, tomato and serrano peppers. Squeeze the lime juice over everything, and mix well. Season with plenty of salt and pepper.

Refrigerate for about 1 hour before serving.

Nutrition Information

(Servings: 8)

Per serving: Per Serving: 62 calories; 2 g fat; 9.3 g carbohydrates; 2.9 g protein; 6 mg cholesterol; 241 mg sodium.

Source: allrecipes.com

Thai Spiced Barbecue Shrimp



"This is a recipe for barbecue shrimp, very tasty with a little kick! You may never try another marinade again for shrimp.

Ingredients

- 3 tablespoons fresh lemon juice
- 1 tablespoon soy sauce
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon brown sugar
- 2 teaspoons curry paste
- 1 pound medium shrimp - peeled and deveined

Directions

In a shallow dish or resealable bag, mix together the lemon juice, soy sauce, mustard, garlic, brown sugar and curry paste. Add shrimp, and seal or cover. Marinate in the refrigerator for 1 hour.

Preheat a grill for high heat. When the grill is hot, lightly oil the grate. Thread the shrimp onto skewers, or place in a grill basket for easy handling. Transfer the marinade to a saucepan, and boil for a few minutes.

Grill shrimp for 3 minutes per side, or until opaque. Baste occasionally with the marinade.

Nutrition Information

(Servings: 8)

Per Serving: 73 calories; 1 g fat; 3.6 g carbohydrates; 11.7 g protein; 86 mg cholesterol; 268 mg sodium

Source: allrecipes.com

Grilled Chicken Breasts



When the grill is brought out, this is so easy and versatile, and can be tried on several different meats. Serve it with scalloped potatoes, baked potatoes or rice pilaf. Try it with cilantro or oregano instead of parsley. Save leftovers for salad the next day.

Ingredients

- 4 skinless, boneless chicken breast halves
- 1/2 cup lemon juice
- 1/2 teaspoon onion powder
- ground black pepper to taste
- seasoning salt to taste
- 2 teaspoons dried parsley

Directions

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Dip chicken in lemon juice, and sprinkle with the onion powder, ground black pepper, seasoning salt and parsley. Discard any remaining lemon juice.

Cook on the prepared grill 10 to 15 minutes per side, or until no longer pink and juices run clear.

Nutrition Information

(Servings: 4)

Per serving: 139 calories; 1.5 g total fat; 68 mg cholesterol; 78 mg sodium. 3 g carbohydrates; 27.4 g protein

Source: allrecipes.com

Health & Wellness Marketplace

Check out the companies and service providers below to fulfill your health and wellness needs. To advertise in this section for as little as \$25, call us at 785-380-8848 or email info@TopekaHealthandWellness.com.

MEDICAL

KMC GASTROENTEROLOGY & ENDOSCOPY CENTER - 2200 SW 6th Ave.
Treating abdominal pain, digestive disorders, constipation & more 785-354-8518.
KMCPA.com • TopekaEndoCenter.com

DIETITIAN - HEALTHY FOOD

HY-VEE - Our Registered Dietitian is here to offer personal assistance! 2951 SW Wanamaker Rd. 785-272-1763 www.hy-vee.com

SOCIAL WORKERS

<p>Jody Koerner LCSW, QCSW Clinical Social Worker 1100 Wanamaker, Ste 3 Topeka, KS 66604 785-249-4847</p>	<p>Working with:</p> <ul style="list-style-type: none"> • Seniors, Adults & Couples • Retirement • Other senior issues • Relationship issues • Grief and Loss • Behavioral Mental Health • EAP Services <p><small>Most Major Insurance cards are accepted.</small></p>
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www.phoenixhomehc.com

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BALLET DANCE - for serious and recreational dancers. Excellent education and instruction in classical ballet tradition. KANSAS BALLET ACADEMY, 5240 SW 17th St, Topeka, KS 66604 785-383-7918 information@kansasballet.com
www.kansasballet.com

PRESCRIPTION DRUGS

CANADA DRUG OF TOPEKA - Find prescription savings at Canada Drug of Topeka, 5654 SW 29th St. Call 785-272-6100 or email info@canadadrugoftopeka.com

FLOAT THERAPY

Float Therapy, Infrared Sauna, Massage Therapy - Relieve stress, aid recovery, increase focus. 2120 Brandywine Ln, Suite 110 (21st & Wanamaker, then 1 blk west) 785-783-8307 desk@midwestfloat.com www.midwestfloat.com

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ADVENTURE DENTAL & VISION - Now your child's dental and vision needs can be met at the same location. Medicaid welcome.. 400 SW 29th St. 785-236-7787

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RECOVERY

HOPE FOR LIFE - Faith-based counseling for recovery from addictions, cancer, surgery, trauma, etc. Have fun and laughter in recovery! • 785-305-0549 • drronaldleecobb@gmail.com

FOR RENT

OFFICE SPACE available, great for therapists, health & wellness companies, small bus. owners. Desks/chairs, all utilities & Wi-fi/Ethernet included. \$100 VISA card to new leases if you mention this ad! College Park Office Suites, 2611 SW 17th St. Call/text 785-430-1657. info@cpofficesuites.com

HEALTH INFORMATION

HEALTH INFORMATION - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats. 785-580-4400. www.tscpl.org

FINANCIAL HEALTH

PEGGY'S TAX & ACCOUNTING - Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-430-0048. www.peggystaxks.com

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SERENITY THYME MASSAGE - Therapeutic, deep tissue, prenatal, hot stone massage services at competitive rates. 785-231-7715. 5709 SW 21st St. • www.massagebytammi.com

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Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to info@TopekaHealthandWellness.com

MAR. CYCLING EVENTS – Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

MAR. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansas.org/calendar

BLEEDING KANSAS – Sundays from Jan. 26-Mar. 1, 2pm, Constitution Hall Historic Site, 319 Elmore, Lecompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$3 adults, \$1 students. Age 5 & under free.

GRIEF SHARE – Feb. 19-May 20, 6:30-8pm, East Side Baptist Church, 4425 SE 29th. 13-week video seminar, group discussion, and personal study. For info: 785-379-9933 or secretary@esbcks.org

CLOTHING EXCHANGE – Feb. 29, 9-12pm. Topeka Free Methodist Church, 3450 SE Indiana Ave. Clothing donations need to be in good wearable condition and clean. For info: topekafmc.org

N-TRAK MODEL TRAIN DISPLAY – Feb. 28 - Mar. 1, 9am, TPAC. Bring the whole family and see elaborate model train displays! \$3

ARAB SHRINE CIRCUS – Feb. 28-29 and Mar. 1, 7pm, Stormont Vail Events Center. arabshrinecircus.com or 785-221-4523

22ND METRO VOICE MIDWEST CHRISTIAN EDUCATION & COLLEGE EXPO. Feb. 29, 9:30 am-12:00 pm. Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. FREE SEMINARS. 50 Christian Colleges from 17 states. 816-524-4522. MetroVoiceNews.com

REEL GRIEF - Helps individuals process grief through watching a film and guided discussion. **DEATH BECOMES HER:** Part 1 – Mar. 3; Part 2 – Mar. 10.

OUR SOULS AT NIGHT: Part 1 – Mar. 30; Part 2 – Apr. 6. Registration is required. For info or to register: Sara Wood at 785-232-2044 or www.midlandcare.org/calendar

24 FOR LIFE – DIABETES PREVENTION - New class starting in March. For info: Donna Doel at 785-232-2044 or www.midlandcare.org/24forlife

TOPEKA SKI CLUB – Mar. 2, 5:30pm, Celtic Fox, 118 SW 8th. Your connection for skiing and snowboarding in the Topeka area. Info: Stan at 785-478-3765 or www.topekaskiclub.com.

COMMUNITY DINNER – Mar. 4, 4:30-6pm, Tecumseh United Methodist Church, 334 SE Tecumseh Rd. Meat-loaf, potatoes, vegetables, salad, dessert, and drink. Free will donations accepted. Carry out available for \$6.

TOPEKA WOMEN'S CONNECTION LUNCHEON – Mar. 5 11:30am, T&SC Public Library, 1515 SW 10th Ave. The speaker will be Karen Blankenship, author. Music by Sandy Hestand. Prepaid luncheon reservations are \$14

and are due by Feb. 28, by calling (785) 554-3617. There is no charge to attend the program only.

CAPITAL CITY CARNAGE DEMO DERBY - Mar. 6 - 7, Landon Arena

CHICKEN-AND-NOODLE DINNER - Mar. 7, 4-7pm, Berryton UMC, 7010 SE Berryton Rd. Carryout available. Includes mashed potatoes; green beans; Jell-O salad; tossed salad; rolls and butter; desserts; & beverage. Freewill donation. Also a bake sale featuring homemade goodies

"GLAM & GLITZ" PROM BOUTIQUE – Mar. 7, 9am-11pm, New Mount Zion Missionary Baptist Church, 2801 S.E. Indiana Ave.

SATURDAY WOMEN'S CONNECTION Spring Brunch – Mar. 7, 10am-12pm, T&SC Public Library, 1515 SW 10th Ave. \$14 for lunch, no charge for program. Open to all women. RSVPs by Mar. 4 to Arlene, 233-0701 or dl-cloud@cox.net. Speaker: Karen Blankenship

TECUMSEH KIWANIS PANCAKE FEED AND SILENT AUCTION – Mar. 7, 7am to noon, Tecumseh UMC, 334 SE Tecumseh Rd. Sausage, eggs cooked to order, OJ, coffee, and all the pancakes you can eat only \$5.

DAYLIGHT SAVING TIME - DST in Kansas will begin at 2:00 AM on Sunday, March 8

SONS OF SERENDIP – Mar. 9, 7:30pm, White Concert Hall, Washburn University. Vocal/instrumental quartet and America's Got Talent Season 9 finalist. Tickets \$18 adults; \$10 students at www.OnStageLive.org. For info: Roger Moore 785-408-1877; www.facebook.com/topekacca

THE ILLUSIONISTS – Mar. 12, TPAC. Magic tricks, death-defying stunts. Tickets \$39-\$69 ticketmaster.com

C5Alive "POWER" LUNCHEON – Mar. 12, 11:30-1, at Thornton Place. Catered by Thornton Chef. • Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door • \$15 for non-members & repeat guests. • Please RSVP to info@C5Alive.org, so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you! **SAVE THE DATE:** Apr. 9, 11:30-1, C5Alive POWER Luncheon at NOTO Arts Center. Tom Underwood, Ex. Dir. will speak on NOTO updates

ELMONT COUNTRY OPRY – Mar. 13, 7pm; and 14, 1pm, Elmont UMC, 6635 NW Church Ln. Featuring Stan Tichenor. Doors open 90 minutes early for lunch or dinner.

Tickets \$10 – call 246-0156

REVIVE Topeka – Mar. 13, 7-9pm, Big Gage Shelter House. Bringing all the churches in Topeka together in one accord to pray for the peace and prosperity of Topeka. revivetopeka@gmail.com, 785-215-5664.

JOHN CLEESE DOUBLE FEATURE – Mar. 13, 7pm, Norsemen Brewing Co., 830 N Kansas Ave. doors open 6pm. "A Fish Called Wanda" & "Monty Python's The Meaning of Life." Tickets \$10 at Vintage Stock.

IRISH FEST, PARADE AND 5K RUN – Mar. 14, Assumption Church 204 SW 8th. 7:30am 5K Run Reg., 8am breakfast, followed by Leprechaun Leap; 5K fun run & walk (www.irishfestfunrun.com); bed race at S.W. 6th and Jackson; kids carnival; Irish Fest lunch; traditional Irish music and more. Parade starts at noon on Kansas Ave. For info: materdeiirishfest.com or 234-9336

BLARNEY BREAKFAST FUNDRAISER – Mar 14, 7 am – 10 am, Blind Tiger. A buffet of breakfast delicacies and beverages, activities for wee lads and lasses, entertainment as well as enter to win raffle prizes. Celebrity servers from the community will be competing for the most tips to benefit children, teens and adults with disabilities and their families served by Capper Foundation.

LADIES DAY OUT – Mar. 14, 10-3, Ag Hall. 70 vendors ranging from clothing and accessories, beauty and health, home decor, candles and fragrance, henna tattoos, crafting, and food trucks. Admission: \$2 or a back-pack to do-

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What equipment is used?

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Who does the screening?

The screener is used by all of the Lions Clubs in Northeast Kansas and the Lions members assist in the screening.

How do I get the Screener scheduled?

Contact the Topeka Lions Club, Spot Screening Coordinator, Spencer Smith, e-mail: slsmithks@att.net or call (785) 633-8321

nate to Casa ladiesdayouttopeka@gmail.com

BAKED CHICKEN DINNER - Mar. 15, 12:30 - 2:30pm, St. John African Methodist Episcopal Church, 701 S.W. Topeka Blvd. The dinner will include green beans, potato salad, coleslaw, mixed vegetables, roll with butter, cake and a beverage. \$11.

ST. PATRICK'S DAY CONCERT - Mar. 15, 4pm, Morganville School, 307 Main. Community Chamber Orchestra. Tickets: \$8/person or \$18/family at www.kansasmusic.net. For info: Dr. Anne Clark, 785-926-4725; baclark@twinvalley.net

59TH ANNUAL KANSAS PRAYER BREAKFAST - Mar. 18, 6am, Ramada Inn downtown. Guest speaker: Jerry Schemmel, a radio announcer with the Colorado Rockies Major League Baseball team, will be the featured speaker, along with leaders in government, business, education and industry. \$20 each or tables of 10 for \$200. Sponsored by Topeka Fellowship, Inc. For info and RSVP: info@kansasprayerbreakfast.net or 380-2901

NOTO ARTS AND ANTIQUES FESTIVAL - Mar. 20-21, Fri. 11:30am - 7pm; Sat. 9am - 4pm, Great Over-

land Station. A two-day show and sale event featuring high quality art and antiques from the region and beyond. Also an array of workshops. <https://explorenoto.org/artsantique-festival2020>.

KMC STROLLIN' FOR THE COLON 5K - Mar. 28, 6th Ave & Governors Lake Rd, MacLennan Park Trail. Kansas Medical Clinic Strollin' for the Colon 5K run/walk aims to raise awareness about colorectal cancer and the importance of colon cancer screenings. Runners will begin and finish the race through a giant, inflatable colon tunnel! All ages \$20. Colon cancer survivors FREE registration. 785-295-0917 or tcowen@kmcpc.com

MITCH MCVICKER - Mar. 28, 7pm, Grace Community Church, 4300 S.W. Burlingame Rd. Suggested donation of \$10.

TOPEKA LIONS JOURNEY FOR SIGHT 10K/5K RUN/WALK - Apr. 4. Info and registration: topekalions.org

EASTER EGG HUNT - Apr. 4, 10am, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Ages 0-6th grade. 785-266-3247. lakeviewtopeka.org, lakenaz@aol.com

7th ANNUAL EASTERFEST: TOPEKA EASTER PARADE

& FUN FAIR - Apr. 11, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed north on Kansas Avenue past Garfield Park. Egg Hunt begins right after the parade at the playground in Garfield Park. Food Trucks will be on hand and the Family Fun Fair, Vendor Market with Bingo, and Health Fair will be 10-3 in Garfield Park, in the Shelter House & in the Gym, including vendor booths, children's games, food, facepainting, pony rides, laser tag, bubble soccer, cake walk and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: info@C5Alive.org or 640-6399.

NATIONAL NIGHT OUT PLANNING MEETING - Apr. 15, 6:30pm, Public Library, Room 101BC. Open to the public 785-266-4606. www.safestreets.org jwilson@safestreets.org

STATE OF KANSAS HOLOCAUST COMMEMORATION SERVICE - April 20, 1pm. Ramada Hotel, 420 SE 6th. The speaker will be Megan Felt, program director of Life in a Jar: The Irena Sendler Project, which is based in Kansas. Participants will include Kansas clergy, political leaders, choirs and students. A reception will follow the pro-

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gram. Admission is free.

DRUG TRENDS TRAINING—Apr. 20, 9am, PARS, 2209 SW 29th. April 23, Current drug trends, risk factors, social norms and availability, prevention of substance abuse and associated behaviors. Call 266.8666 to register. www.safestreets.org jwilson@safestreets.org

TRAUMA AND ADDICTION TRAINING—Apr. 23, 9am, PARS, 2209 SW 29th. April 23, Trauma defined, how trauma connects with addiction. \$50, includes lunch. Call 266.8666 to register. www.safestreets.org

jwilson@safestreets.org

YOUTH FOR CHRIST GOLF CLASSIC - May 8, 11:30 reg.; 12:30 shotgun start, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or topekayfc.org

ONGOING EVENTS:

SENIORS NUTRITIONAL LUNCH—Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations are required 24 hours in advance by calling 295-3980. Each meal includes 1% milk and sugar-free items are included for diabetics. 785-215-0064.

MEDICARE MONDAYS—First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or nhonl@tscl.org

TOPEKA MANKIND PROJECT—Mondays, 6:30pm, 2112 SW Morningside Rd. Supports men in becoming their best selves, including physical, mental & emotional health & wellness. Open to any man. Brian Thomas: brian.thomas01@gmail.com or 785-727-9439

CELEBRATE RECOVERY - Every Mon. 7-9pm at Topeka First Church, 500 SW 27th, Bldg 'B'. Healing our hurts, habits, and hangups. Learning to grow in a Christ-like maturity.

SENIOR FIT & FUN PROGRAM - every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or office@rhctoepka.org

SENIOR STRETCHING EXERCISES - each Mon. - Wed. - Fri., 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter on east side of the Fellowship Hall. No Charge. 785-354-8777 or 785-213-6016

TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS - Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. Reg: cornerstonetopeka.com. 478-2929

GRIEF SUPPORT GROUP—First Mon. each month, 3:30-4:30pm, 400 SW Oakley. For info: Donna Park 783-7527 or valedotopeka.org. Free.

DOWNTOWN TOPEKA LIONS CLUB - 2nd & 4th Mondays at Noon, Madison

Street Diner inside the Ramada Downtown, Guests are welcome.

BADMINTON—Mon. & Fri. 6-8pm, First Baptist Church, 30th and MacVicar. Topeka Badminton Club invites players of all ages and skill levels to come for informal games. The fee is \$3 per night. Free instruction. 267-4906.

HEARTLAND HEALTHY NEIGHBORHOODS—2nd Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365

TOPEKA SWING DANCE - Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. www.topekasingdance.com.

OSTOMY SUPPORT GROUP—First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 – 7:30 PM. Anyone with an ostomy may attend. The goal is to provide education and ongoing support. Call 295-5555

FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP—2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

EMOTIONS ANONYMOUS: 12-step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets every Tues. at Grace Episcopal Cathedral, Noon-1pm. N/C. 785-633-7764

LADIES' EXERCISE—Tue 7-8 pm & Fri. 8-9 am, First Baptist, 129 W 15th St., Lyndon. free active support: fat burning, strength, fitness. 207-0380

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP—3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

LIBRARY'S LEARN & PLAY BUS - Every Tuesday 1-3pm, Auburn Community Center.

TOPEKA TWILIGHT LIONS BRANCH CLUB - 2nd Wednesdays, 6:30 pm, Madison Street Diner, inside Ramada Downtown. Guests are welcome

SAFE STREETS COALITION MEETING—First Wed. of the month, 11:45am-1pm. Great Overland Station. Info: 266-4606 or jwilson@safestreets.org

CARBONDALE FARMERS MARKET - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-produced. For vendor info, contact Mary at 836-7887.

GAMBLERS ANONYMOUS—Every Wed, 7pm, St. Francis Hospital, meeting room #8.

OPERATION BACKPACK—1st Thurs., 6pm, Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Topeka North Outreach. 286-1370.

TOPEKA AREA BRAIN INJURY SUPPORT GROUP—Third Thur. every month, 6-7:30pm, Kansas Rehabilitation Hospital, 1504 SW 8th Ave., employee cafeteria on 1st floor. All survivors, family, & friends welcome. Call Faye: 207-2606 or Randy: 232-8553

**YOUTH FOR CHRIST
ANNUAL GOLF CLASSIC**

**Tournament of
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for Teens**

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**SUPPORT MINISTRY
TO AREA TEENS**

LAKE SHAWNEE GOLF COURSE

4 PERSON/18 HOLE SCRAMBLE

**ENTRY FEE: \$500 PER TEAM OR
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785-232-8296**

COUNTRY AND BALLROOM DANCING— Thursday's 6-9pm. Croco Hall. Edwina 379-9538 or 478-4760.

SHEPHERDS CENTER LINE DANCING GROUP

meets 2nd & 4th Thursdays, 2-4pm at First United Methodist, 6th & Topeka. Park on west side & use west door, turn left & take ramp to the library, then left to the elevator. Push [B] to go to the fellowship hall. 49-3258.

SHEPHERDS CENTER HHHS WALKING GROUP

meets 2nd & 4th Thurs 9:30-11 at HHHS, 21st & Belle. Entrance for walkers is on the WEST side of the building. Walking is done on an inside track. People who would like to walk a shelter dog call Kelsey, 233-7325.

STROKE SUPPORT GROUP— 1st Fri of every month from 4-5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. (785)232-8553 with questions.

NICOTINE ANONYMOUS— Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

NOTO MARKET & ART WALK ON FIRST FRIDAYS— NOTO arts district. Arts, antiques, crafts, and flea market.

VIP LUNCHEON FOR SENIORS— Every Fri., Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday. For Info: 785-224-8803.

CELEBRATE RECOVERY— Every Fri., 6pm, 1912 Gage Blvd. A Christ-centered program, based on 8 principles found in Jesus' Sermon on the Mount. Applying these Biblical principles, become free from addictive & dysfunctional behaviors. crtopekaks.org.

TOPEKA NAR-ANON FAMILY GROUP— For families & friends who are affected by someone else's narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.naranonmidwest.org

SATURDAY FAIRLAWN STARTER BIKE RIDE— Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Pizagles. Great for beginners. director@cottonwood200.org

SAVING DEATH ROW DGS ADOPTION BOOTH— Every Sat., 11am - 2pm, Petco, 1930 SW Wanamaker. Also, some Sat. adoption booths are held at PetSmart, 2020 SW Westport Dr. www.savingdeathrowdogs.com

HARVESTER'S PROGRAM FOR SENIOR CITIZENS— second Sat., at Christian Lord Ministries, 2421 SE California. Call 266-4979.

THE BERRYTON PICKERS - First Sat. of ea. month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun!

HERB'Talk— Topeka herbs study group meets Third Saturdays for fun and interactive group learning and sharing about herbs/medicine plants. 7321 SE 45th, Prairie

Meadow Greenhouse. RSVP Amy 785-379-8848. \$5.00 cash only charge; Free beverages and herb snack samples. Lunch option \$6.00. talkherbswithus@gmail.com

TOPEKA FOLK DANCERS CLASSES—Sundays, 2-4pm 2637 SE 41st. No partner/experience needed. 215-0968.

KANSAS PRAIRIE PICKERS— Fourth Sun. ea. Month, 1pm, Auburn Community Center. Foot-stomping, hand-clapping tunes to tickle your fancy.

SQUARE DANCING - Shawnee Swingers has monthly dances and sponsors lessons in the Fall. For info, call or text 785-845-2357 or email shawneeswingers@gmail.com. On Facebook: Shawnee

Swingers Square Dance Club. wesquairedance.com

SEX TRAFFICKING INFORMATION— 785-230-8237

ABORTION RECOVERY SUPPORT— Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn at KLCarlson20@cox.net.

AL-ANON FAMILY GROUPS— for friends & families of alcoholics. For info: 785-409-3072 or topekaalanon.org

ALZHEIMER'S SUPPORT GROUPS— Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. For info: Alzheimer's Association, Heart of America Chapter, 271-1844 or email cindy.miller@alz.org.

"HEALING HEARTS" support group/Bible study— For women whose husbands struggle with pornography addictions or have had affairs. Videos & workbook will give you hope for your marriage & emotional healing. For info: Janet Mitchell 633-4294

HHHS Volunteer Program - Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Please complete a volunteer appli-

cation at hhhstopek.org.

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides opportunities for caregivers to get together and share their ideas & feelings. 235-1367

Send your Healthy Event information to:

info@TopekaHealthandWellness.com

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Spiritual Wellness

...know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God...

Comparing Health and Your Spiritual Walk

Dr. Len Lopez

Did you know that the 'walk' for better health and fitness is somewhat similar to your spiritual walk? They both encompass choices and our free will.

Do you eat healthy? Do you exercise? Do you stay away from the bad foods?

What about your spiritual walk, how is your pride? Do you stay away from envy, lust, greed? Do you choose love, patience, kindness, etc?

I ask those questions, because when I read Romans 7 I see a similar parallel between our spiritual and physical walk. It was Paul who wrote how he wants to do good, but evil overtakes him. I know what I should do, but evil still wins out, he says.

Are those regretful thoughts similar to the person snacking on a bag of cookies, candy, or sugary treats wondering why he or she can't stay on a good clean diet? They want to eat right, they want to exercise...but somehow, somehow they get tempted away from making the right choices.

Choices are just that - an opportunity to express your own free will. It's not always easy to make the right choice. Although I do believe it is easier to make the right choice when you have the Holy Spirit inside you as Paul talks about in Romans 8.

When you talk about making the right choices for your physical walk, and I am not talking about actually walking...I'm referring to your



overall level of health and fitness. It's more than simple will power and determination. You need to take into consideration those little hormones and neurotransmitters (brain messengers) that have a huge influence on your behavior.

I know the evil one is the great tempter in your spiritual walk and has had a long history of



tempting us with lust, pride, money and power...the usual suspects. Whether he is the one responsible for our cravings I don't know, I'm a doctor - not a theologian, but those little hormones and brain messengers definitely have an influence on your behavior when your blood sugar falls.

Think about it, do you get irritable and moody if you skip a meal or wait too long to eat? Do you find yourself wanting to strangle your spouse or co-worker...I'm kidding.

The simple fact is that your brain chemistry changes when you allow your blood sugar to drop because you skipped a meal or eat the wrong

foods. It becomes harder to concentrate, focus and stay attentive. Your brain can't function properly (process information) when its main fuel source, glucose/carbohydrates are declining. This is what leads to cravings and what makes it so hard to make the right choices with regards to your diet and exercise plans.

Don't forget that when your blood sugar drops, it pretty much turns off your 'fat burning' mode, which makes it harder to drop those unwanted pounds and inches.

So as you keep on moving forward in both your spiritual and physical walk, I hope you realize that some of your choices will be challenging.

But I hope you can take comfort in knowing there are some things you can do to hedge your bets, sort of speak, that will help you make better choices in both areas of your life.

TOPEKA Health & Wellness MAGAZINE

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7TH ANNUAL TOPEKA EASTERFEST



EASTER PARADE + FAMILY FUN FAIR!

It all takes place on N. Kansas Avenue and at Garfield Park!

Fun Fair open 10:00 am - 3:00 pm at Garfield Park! **Live music** at Garfield Park 10:45 am - 3:00 pm!
Parade starts at 10:00 am! (From NOTO to Garfield Park) • **Food Trucks** in Garfield Park 9 am - 3 pm!
Easter Egg Hunt following parade at Garfield Park playground! • **Vendor Market** open 10 am - 3 pm!
 Dance troupes, martial arts, gymnastics, ballet, demonstrations & more at the Health Fair 10am-3pm!
 Craft stations, Facepainting, Easter Bunny photos, Pony rides, Petting zoo, Inflatables, Games & kid's activities! **Bingo** at the Vendor Market! • **Win a Bicycle** at the Ball Toss! • **Win Cupcakes** at the Cake Walk!

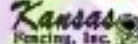
Volunteers needed! Contact:
 info@C5Alive.org or 785-640-6399

For booth, sponsor & parade entry information:

info@C5Alive.org or 785-640-6399

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