

**TOPEKA**

**APRIL 2024**

# Health & Wellness

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

**MAGAZINE**

**FITNESS TIPS  
FOR SPORTS &  
OTHER ACTIVITIES**



**Benefits of  
Using Natural  
Products for  
Your Skin, Food  
& Home**



**Earth Day Lessons for Investors  
Releasing Stuck Energy and Emotions**

**Common Myths About Meditation  
4 Big Misconceptions About Hospice Care**

*Helping Topekans Live Happier, Healthier Lives Since 2015!*



# APRIL IS ALCOHOL AWARENESS MONTH

Join us to ignite more than **2 million** conversations about alcohol **#responsibility**.

**AGES 6-11**

Mom, can I have some?



- ▶ No, alcohol is not good for your growing body;
- ▶ No, this is a drink for adults;
- ▶ No, your brain is still developing; or
- ▶ No, just like you can't have coffee.

**#TALKEARLY**  
...about alcohol.

@TalkEarly

**AGES 10-13**

Just because you drink doesn't mean you're drunk, right?



Right. Many factors affect whether you're drunk, including your gender, weight, how fast you're drinking, and whether you've had water and a meal with your drinks regardless of whether it's beer, wine, or liquor.



@AskListenLearn

Underage drinking among 8-12 graders is down **39%**.

@B4Udrink

Learn the facts about how alcohol affects your BAC



These different amounts of alcohol have roughly the same effect on you.



If you're headed out and plan to drink alcohol, enjoy yourself and be smart. Designate a non-drinking driver or take a taxi.

You should also know how alcohol affects your BAC.



Hey dad, can I borrow the car?

Of course but pay attention, pay attention, pay attention.



**AGES 15-18**

@IKnowEverything

**IKnowEverything.com**

Parents are the most important driving instructors for teens. Visit for tips on how to make sure your teen "knows everything."

**AGES 18-22**

I'm having fun at college.



**64%** of college students do not binge drink

How are you spending your down time?

Now that you're away from home, I want to make sure you know the difference between low-risk and high-risk drinking.

**Parents, You're Not Done Yet.**

**AGES 21+**

I'm not sure how I'm getting home yet.

**69%** of American adults say they are extremely confident they drink responsibly.

**74%** think ongoing conversations about responsible consumption are very important.

**54%** believe the problems associated with the harmful consumption of alcohol lies with oneself *(i.e., personal responsibility)*.

**RESPONSIBILITY.ORG** offers conversation starters to guide a lifetime of conversations. [Learn More](#)





A Free Monthly Magazine Promoting  
Healthy & Happy Living in the Capital City

**785-380-8848**

2611 SW 17th St., Topeka, KS 66604  
info@TopekaHealthandWellness.com

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

**PUBLISHER:** Lee Hartman 785-640-6399

[Lee@TopekaHealthandWellness.com](mailto:Lee@TopekaHealthandWellness.com)

**SALES & MARKETING:** 785-380-8848

[info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

Topeka Health & Wellness is available at over 300 locations in the Greater Topeka area, including Hospitals, Medical Offices, Dental Offices, Spas, Fitness Centers, Restaurants, Coffeehouses, Groceries, Health Food Stores and other business & retail locations, including over 100 indoor & outdoor Display Racks.

Advertisers are offered exclusive rights to write articles in their area of expertise, by doctors and other experts within their companies. Therefore our readers are being educated and informed by local experts, and can easily reach out to them for more information.

*Written materials submitted become the property of Topeka Health & Wellness, and all content in print or online is for informational purposes only and is not intended as professional medical advice or treatment. The statements and opinions contained in the advertisements and articles are not necessarily the views of Topeka Health & Wellness. Any reproduction of our print or online content without prior written consent is prohibited.*

## ON THE COVER:

Our cover this month features a trio of female athletes that take sports fitness seriously. Read the articles in this issue to find out how to use fitness and nutrition to help you live a longer, healthier life. Check out what our experts have to say about about this and other health topics.



Our thanks go out 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, simply by emailing us at [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com).

For more information, visit our website at [www.TopekaHealthandWellness.com](http://www.TopekaHealthandWellness.com) for all our offerings on past and present articles, health news stories, event calendar and an archive of our past issues in pdf form.

We are also on Twitter at:  
[www.twitter.com/TopekaHealthMag](https://www.twitter.com/TopekaHealthMag)

You can also find us on Facebook at  
[www.facebook.com/TopekaHealthandWellnessMagazine](https://www.facebook.com/TopekaHealthandWellnessMagazine).



## This Quiz Could Save Your Life



**1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:**

- A Toss a coin to decide whether to stop or go.
- B Stop. Let the train pass.



**2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?**

- A The train is closer and faster than you think.
- B A train striking a car is like your car crushing a soda can.



**3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?**

- A Slow down and prepare to stop if a train is coming.
- B Restrooms and recreation are ahead.



**4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?**

- A Yes
- B No



**5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANY TIME.**

- A True
- B False



**6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.**

- A True
- B False



Answers on page 6



# DENTAL Insurance

Great coverage for retirees.

Coverage for **cleanings, fillings, crowns** – even **dentures!** Get dental insurance from Physicians Mutual Insurance Company.



Get your **FREE** Information Kit  
It's easy! Call today  
**1-844-488-2656**  
Dental50Plus.com/Topeka

Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to [physiciansmutual.com/find-dentist](http://physiciansmutual.com/find-dentist). This specific offer not available in CO, NV, NY, VA – call 1-800-969-4781 or respond for a similar offer in your state. Certificate C254/B465, C250A/B438 (ID: C254ID; PA: C254PA); Insurance Policy P154/B469, P150/B439 (GA: P154GA; OK: P154OK; TN: P154TN). 6347



## Hello Garage®

Clean, Organized Spaces.

### #1 Kansas City Garage Renovation Experts

- Concrete Floor Coatings
- Cabinets & Shelving
- Garage Accessories

Get your free estimate today!

**855.408.9209**

**dish** Authorized Retailer

**Ranked #1** in Customer Satisfaction  
6 Years in a Row

For J.D. Power 2023 award information, visit [jdpower.com/awards](http://jdpower.com/awards)



Call us now! **1-855-970-2916**

**Never watch another commercial during your favorite primetime shows**


- Add Highspeed Internet as low as \$49.99/mo
- FREE Google Voice Remote
- Streaming INCLUDED, stream live TV on up to 5 devices
- Free Next Day Professional Installation (where available)
- Enjoy thousands of shows and movies included On-Demand
- J.D. Power Award For Customer Satisfaction - 6 Years In a Row

CALL US NOW! **1-855-970-2916**

**\$600\*** GET UP TO \$600\* WHEN YOU SWITCH TO DISH

\*\$300 DTV Switcher Offer is provided by DISH, all other gift card offers are courtesy of PlanetDISH, call for full offer details.

(1) Terms and conditions apply, call for details. Courtesy of named DISH Authorized Retailer. ©2023 PlanetDISH. Make the Switch from DTV. Gift Card Offer ends 4/1/2024. Receive the cash DTV Switcher Offer by 1) completing service switch, 2) completion of the first 31 days of DISH service, 3) payment of first DISH bill, 4) submission of a recent DirectTV satellite bill for the same name or address, and 5) online redemption after validation. After completing the redemption process, the gift card will be shipped within 4 to 6 weeks. For full details, visit <http://my.dish.com/support/help/switcher-card>. All packages, programming, and offers are subject to change without notice. J.D. Power: DISH received the highest score nationally among Cable and Satellite TV service providers that operate in all four of the regions evaluated in the J.D. Power 2023 U.S. Television Service Provider Satisfaction Study. Visit [jdpower.com](http://jdpower.com) for more information. DISH Anywhere: Watching live and recorded TV anywhere requires an internet-connected device with a screen and compatible mobile device. Additional Commercial and feature is available at varying times, during the day and night, for select programs shown on DISH, CBS, FOX, and NBC recorded with PVR/Time-Shift. On-Demand: Availability of On-Demand titles will be based on your programming subscription. Switch to DISH: Call us to see a \$300 Gift Card Offer. Offer is subject to availability and change. All customers will qualify for a \$100 gift card courtesy of PlanetDISH if customer is switching from DirectTV to DISH; you may instead qualify for a \$300 Mastercard from DISH. Call for full details. Offer for new and qualifying former customers only. Program Terms and Conditions: Requires credit qualification and 2-year commitment. Switcher activation and/or feature upgrade fees may apply based on credit qualification. Offer ends 04/10/2024. 2-year commitment. Early termination fee of \$20/mo, remaining unpaid if you cancel early. Included in 2-Year Price Guarantee at \$54.99 advertised price. America's Top 100 programming package, local channels, HD service fees, and Hopper Duo Smart DVR for TV. Included in 2-Year Price Guarantee for additional cost. Programming package includes \$20.00 for \$13.00, \$10.00 for \$7.00, \$14.99 for \$7.00, monthly fees for optional or additional features. TV, receiver and remote functionality may be \$15.00. Not included in 2-year Price Guarantee or advertised price paid subject to change. Taxes & surcharges. Add-on programming (including premium channels), DISH Protect, and professional fees. Premium Channels 3 Mo. Free After 3 mo., you will be billed \$20/mo. for Paramount+ with Showtime, Starz and DISH Movie Pack unless you call or go online to cancel. Remote: The DISH Voice Remote with Google Assistant requires internet-connected Hopper, Starz or Xfinity device. Customer must press the Voice Remote button to activate the feature. Other: All packages, programming, features, and functionality and all prices and fees not included in price guarantee are subject to change without notice. After 6 mos., if activated, you will be billed \$10.99/mo. for DISH Protect unless you call to cancel. After 2 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. Free standard professional installation only. Additional restrictions may apply. © 2023 DISH Network, L.P. All rights reserved.



**Valeo**  
Behavioral Health Care






Valeo offers competitive wages and a comprehensive benefit package.

Visit [valeotopka.org](http://valeotopka.org) to review open job positions.

Questions? Please email [malthouse@valeotopka.org](mailto:malthouse@valeotopka.org)

We are an equal opportunity employer.

**VALEOTOPEKA.ORG**

VISIT US AT:      VALEOTOPEKA.ORG

# Common Myths About Meditation

By Michelle Clearwater, LMSW, LMAC, Alcohol and Drug Counselor III, Valeo Recovery Center

**W**hen one enters recovery there is much to rebuild and the key to a successful recovery is a balance between your body, mind and spirit. For a balanced body one needs to work on nutrition, exercise, hydration, sleep and relaxation. For a balanced mind one needs to work on self-awareness, self-improvement, wisdom and thought/feeling management. For a balanced spirit one needs a connection with a Higher Power, fellowship from the program, self-worth, and support from others.



Michelle Clearwater

There are numerous benefits of meditation. It can benefit your mind by allowing feel good chemicals to be released in your brain which in turn allows your body to relax, as well as bringing a more solid connection with your Higher Power. Many claim they enjoy the benefits of meditation, often multiple times throughout their day. Others report struggle with an over active mind and inability to be still. It could be they have not been introduced to the many varieties of meditation. I would like to share with you some myths about meditation.

## 1. There is only one way to meditate.

There are many ways to meditate. Open Focused Awareness Meditation where the focus is directed toward an object, like breathing or a mantra. Walking Meditation where the focus is synchronizing the body, breath, and mind to the present moment, and experiencing a profound sense of connection with yourself

and nature. (Pelechowicz, 2019)

## 2. You must empty your mind to meditate.

Most think the goal of meditation is to “empty your mind.” This is not accurate. Those attempting to empty their minds are often dissatisfied because our minds are rarely at rest. Everyone has thoughts during meditation, and most thoughts are completely unrelated to your meditation, acknowledge them and allow them to pass, rather than trying to suppress or push them away. Your mind may be very active, constantly shuffling thoughts in and out. Your job is to simply allow those thoughts to come and go and focus on relaxing your body. (Pelechowicz, 2019)

## 3. To meditate, you have to sit for hours at a time.

Meditation does not have to consume too much time. Maybe ten minutes a day is best for your schedule. You can use something as simple as breathing exercises, which can be as short as three to five minutes. However, you do need to make a commitment. It's generally more beneficial to practice regularly for a short amounts of time than to practice for a longer times sporadically. (Pelechowicz, 2019)

## 4. Quick results.

Meditation isn't easy. It takes time to become acquainted with it and to reap the benefits of practice. Making progress in meditation requires practice and patience. Think of it as something you are building. Taking the time to build a solid foundation by focusing on the basics ensures that you become well-established before moving on to the next step. (Pelechowicz, 2019)

## 5. Meditation is a religious practice.

Meditation may sound uncomfortably religious to some. Talk about spirituality and self-realization can be intimidating and may even turn one off from medita-



tion. While meditation can be spiritual, you don't have to be religious or spiritually focused to practice it. The practice of meditation simply comprises different methods for reconnecting you to your innermost self. (Pelechowicz, 2019)

Meditation does not have to be a mystery to you and one can use mindful-type meditations in almost any aspect of their lives simply by using all of their senses while completing a task. This works from eating, to walking, to brushing your teeth. Using all of your senses keeps you in the present as well, which is where we do our best growing.

References: Pelechowicz, S. (2019). *Yoga International*. Retrieved from *Yoga International*: <https://yogainternational.com/article/view/5-myths-about-meditation>

## GET HELP, FIND HOPE



### Valeo Behavioral Health Care

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



Visit us at:  
Valeo's Crisis Center  
400 SW Oakley, Topeka, Kansas, 66606

24-Hour Crisis Line: 785.234.3300

VISIT US AT: or [valeotopeka.org](http://valeotopeka.org)



## Answers to Quiz from page 3

### 1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

- A Toss a coin to decide whether to stop or go.
- B Stop. Let the train pass.

*STOP and wait for the train. Flashing lights must be treated like a stop sign. Proceed only when it is safe to do so.*



### 2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

- A The train is closer and faster than you think.
- B A train striking a car is like your car crushing a soda can.

*YES, both statements are true. If it's a tie at the crossing, you lose.*



### 3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

- A Slow down and prepare to stop if a train is coming.
- B Restrooms and recreation are ahead.

*SLOW DOWN. Look and listen for a train. Stop if a train is coming.*



### 4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

- A Yes
- B No

*NO. Wait for a clear view in both directions. Make sure another train is not coming from either direction.*



### 5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANY TIME.

- A True
- B False

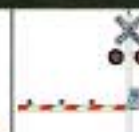
*Definitely TRUE. Don't be fooled by your familiarity with a crossing. Trains run anytime, day or night.*



### 6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

- A True
- B False

*TRUE. NEVER drive around gates. You are violating the law and endangering your passengers. You must not proceed until gates go up and lights go off.*



Consumer Cellular®

**NO HIDDEN FEES.  
NO HIDDEN  
ANYTHING.  
FREEDOM CALLS.**

Plans start at just \$20/month.

**855-473-8579**

© 2023 Consumer Cellular Inc. Terms and Conditions subject to change.

Edward Jones®

> [edwardjones.com](https://www.edwardjones.com) | Member SIPC



**Your life. Your money. Your terms.**

Personalized service means having a financial advisor who understands you and what you're trying to achieve, and helps to create a unique strategy based on your needs and circumstances.

**Let's talk. Contact us today to learn more.**



**Scott D Van Genderen, CFP®, ChFC®, AAMS™**  
Financial Advisor

4009 Sw 10th Ave  
Topeka, KS 66604  
785-273-2277

MKD-8652E-A AECSPAD 2/2024





# FINANCIAL FOCUS

## Earth Day lessons for investors

It's almost Earth Day, when people around the world focus on ways of protecting and preserving the environment. And the lessons from this occasion can be applied to other areas of life — such as investing.

Here are some themes to consider:

- **Sustainability** – From an environmental perspective, sustainability encompasses a range of issues, such as using natural resources wisely. As an investor, you, too, need to protect your resources. So, for example, to sustain a long-term investment strategy, you won't want to dip into your retirement accounts, such as your IRA and 401(k), to pay for major home or car repairs or other unexpected, costly bills before retirement. You can help prevent this by building an emergency fund containing several months' worth of living expenses, with the money kept in a liquid, low-risk account. And once you're retired, you need to sustain your portfolio so it can help provide income for many years. For that to happen, you'll need to maintain a withdrawal rate that doesn't deplete your investments too soon.

- **Growth potential** – Many people plant trees to celebrate Earth Day, with the hope that, as the trees grow, they'll contribute to cleaner air. When you invest, you also need growth potential if you're going to achieve your goals, including a comfortable retirement. So, your portfolio will need a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based mutual funds or exchange-traded funds (ETFs). Yet, you do need to be aware that these investments can lose value, especially during downturns in the financial markets. You can help reduce the impact of market turbulence on your holdings by also owning other types of investments, such as bonds, government securities and certificates of deposit (CDs). While these investments can also lose value, they are typically less volatile than stocks and stock-based mutual funds and ETFs. The appropriate percentage of growth and fixed-income investments in your portfolio depends on your risk tolerance, time horizon and long-term objectives.

- **Avoidance of "toxins"** – At some Earth Day events, you can learn about positive behaviors such as disposing of toxic items safely. And in the investment world,



you'll also want to avoid toxic activities, such as chasing "hot" stocks that aren't appropriate for your needs, or trading investments so frequently that you run up commissions and taxes or jumping out of the markets altogether when there's a temporary decline.

- **Consolidation** – Getting rid of clutter and unnecessary possessions is another lesson some people take away from Earth Day. All of us, when we look around our homes, could probably find many duplicate items — do we really need two blenders or three brooms or five staplers? When you invest, it's also surprisingly easy to pick up "clutter" in the form of multiple accounts. You might have an IRA with one financial company and brokerage accounts with two or three others. If you were to consolidate these accounts with one provider, you might reduce correspondence — even if it is online — and possibly even lower the fees you pay. But perhaps more important, by consolidating these accounts at one place, possibly with the guidance of a financial professional who knows your needs and goals, you may find it easier

to follow a single, unified investment strategy.

Earth Day only happens once a year — but it may provide lessons for investors that can last a lifetime.

—This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC.

### Edward Jones



**Scott D Van Genderen, CFP®, ChFC®, AAMS®**  
Financial Advisor  
4009 Sw 10th Ave  
Topeka, KS 66604-1916  
785-273-2277

MKT 5814M-A

edwardjones.com





- Hospice • Home Health
- Privately Paid Services
- Comprehensive Disease Management

*"When I thought I could not live independently in the comfort of my own home... I did with Phoenix Home Care & Hospice!"*

For more information call  
**(785) 260-6444**

www.phoenixhomehc.com



**Sign Up Today**

# THREE R'S PROGRAM REMOVE • REPLACE • RECEIVE

<https://susonessentials.com/the-three-rs-medical-intuitive/>

**Virtual or In-Person**

Quantum Energy Healing • Food as Medicine • Essential Oils  
Sound Frequency • Emotional Healing Toxic Free Living

**Available For**

**Speaking Engagements, Training & Coaching**

**Jodi@SusonEssentials.com 847-738-0242**

Rev. Jodi L. Suson - Calhoun | Suson Essentials

MBA, Organizational Behavior, Human Behaviorist, Nutritionist, Aromatherapist, Certified Amen Clinics Brain Health Professional, NLP, Quantum Energy Healer, Medical Intuitive, Podcast Host: Self-Cell Care™

**Emotional Healing Through Toxic Free Living**

Recommended by Psychologists, Chiropractors, Doctors of TCM  
**847-738-0242 | [susonessentials.com/food-for-health/](https://susonessentials.com/food-for-health/)**



785-235-3340

Voice@cox.net

www.MetroVoiceNews.com facebook.com/TopekaMetroVoice

## Economical Advertising for Small Businesses

Reach 10,000 Families at lowest cost per thousand  
Even small businesses need to advertise - We can help!

~ Print, digital, email, website, social media ~

**Prices start at \$20 per month**

- Local, Regional & National News
- Free Local Event Calendar
- Service to 20,000 readers monthly
- Family-friendly content
- Distribution to 500 Topeka outlets
- Low ad rates & free design
- Print & Online News & Advertising
- Serving non-profits
- Helping small businesses



## The Functional Nurse Coach

Client-centered, Customized Plans

**"BRIDGING THE GAP BETWEEN  
FOOD AND MEDICINE"**

*Book a FREE nurse coaching consult call!*

Rebecca Wharton, RN, Master of Science in Nursing in Public Health, Certified Personal Trainer, is a Certified Functional Nutrition Coach offering one-on-one personalized Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement.

[thefunctionalnursecoach@gmail.com](mailto:thefunctionalnursecoach@gmail.com)

913-298-1092

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





# Benefits of Using Natural Products for Your Home, Skin, & Food

In recent years, there has been a growing awareness and concern about the potential health risks associated with the chemicals and toxins found in many everyday products. In a world filled with synthetic chemicals and artificial ingredients in cleaning supplies and personal care items (and even in the food we consume), these substances can have a significant impact on our well-being. That's why an increasing number of people are turning to clean products made in nature and free from harmful ingredients, to create a healthier environment for themselves and their families.



Rebecca Wharton

Natural products, derived from plants, minerals, and other organic sources, offer a multitude of benefits for our homes, our skin, and our overall well-being. By incorporating natural products into our daily lives, we can create a healthier and more sustainable lifestyle. Let's explore the advantages of using natural products in your home, on your skin, and in your food.

## A Safer and Healthier Home Environment

Conventional cleaning products often contain harsh chemicals that can be harmful to both our health and the environment. Using clean products in your home can have a profound impact on your overall well-being. Many conventional cleaning products contain harsh chemicals, such as ammonia, chlorine, and phthalates, which can contribute to indoor air pollution and have adverse effects on respiratory health.

By opting for clean, natural, and eco-friendly alternatives, such as vinegar, baking soda, and essential oils, you can reduce your exposure to these harmful substances, effectively clean your home without exposing yourself and your loved ones to toxic substances, and create a healthier living space. Naturally clean products, such as natural cleaners and plant-based detergents, are typically free from synthetic fragrances, phthalates, and other harmful ingredients, making them safer for your respiratory system and reducing the risk of allergies and skin irritations. Additionally, natural products are often formulated with non-toxic ingredients that are biodegradable and environmentally friendly, minimizing their impact on you and the planet.

## Nurturing Your Skin with Nature's Goodness

Our skin is the largest organ in our body and is full of pores that look like little mouths that take in everything

in our environment. This remarkable organ protects us from the outside world and deserves gentle care and nourishment.

Conventional skincare and personal care products often contain petrochemicals, synthetic fragrances, parabens, sulfates, and other potentially harmful chemicals that can irritate the skin and disrupt its natural balance, while also altering our hormones and immune system.

Natural skincare products are formulated with natural and organic ingredients that are gentle and nourishing and harness the power of botanical extracts, essential oils, and other natural ingredients to provide gentle and effective care for your skin. By choosing clean products for your skin, you can reduce the risk of skin irritation, allergies, and long-term health concerns and allow your skin to breathe and thrive. Natural products can help restore balance, soothe inflammation, and promote a healthy complexion, leaving your skin radiant and rejuvenated. Natural skincare products are also often cruelty-free and sustainably sourced, aligning with ethical and environmental values.

## Nourishing Your Body with Wholesome Ingredients

The food we consume has a direct impact on our health and well-being. Unfortunately, many conventional food products are laden with artificial additives, preservatives, pesticides, and genetically modified organisms (GMOs). These substances can have a negative impact on our digestive system, immune function, and overall health.

Natural and organic foods offer a wealth of benefits for our bodies and the environment. By choosing natural and minimally processed foods, you can avoid artificial additives, preservatives, and genetically modified organisms (GMOs) that may have negative effects on your health. Natural foods are often rich in essential nutrients, vitamins, and minerals, providing your body with the nourishment it needs to thrive. Additionally, supporting organic farming practices helps protect the environment, promotes biodiversity, and reduces the use of harmful pesticides and chemicals.

## Supporting Sustainability and Ethical Practices

Using natural products goes beyond personal health benefits; it also supports sustainability and ethical practices. Natural products are often produced using sustainable



methods that minimize environmental impact. They are typically sourced from renewable resources and packaged in eco-friendly materials. Conventional products often rely on non-renewable resources, contribute to pollution, and generate excessive waste.

By embracing clean living, you can reduce your carbon footprint, support ethical and sustainable businesses that

prioritize ethical sourcing, fair trade, and environmental stewardship, and contribute to a healthier planet for future generations. Additionally, many natural products are cruelty-free and not tested on animals, aligning with ethical values, and promoting compassion towards all living beings.

## Making the Transition to Natural Living

Transitioning to a natural lifestyle doesn't have to be overwhelming. Start by educating yourself about harmful ingredients commonly found in products and familiarize yourself with natural alternatives. Look for certifications such as USDA Organic, EWG verified, Non-GMO Project Verified, or Leaping Bunny to ensure the products meet rigorous standards. Gradually replace conventional products with natural alternatives as you run out, and consider making your own DIY products using simple, natural ingredients. Additionally, support local farmers and businesses that prioritize natural and sustainable practices.

Embracing natural products in your home, on your skin, and in your food can have a profound impact on your health, well-being, and the environment. By reducing your exposure to synthetic chemicals and artificial ingredients, you create a safer and healthier living environment for yourself and your loved ones. Natural products offer gentle care for your skin, nourishment for your body, and support for sustainable and ethical practices. So, take a step towards natural living and experience the transformative power of nature's gifts in your life.

—Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach offering one-on-one Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement. She can be reached at [thefunctionalnursecoach@gmail.com](mailto:thefunctionalnursecoach@gmail.com) or 913-298-1092. For more information, visit [www.thefunctionalnursecoach.com](http://www.thefunctionalnursecoach.com).



The Functional Nurse Coach



# Clearing Up 4 Big Misconceptions About Hospice Care

**H**ospice care is a vital part of many patients' health care journey. That's why we believe that there shouldn't be any confusion about what hospice care is and what it isn't.

All patients deserve dignity as Phoenix Home Care & Hospice helps them manage their journey. Dignity includes having the correct information about what's available to you, so you can make the best decisions possible for your health.

If you're considering home hospice care, Phoenix Home Care & Hospice can provide thorough, compassionate hospice care. Read on as we debunk the many myths you may have heard about hospice care and explain the services we offer.

## **Myth: Hospice Care Patients Are Always At the Very End of Their Lives**

Many view hospice care as "the end." When they think of a person receiving hospice, they automatically associate this with their final days of life. However, this is far from the truth.

Although hospice care patients must have a life-limiting diagnosis from a physician and have elected not to pursue treatment for this illness, this doesn't mean that you should expect a sudden downward spiral.

Patients should expect that a hospice physician, hospice nurse, and aides, and other health care professionals will provide relief from the pain and discomfort associated with that illness' symptoms, among many other benefits, including emotional and spiritual support.

Pain relief and avoiding the hospital and ER by receiving home hospice care near you may in fact increase your quality of life for some time.

## **Myth: Hospice Care Means a Patient Is Giving Up**

Our team can't stress this enough: hospice is not for the hopeless. Electing hospice care at home does not mean that you've decided that there's nothing left you can do. Although your doctor may determine that your terminal illness is not responding to treatment, that doesn't mean that there isn't life left to live and experiences yet to be had with your family and friends.

Electing hospice care is actually a form of strength. You're taking control of your condition and advocating for your needs. You're seeking out what's best for you at this time in your life. If you have hope for what is yet to come and



you're ready to receive support from a compassionate, patient hospice team like Phoenix, you're showing strength, not weakness.

## **Myth: Hospice Takes Place In a Facility**

Many patients view hospice as a "place" you go at the end of your life. It is true that hospice care facilities are available, but you can also receive hospice care at home.

Phoenix provides hospice care in the comfort of your home, so you can be in a familiar place, while you receive all the benefits available to you through hospice without having to stay in a facility or visit the hospital.

## **Myth: Hospice Care Is Provided Exclusively by a Nurse**

A final, major misconception about hospice is that this service is only delivered by a nurse, who delivers pain medication. Although pain relief is a part of hospice care, this healthcare service is far more sophisticated and comprehensive.

When you elect home hospice care, you receive the following benefits:

- Comfort and pain-management.
- A dedicated hospice team including doctors, nurses, social workers, and aides.
- Special services including occupational, physical, and speech therapists, if needed.
- A hospice nurse case manager, who is available 24/7.
- Respite care, which is a break for family caregivers, when needed.
- A chaplain for spiritual counseling, support, and comfort.
- The equipment, medication, and supplies related to hospice treatment.
- Social workers and volunteers for emotional support,

resources, and more.

- Bereavement services for the family.

Hospice is far more than a single person. Phoenix Home Care and Hospice ensures that you receive all the benefits entitled to you as a person seeking hospice care at home.

## **Trust Our Compassionate Team for Hospice Care and All It Provides**

When you seek any form of health care at home, you deserve the very best. That begins with understanding the truth about what services you can take advantage of.

Phoenix Home Care & Hospice provides our years of expertise so you understand your options for hospice care. We deliver premium services, so you can have the best possible quality of life and comfort at home.

Get in touch with Phoenix, the leading provider of hospice care near you, to experience the thorough support we provide for you, physically, mentally, and emotionally. It would be our honor to serve you.



Offering Comprehensive Disease Management, Acute Skilled Nursing through Home Health Service; Private Duty Nursing to children and young adults with Special Need; Privately Paid Services such as nursing, nurse-aide or companion level assistance with activities of daily living from a few hours a day to around-the-clock care; Hospice, Chronic Care Management through Keep Well ACO, Wellpack/Pharmacy.

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

Phil Melugin, President/CEO  
Nick Carroll, Topeka Regional Manager

2945 SW Wanamaker Dr., Suite B, Topeka, KS

785-260-6444

www.phoenixhomehc.com



# 5 Ways to Reduce Everyday Stress

**D**eadlines, responsibilities, bills -- there are so many causes of stress in our lives. Unfortunately, stress can take a negative toll on one's health and wellness, particularly if it goes unaddressed for too long. Indeed, common effects of stress include headaches, stomach upset, anxiety, sleep problems and more, according to the Mayo Clinic.

This April, which is Stress Awareness Month, consider these strategies for relieving stress.

- **Aromatherapy:** Scent your home and workspace with stress-relieving scents like lavender, rosemary and peppermint. Whether you use candles, oils or fresh herbs, this is an easy way to immediately reduce feelings of stress.

- **Get outdoors:** Both exercise and nature can have stress-relieving properties. Combine the two with hiking, biking, and water-based sports. Support your adventures with water-resistant wearable tech, like the WSD-F20 Pro Trek Smart Outdoor Watch, which features functions like full color maps and GPS, app functionality to track progress, as well as sensor technology, allowing you to comfortably get off the beaten



path and better appreciate your surroundings.

- **Meditate:** Many experts agree on the benefits of meditation, from increased positive emotions to the relief of stress and anxiety. And these days, meditation is more accessible than ever, as employers offer mindfulness programs in the workplace, mobile apps in guided meditation abound, and communities and fitness clubs add practices like tai chi and yoga to their rosters.

- **Enjoy music:** Music can be an extremely powerful outlet for stress relief, particularly when you're getting creative and making it yourself. Have the means at home to play a variety of beautiful music so that you can de-stress any time you need. To faithfully reproduce the

sounds of acoustic instruments like guitars, drums, basses, brass, wind instruments, string ensembles and more, you don't need an entire music studio full of separate instruments. The upgraded technology and sound quality found in digital pianos like Casio's CT-X700, which includes the new AiX SoundSource, reproduces subtle nuances and gestures specific to each sound.

- **Keep a journal:** Keeping a journal can be a good way of putting things in perspective and thinking through the short- and long-term problems and challenges that are causing you stress. Plus, the ritual aspect of what could be made into a daily habit, may have a calming effect on the body and mind.

This Stress Awareness Month and beyond, considering adopting stress-reducing hobbies and habits for a healthier body and mind.

Source: StatePoint





## MAP vehicle serves homeless in Topeka

The Mobile Access Partnership (MAP) is a collaboration of Valeo Behavioral Health Care, Topeka Rescue Mission, Stormont Vail and Topeka Police Department. These state-of-the-art mobile facilities provide services and restrooms to the unsheltered and other individuals in need.

Services offered include:

- Hot Showers & Clean Clothes
- Food and Drinks
- Mental Health Assessments
- Primary Care Services
- Lifeline Cell Phones
- Covid testing
- City ID's



## SCHEDULE

Tuesday & Thursday



MOBILE ACCESS  
PARTNERSHIP

Topeka Rescue Mission's  
homeless hotline:  
785-230-8237

### TRM

Clothing, Hot breakfast and lunch,  
Hygiene items

### VALEO

Showers, COVID testing, Mental Health  
Screenings, City ID applications,

### STORMONT

Child visits, Annual physicals, Chronic  
care follow-up, Routine lab work,  
Blood pressure & Diabetes checks,  
Immunizations **Please call  
785-270-4440 to set an  
Appointment. BI-lingual staff  
available.**

### FREE LIFELINE PHONES

Government phone program (EBT  
award letter and ID required to qualify)

### STREET DOG COALITION

Vaccines for pets, Parasite control,  
Spay/Neuter

### SCHD

Hepatitis A vaccines, Tetanus shots  
and Flu shots

### KDHE

Voluntary blood draws for Hepatitis A,  
Hepatitis C, STI Panels, and HIV  
as well as rapid Syphilis tests.  
Added Pneumovax, Tetanus, Shingles  
and Flu shots.

**Apr. 2nd • 9:00-3:00**

Children's Palace  
601 NW Harrison  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail

**Apr. 4th • 9:00-3:00**

Children's Palace  
601 NW Harrison  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail

**Apr. 9th • 9:00-3:00**

Topeka FUMC/St. John AME  
600 SW Topeka Blvd.  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail

**Apr. 11th • 9:00-3:00**

Topeka FUMC/St. John AME  
600 SW Topeka Blvd.  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail, SDC/KSU, SCHD

**Apr. 16th • 9:00-3:00**

Family of God  
1231 NW Eugene  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail, KDHE

**Apr. 18th • 9:00-3:00**

Family of God  
1231 NW Eugene  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail

**Apr. 23rd • 9:00-3:00**

Central Church of Christ  
1250 SW College Ave.  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail

**Apr. 25th • 9:00-3:00**

Central Church of Christ  
1250 SW College Ave.  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail, SDC/KSU, SCHD

**Apr. 30th • 9:00-3:00**

Children's Palace  
601 NW Harrison  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail



## Keep your home safe with concrete repair

Worrying about your uneven or cracked concrete can make owning a home very stressful. By investing in concrete repair, you can fix your driveway, walkways, patio, and more in one easy lift.

**THRASHER**  
FOUNDATION REPAIR

**GET A FREE ESTIMATE**  
**866-571-8749**



NATIONAL  
DEBT RELIEF

## BECOME DEBT FREE IN AS LITTLE AS 24-48 MONTHS

If you owe more than \$10,000 in credit card or other unsecured debt, see how National Debt Relief can help resolve your debt for a fraction of what you owe.

**Call today:**

**+1 (844) 954-5013**



Questions about MAP?  
Please contact Jenny Falk  
Director of MAP Operations  
at [jfalk@trmonline.com](mailto:jfalk@trmonline.com)





# 6 Tips On How To Discuss Your Mental Health With Others

**I**t can be frustrating to struggle with your mental health and to get your family and friends to understand where you are coming from.

Although most people may be understanding, there is usually one or two people who will make things more challenging for you.

As a result, here are six suggestions on how to deal with the people you know regarding your

tough time. It is not your job to worry about how others may view your circumstances. Focus on managing your mental health rather than trying to get everyone's approval.



There are many mental health awareness support groups in any given area. Many hospitals, churches, and counselors in your area will be able to provide you with a list of these organizations. These groups will be aware of your situation and can give you additional advice re-



mental health situation.

**1. Listen to the professionals:** Your friends may mean well, but when it comes down to it, the professionals are aware of your circumstances more than anyone. It is important that you listen and follow the advice from your doctor or medical professional rather than following the advice from your friends and other people you may know.

**2. Don't argue with others:** It is important that you do not get into arguments with those who are giving you a

**3. Choose your friends wisely:** Distance yourself from those who won't make an effort to help understand what you are going through. You need to surround yourself with positive and supportive people. If you have problems or issues with a particular person, then it's best to keep your distance and hang out with those

people are more supportive.

**4. Attend a mental health support group:**



garding your concerns.

**5. You are not alone:** There are millions of people around the world who struggle with their fears, anxieties, and depression. Many of your relatives and friends more than likely struggled with anxiety and stress sometime in their life. Do not feel that you are alone when it comes to your mental health situation because there all kinds of people around you who can relate.

**6. Your goal is to get better:** Focus on how you can handle the anxieties and stresses in your life rather than arguing with others who are giving you a difficult time. This isn't a public relations event where you need to get approval from everyone. This is your life, and you need to be more concerned about getting your life back on track rather than pleasing everyone else.

—Stan Popovich

Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>



# P.U.T.: Healing Runner's Heel Without Surgery



(Ivanhoe Newswire) —

**T**ennis, pickleball, golf, running – millions of people will suffer from over-use injuries this year. The pain can literally stop you in your tracks. When physical therapy and medications don't help, surgery is usually the only option. But now, there's a new minimally invasive procedure that will help ease your pain and get you back out doing what you love. P.U.T.

"Running is my meditation," says Ara Miralles.

Ara started running in college, eventually running marathons, halves and 10ks, but the wear and tear took its toll.

"It was just to the point where I had, sort of, had enough," she recalls.

Pain in her Achilles tendon forced Ara to stop running. She tried physical therapy and PRP – nothing helped.

"Her tendon was so inflamed and swollen and painful that you could see it from across the room. It was red and swollen," says Sports Medicine Specialist at UC San Diego Health, Kenneth Taylor, MD.

Dr. Taylor uses percutaneous ultrasound tenotomy, or P.U.T., to break down the diseased tendon.

"We're basically taking this needle and we're sticking it into the disease part of the tendon," he explains to Ivanhoe.

Increasing the blood flow to the tendon, allowing the



body to rebuild itself naturally without surgery.

P.U.T. can be done at the doctor's office, reducing the time for the procedure as well as costs. With traditional surgery, it takes patients at least six months to recover – with P.U.T., they can be up and running in six weeks.

"To see it actually look normal again in such a short period of time in a marathon runner, I think, is pretty amazing," Dr. Taylor says in awe.

Ara was back running six weeks after the procedure. Eight months later, she completed the Boston Marathon in three hours and 43 minutes.

Dr. Taylor says pickleball players are also feeling the benefits of P.U.T. This procedure can also be used for shoulders, hips and hamstrings, as well as tennis and golfer's elbow, jumper's knee, bone spurs and plantar fasciitis

Over-use injuries, often stemming from repetitive or excessive strain on specific body parts, can result from a variety of activities. Engaging in physical activities without proper understanding, technique, or awareness of one's body limits can contribute to overuse injuries. This may include pushing oneself too hard during workouts, neglecting rest days, or participating in activities without adequate preparation. Certain jobs such as working on an assembly line, sewing, playing an instrument, and working on the computer can cause over-use syndrome.

Diagnosing overuse injuries involves a comprehensive approach that combines medical evaluation, patient history, and sometimes diagnostic imaging. Overuse injuries typically result from repetitive stress on specific tissues, leading to inflammation, microtears, and, over time, structural damage. Over-use syndrome may just begin as fatigued feelings in the hands and arms. Musculoskeletal pain in the ligaments and bones commonly follows this and when it gets worse, small parts of soft tissue begin to tear.

Common symptoms of over-use injuries include swelling, numbness, and gradual loss of ability to move your arms like you once could. The first step in diagnosing over-use injuries is a review of patient history, followed by a physical examination, diagnostic imaging, laboratory tests, specialized tests, consultation with specialists, and elimination of other diagnoses.

New technology that allows medical professionals to track athletes' heart rate performance to avoid injuries can be used to improve injury prevention. The technology allows coaches to use the data to tailor special programs for each athlete's needs and fitness levels. This also helps to avoid over-training athletes and burnout injuries. New aged devices such as GPS tracking devices to monitor training loads, wearable sensors to monitor biomechanics, low-level laser therapy to stimulate tissue healing, and virtual reality to provide a stimulating environment can revolutionize the world of over-use injury and rehabilitation for athletes.



# Releasing Stuck Energy and Emotions

Everything in the universe is made up of energy. All matter has its own unique vibration. That means each organ, tissue and cell in your body has its own tune and together they make up a symphony. That also includes your pets, your home, the furniture in your home... they are all made up of energy and sometimes it will get stuck.

Stuck energy or trapped emotions are pent up feelings that you want to express and don't know how. Sometimes that energy is stuck in the furniture, the pillows, the walls, the clothing and more. Trapped emotions and energy in the body will manifest as stress, muscle tension, pain, and other more critical physical or emotional issues. And the energy that is stuck in your home will circle back and forth to you like a boomerang.

Stuck energy also can show up as an unfavorable pattern, or unwanted behavior. If you are witnessing someone else, or having self-awareness about reoccurring events in your life, with different unrelated people, you may be witnessing embedded energy patterns. For example, you may find that people tend to betray you. Or, you are attracting the same type of people, and you don't know why. Do you feel they are wasting your time? Do you feel a lack of respect? Are you feeling like a victim of your circumstance vs a master of your life? You may often find yourself surrounded by others that bring up feelings of a low deserve level or unworthiness. If any of this has been a repeated experience, that is a signal of a trapped energy pattern. Someone during your childhood years may have suggested (an imprint) that you are not worthy. That silly suggestion planted a seed in your subconscious mind, and it is now running your show. That thought form is running in the background, like a broken record, that relentlessly plays the same phrase, and you don't even realize it is your internal GPS. That is a deep, programmed behavior, and it is time to release it.

I teach people first how to recognize their programming and then how to remove the unwanted pattern, trigger, or stuck emotion.

This requires someone to be willing to explore who they are and why they behave the way that they do. They would choose to focus on heart centered activities and shift their belief systems. Today, we are going to share the process of clearing stuck thought forms that are stopping you from being the best version of yourself.

## What is the step-by-step process?

The first step is to get out of the physical place you're in and find a quiet place where you can be undisturbed. It's difficult to heal from the place where the stress or damage was created. Ideally, go outside on the grass, beach, or for-

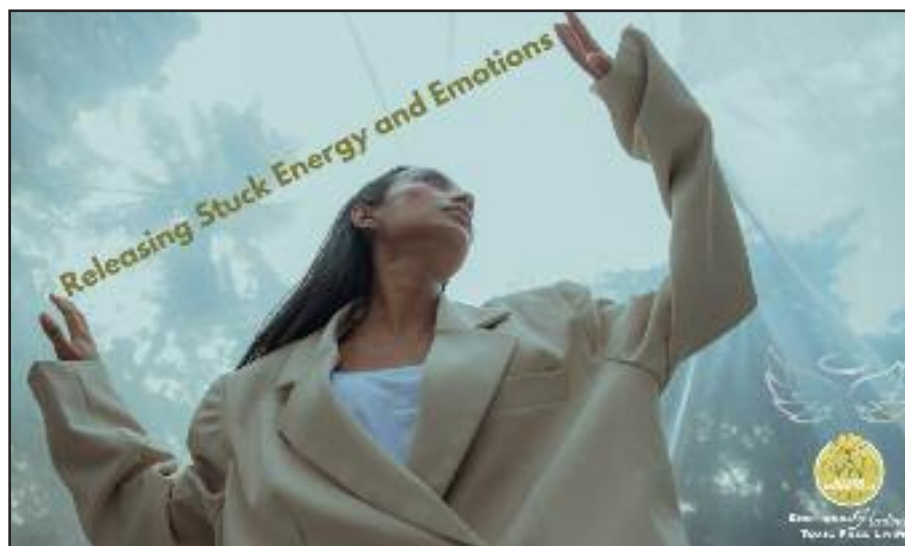
est to ground yourself and remove your shoes so your feet feel the earth. If that's not an option, the next best alternative is to use your porch or patio. Third, if you must stay inside, firmly plant your bare feet on the floor. In any scenario, find a secluded area where you can relax, ground, and connect with the earth and Source energy.

Start with heart. If you ever listened to my podcast "Self-Cell Care™," my co-host parrot Faygela, has been guiding me and others about heart centered behaviors for years. Yes, I talk to animals. What does that really mean or feel like? Getting into heart feels warm and stable. It feels calm and happy, not exuberant, yet peaceful. It is the foundation and the interconnectedness of your mind, body and spirit. It is a place of balance where you can receive spiritual enlightenment. When you do this, you will want to remove any interferences, align your chakras and connect with Source.

Once you are in balance, and connected with Source energy, you can process the "ALL-CLEAR PROTOCOL™". This process was created so I could be efficient with my time and not forget all the areas that needed clearing. There were so many items to remember, that I created an agreement with my spiritual guides. We agreed to the content of the All Clear Protocol™, so I would not have to repeat myself or possibly forget. You can do this too! When I have a self-limiting belief that I want to clear, such as "I am not good enough," "I am not thin enough," "I am not \_\_\_\_\_ (fill in the blank)," I just run this protocol.

What does the All Clear Protocol™ cover? When you practice the "All Clear Protocol™," you are removing the stuck and unwanted thought forms, energies, behaviors, actions, or inactions from your fields. The agreement I created with my spiritual guides was to have these areas included:

- My physical body.
- My subconscious mind and thoughts.
- My chakras, including the five above and below.
- My emotional body.
- My spiritual body which includes the etheric field.
- My unwanted cellular memories housed in my organs, tissues, and cells.
- Any unwanted imprints that are left on me by myself or others.



- My entire lineage - Yes!
- My past lives.
- All my timelines.
- All my alternate dimensions and galaxies.

Things you may want to clear could be issues around self-love, self-forgiveness, self-limiting beliefs, abundance issues, anger issues, resentment or betrayal. The list is endless. When you become practiced at this, you will feel lighter after each clearing. It takes time to learn, and you will not necessarily remove the entire vibration at once because there are many layers to healing. Consider a rinse and repeat. There are two ways to learn more. My YouTube channel has a video named **Releasing Stuck Energy and Emotions**, which you can watch, and model for yourself. Or you can schedule time with me to learn more, too!

—Rev. Jodi L. Suson- Calhoun | Suson Essentials  
MBA, Organizational Behavior, Human Behaviorist, Brain Health Professional Amen Clinics, Nutritionist, Essentials Oils, Corporate Wellness, Frequency Medicine, Talk Show Host Self-Cell Care, Medical Intuitive and Quantum Energy Healer. Schedule Your Appointment: 847-738-0242 | Jodi@SusonEssentials.com





# Top Sports Fitness Tips for the Beginner Athlete

**M**aybe you're not going to be a superstar athlete. But you can still set a big fitness goal for yourself, even if you've never tried a sport before.

## Take the First Step



Examples of fitness goals could be a century ride (a 100-mile bike ride in less than a day). Or you could train for a triathlon (a series of three endurance events, often swimming, cycling, and running), or join a sports league.

## Get Out of Your Comfort Zone



First, consider the possibilities. There are lots of activities you could try, and you might discover you like something you never thought you'd do. Want to train for something really tough and out of your comfort zone? Check out race events like Warrior Dash and Tough Mudder. They're rugged obstacle courses where you slog through mud and water, scale walls, and combat-crawl through tunnels.

## Start With Small Goals

You might have a big goal you want to reach one day, like a marathon. The best way to get there is to set a series of



smaller goals that lead to your big goal. For example, before you sign up for a marathon, set goals to do a few 5K races first. And before that, work up to running a mile. Fitness apps can help you keep track of each great thing you do on your way to your big goal.

## Mix Things Up



You may get bored doing the same workout every day. And after you do the same activity all the time for 6 to 8 weeks, your muscles adapt to it. You burn fewer calories and build less muscle. Try interval training: Step up your pace for a minute, then slow down, and repeat. Try strength training and cardio activities like swimming, indoor cycling, and kickboxing.

## Get Your Doctor's OK



If you're not active now, talk to your doctor before you start exercising if you're over 45 (men) or 55 (women). It's also a good idea to get a doctor's OK if you have a health problem or take regular medication. To avoid injuries and burnout, start working out slowly: 3 days a week for 10-15 minutes. Then gradually add time and intensity.

## Eat and Drink for Fuel

Exercise burns extra calories and raises your metabolism. So eat every couple of hours -- three meals plus healthy

snacks. Before a workout, snack on carbs (juice, fruit, or yogurt) for fast energy. After a long, tough workout, re-



plenish with a carb/protein mix, like a peanut butter sandwich or a smoothie. Otherwise, keep your meals and snacks light: Try an apple and peanut butter, yogurt and nuts, or an egg on whole wheat toast.

## Drink Enough Water



Unless your workout is really long or tough, you don't need a special sports drink with electrolytes. Water works just fine. Drink plenty: If you're dehydrated, your muscles may cramp, and you raise your risk of heat exhaustion and heatstroke. Two hours before you exercise, drink about 2 to 3 cups of water. During your routine, drink about 1 cup every 10-20 minutes. Keep drinking after you're done exercising, too.

## Do Strength Training

Even if your goal -- a marathon, for example -- might





center on cardio, you should practice strength or resistance training, too. Strong muscles burn more calories, help prevent injuries, and build stronger bones. Work muscles on weight machines, with hand-held equipment like free weights, kettlebells, or resistance bands, or by doing exercises like push-ups.

### Dress for Comfort



You need the right clothes and shoes when you work out. It's not about looking good (although that can't hurt) -- it's about feeling comfortable. It's no fun to walk, run, or bike if you have flapping sleeves or flimsy shoes. Ask the experts at a sporting goods store for help. Look for fabrics that draw moisture away from your body -- not sweat-absorbing cotton. In cool temperatures, wear layers that you can peel off as you warm up.

### Learn Proper Form



Whether you're running or weightlifting, it's easy to get hurt if your form or technique is wrong. Don't assume you're exercising the right way, especially if your routine is causing you pain. If your gym has trainers or fitness staff, they may be able to watch you exercise and give you advice on improving your technique. Or you can read fitness magazines or find online videos that show correct techniques.

By Ross Brakeville | webmd.com

## Fitness Advice From World-Class Athletes

Training like a top athlete is never an easy job, especially when you are unaware of your body needs. The goal is not to train hard but to train smart. If you push your body towards a struggling fitness routine, you will never achieve your desired goals.

There are many fitness tips for athletes. Every athlete has their perspective and fitness choices. It's you who decides what's suitable for your body. You can start by understanding different training methods for athletes.

### Best Types of Training for Athletes

Training for a specific purpose sounds simple but is complex. It is crucial to formulate the appropriate training program keeping age, gender, metabolism rate, and body type in mind. Every athlete is different and requires a specific training program for particular results. There are several types of training programs. Let us have a quick look at all of them one by one:

#### 1. Continuous Training

In this type, the individual should keep working for longer intervals to enhance the cardiovascular and respiratory system with a constant heart rate from 60-80 percent. 20-30 minutes long physical activity without any break builds your cardiovascular endurance. As a result, you will not go out of breath during biking, running, swimming, and other physical activities.

#### 2. Weight Training

Weight training is one of the most common types of training and goes well for every individual. It helps in bone and muscle development. Lifting weights through weighted bars, stacks, and dumbbells makes your bones strong and improve skeletal muscles' size.

#### 3. Circuit Training

Circuit training combines exciting exercise and intense aerobic workouts for endurance and resistance. Unlike the boring training routine, circuit training goes well for muscle strengthening in an engaging way. You move from station to station, switching between exercises. The workout lasts about 20-30 minutes.

#### 4. Interval Training

This type allows your body to get the training with breaks. With short intervals and powerful workouts, interval training helps avoid overtraining. There are a couple of exercises, including anaerobic ones. The intervals depend

upon your preferences, can be complete rest or contain not-so-intense activities.

#### 5. Flexibility Training

This training helps increase mobility and overall flexibility. You can target any of your body areas. This training type is useful for dancers and works as a warm-up session to prepare you for high-intensity programs. The type includes stretching exercises.



#### 6. Plyometric Training

Plyometric training is fun to learn different techniques as a jumper, runner, volleyball player, basketball player, and more. The training includes jumps, hops, squats, etc., to enhance your physical performance in short intervals of time.



#### 7. SAQ Training

It is crucial to work on the athlete's neuromuscular system and physical enhancement. SAQ training is highly beneficial for such experts and amateurs who want to increase their ability to focus and perform.

#### 8. Fartlek Training

The combination of changing speeds and terrains is known as fartlek training. Runners can utilize this training to improve their speed and ability to run on any surface. It can



also help runners to learn various techniques so that they can run faster over long distances.

By Daniel Murphy | dmoose.com



# The Best Books for Runners in 2024

By Becky Wade | Runners World

If you're passionate about running, reading, and reading about running, 2024 should be a good year for you. A handful of books are slated for publication that promise to educate, entertain, and inspire, whether you're a front-of-pack runner like new memoirist Des Linden or a passionate participant advocate such as Slow AF Run Club founder Martinus Evans.

We cover the newest additions to the running lit space, plus all of our favorite releases from last year—and some classics every runner should have in their library.

With the 2024 Paris Olympics kicking off this July, it's the perfect time to revisit and honor some of the great athletes of past Games. Aime Alley Card's new release, *The Tigerbelle: Olympic Legends from Tennessee State*, offers an inspiring glimpse into one of the most globally successful track and field programs of all time.

Led by Coach Edward Temple, the 1960 Tennessee State University all-Black women's track team, which included Wilma Rudolph, Barbara Jones, Lucinda Williams, Martha Hudson, Willye B. White, and Shirley Crowder, won an astonishing 23 medals in the 1960 Rome Olympics. In doing so, they challenged "the world's perception of what a group of young Black women in the Jim Crow south were capable of" and inspired genera-

tions of track athletes to come. (January 2, 2024)

Whenever she steps onto the track for her signature event, the 400-meter hurdles, world record holder and Olympic champion Sydney McLaughlin-Levrone looks nothing but confident, composed, and bulletproof. What fans don't see, however, are her chronic struggles with anxiety, perfectionism, and people-pleasing, and her lingering uncertainty about her identity and worthiness.

In *Far Beyond Gold*, McLaughlin-Levrone shares how her faith has helped her overcome her fears, push past her perceived limits, and accomplished more than she ever thought possible. She hopes that her story will help others do the same, in whatever realm is meaningful to them. (January 30, 2024)

Jeff Galloway's publication count will continue to grow this year with *Running: Getting Started*. The latest title from the 1972 Olympian, coach, *Runner's World* columnist, and prolific author is a sweeping introduction to the sport, intended "for any person, at any fitness level, looking to start running for the first time, return to running after a break, or reset their training."

Galloway outlines what you need to start running, how to implement a training plan and fit it into your life, and everything you should know about nutrition, form, injuries, racing, and more, before you hit the ground running. (March 1, 2024)

In *The Examined Run: Why Good People Make Better Runners*, philosopher and ultrarunner Sabrina B. Little "asks whether running can be a laboratory for developing our character," as it so often seems. She draws on her experiences in training, racing, and coaching to explore the relationship between athletics and virtue, offering a refreshing change of pace from the negative headlines

we're seeing more and more often. (March 21, 2024)

Many NCAA and pro running fans are familiar with the names Elvin Kibet and Shadrack Kipchirchir, Kenyan-born runners who earned scholarships to the United States, racked up several All-American awards between them, fell into a relationship, and are now chasing their dreams as part of the U.S. Army World Class Athlete Program.

But few fans are probably aware of the struggles that both Kibet and Kipchirchir overcame, including poverty, bigotry, pressure, and an entirely new culture to adjust to, to get where they are now. In *All in Stride*, Johanna Garton pulls back the curtain on these inspiring soldier-athletes, and sheds light on their pursuits of the American dream. (April 2, 2024)

Although she's best known as a BBC broadcaster, TV personality, and DJ, Adele Roberts is also an accomplished marathoner, with a remarkable claim to fame that she details in *Personal Best*.

Just a year and a half after being diagnosed with bowel cancer, and then undergoing chemotherapy and countless other obstacles alongside her supportive partner Kate Holderness, she set a Guinness World Record for fastest marathon run by a female with an ileostomy. Roberts's story demonstrates what it looks like to thrive in the aftermath of a major setback, and offers hope to others wondering if they have it in them, too. (April 11, 2024)



**I-Design**  
Graphic Services  
& Advertising Consultants  
Promotional Products  
& Apparel

Call for  
pricing today!

**Call: 785-249-1913**  
Email: [irene@idesigngs.com](mailto:irene@idesigngs.com)  
Visit: [www.idesigngs.com](http://www.idesigngs.com)





**TRUGREEN**  
Caring for next spring's perfect lawn starts now.

Let the experts at TruGreen® provide a tailored plan that can help your lawn look its very best year-round.

Save now with **50% OFF\*** Your First Service

AMERICA'S #1 LAWN CARE COMPANY



**TRUGREEN GUARANTEE** TruGreen will gladly visit your property as needed between scheduled visits to ensure your satisfaction♦

 Our tailored lawn plans utilize the latest technology and techniques that help make your lawn green and healthy.

 Our TruGreen Lawn Assessment® will examine your grass and soil types and tailor your plan based on the results.†

Call for your **FREE, no-obligation quote today!**  
**1-855-206-9602**

\*Special price is for first Lawn service only. Requires purchase of annual plan, for new residential EasyPay, MonthlyPay, or PrePay customers only. Valid at participating TruGreen locations. Availability of services and/or products may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. †Purchase of annual lawn plan required for TruGreen Lawn Assessment, which is performed at the first visit. America's #1 lawn care company based on U.S. market share of professional lawn care companies. 2022 MMR Brand Health Tracker. ♦Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2022 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.



**TCCP** TOPEKA COMMUNITY CYCLE PROJECT

Bring your own bike during open shop to work on with our tools, earn a bike from our Earn-A-Bike program, volunteer at open learn cycling safety at one of our certified safety instructor-led classes, or find one of our locally built Bike Racks to lock up to.

**Central Park Community Center, 1534 SW Clay St.**  
**Mailing Address: P.O. Box 504, Topeka, KS 66601**  
**topeka@cycleproject.org • (785) 380-9827**



**RENEWAL by ANDERSEN** FULL SERVICE WINDOW & DOOR REPLACEMENT

ENGINEERED WITH **FIBREX MATERIAL**

**ANDERSEN EXCLUSIVE FEATURE**

**BUY 1, GET 1**  
**40% OFF**  
Windows, Patio & Entry Doors<sup>1</sup> Minimum purchase of 4.

**PLUS**  
**\$0 Money Down, \$0 Interest,**  
**\$0 Monthly Payments for 12 Months<sup>1</sup>**  
Minimum purchase of 4 - interest accrues from date of purchase but is waived if paid in full within 12 months.

**CALL BY JANUARY 31** to schedule a **FREE** consultation.

 **855-454-4135**

**\*DETAILS OF OFFER:** Offer expires 1/31/2024. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months \$0 money down, \$0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 9/24/2023 and 1/31/2024. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. Central CA License #1096271, CA License CLSB #1090316, License WRCE-50393, WA License# RENEWAWS56K6, WA License #RENEWAP87BDM, OR License #198571. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. © 2023 Andersen Corporation. All rights reserved. RBA13228



**NORTH AMERICA'S**  
**#1 Selling Walk-In Tub**  
Featuring our **Free Shower Package**

**SPECIAL OFFER**

*Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!***

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

*Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!*

Call today and receive a **FREE SHOWER PACKAGE**  
**PLUS \$1600 OFF**  
FOR A LIMITED TIME ONLY  
Call Toll-Free 1-855-431-3053

**SAFE STEP WALK-IN TUB**

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.

Call Today for Your Free Shower Package  
**1-855-431-3053**

FINANCING AVAILABLE WITH APPROVED CREDIT | A SEASIDE OF USE CERTIFIED | MADE IN TENNESSEE | BBB ACCREDITED | LIFETIME LIMITED WARRANTY



# Farmers Markets starting up again

The idea of the Farmer's Market is as old as time. In times past, markets were the centers of towns and villages, the place people gathered to buy or barter goods and services, and to catch up on village news. Today, Farmer's Markets are thriving throughout the US and other countries, providing quality, healthy produce fresh from the field, preserving local farms, revitalizing downtown areas and creating a social opportunity for city and country folks to come together.

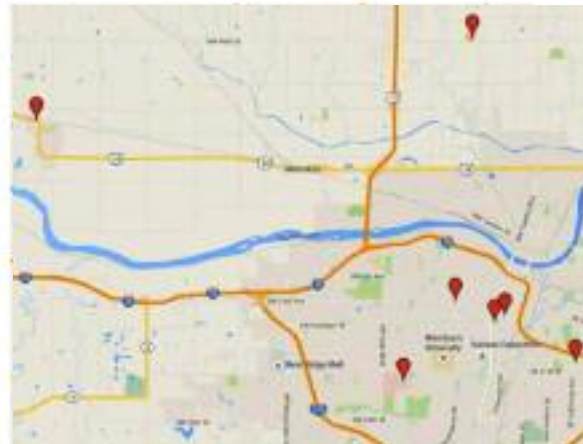


According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United State Department of Agriculture recommends making at least half of every meal consist of fruits and vegetables.

Farmers Markets provide an opportunity for increased access to fresh fruits and vegetables and help to decrease the number of Kansans who do not eat enough fruits and vegetables. Fresh fruits and vegetables are the primary focus at the markets. Visitors may also find whole wheat baked goods, fresh cut flowers, potted plants, local honey and much more.

Visit one of Topeka's Farmers Markets often this year for a taste of one of Topeka's most loved traditions, and your health will be the better for it.

## Find a Farmers Market Near You



View each market on the map at [heartlandhealthynighborhoods.org](http://heartlandhealthynighborhoods.org)

A Farmers Market is a venue at which farmers sell agricultural products and food directly to the general public. Consumers get to build unique relationships directly with the people that grow our foods.

As a coalition, Heartland Healthy Neighborhood recognizes that community design features- like farmers markets, sidewalks, bike lanes, and healthy food retail—makes it easier to be healthy in Shawnee County and we support our local farmers markets.

Learn more about our community's health at [heartlandhealthynighborhoods.org](http://heartlandhealthynighborhoods.org) or like us on Facebook.



Suggestions to Lissa Staley, [lstaley@hcn.org](mailto:lstaley@hcn.org)

### Breadbasket Farmers Market

1901 SW Wanamaker Rd, Topeka  
South end West Ridge Mall parking lot  
Saturdays 7:30am - 1:00 pm

Open April 6



### Downtown Topeka Farmers Market, Inc.

12th and Harrison, South of Judicial Building, Topeka, KS 66612  
Saturdays 7:30 a.m. – 12:00 p.m.

Open April 13 - Oct. 26



### Monday Market @ Your Library

Topeka and Shawnee County Public Library  
1515 SW 10th Ave., Topeka, KS 66604  
Mondays 7:30 a.m. – 11:30 a.m.

Open May 4 - Oct. 5



### Silver Lake Farmers Market

Silver Lake Public Library  
203 Railroad Street, Silver Lake, KS 66539  
Tuesdays 6:00 p.m. – 8:00 p.m.

Open June - August

### Mother Teresa's Farmers Market

Mother Teresa of Calcutta Catholic Church  
2014 NW 46<sup>th</sup> St., Topeka, KS 66618  
Saturdays: 8:30-11:30 am

Open July 6

### Lawrence Farmers Market

Sat. 7:30-11:30  
824 New Hampshire Street  
Open April 6

### Lawrence Tuesday Market 4-6pm

South Park, 1141 Massachusetts  
Open May 7

### Perry Lecompton Farmers Market

Bernie's/Cenex parking lot, Ferguson & Hwy 24  
Friday 4-6:30pm  
Open May 3

- Some markets accept SNAP and offer Double-Up programs to provide twice the amount of produce to consumers using their SNAP/EBT card.
- Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to eligible, low-income individuals and families and provides economic benefits to communities.
- In Kansas, the program is known as the Food Assistance Program.
- Learn about eligibility and complete the Online Application for Benefits at <http://www.dcf.ks.gov/> to or visit DCF Office Location for Topeka/Shawnee County, 500 S.W. VanBuren, Topeka, KS 66603 or call 785-296-2500.



# Spiritual Wellness

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

## Michael Wittig Has Found What Works And Works Hard At It

**R**ock star turned bodybuilder is an identity that Michael Wittig could own and commit to. His band Pillar sold hundreds of thousands of albums and won multiple Dove awards. And in May 2023 Michael became a 10 time Natural Pro Champion with the USBF. But, Wittig has found that what really works in his life is when his training, nutrition, time management and career are balanced with prioritizing family and prayer and being committed to God. Here is his story.

### GOD WORKS HOPE

One of the most powerful things I've learned in my 46+ years of life is that there is always HOPE with Jesus. I went through a dark time about 12 years ago, but I see now I've been able to use that experience to share the gift of hope. God didn't create that dark time, but He used it for good so that I could help others.

My wife and I separated for a short time and back then I really believed our marriage was beyond repair. I remember thinking it was utterly 'hopeless.' A good friend of mine sat down with me and told me there is always hope with God. At that moment I didn't believe that was true.

Oh, I believed in God, but failed to see how my marriage could be repaired at that point. I am here to tell you all that in Christ ALL things are possible. My marriage was restored. I have been able to share my story with many men through the years and encourage them that there is always hope with God.

### GOD WORKS PASSION, CONSISTENCY AND BALANCE

When I list my fitness credentials it almost sounds like I'm bragging, but I'm not. I just really love helping others being their best, and I've really jumped into all things fitness with a singular focus.

I am an ISSA internationally recognized trainer, 10x Natural Pro Fitness Champion, Master World Champion, Natural Olympia Master Champion, 10x cover model, published articles featured in 50+ magazines, and published over 12 books. My passion for fitness started back when I was 15 years old when I was so skinny I was embarrassed to go swimming with my friends or change in a locker room. My dad bought me a Weider bench along with Arnold Schwarzeneger's Encyclopedia.

While I've had periods of inactivity through the many years since, I have never really turned back on fitness. There has always been something about the art of discipline and consistency that I connect with in my soul.

During my 20's my friends and I started touring the world in our Christian rock band Pillar. Even then we carried a bench and weights under the bus to work out before shows. Our bus eventually had a permanent lean to one side because of all the



extra weights.

Once we stopped touring, because of all the kids we had, I leaned into my longtime passion of fitness and started building a new career in my mid-thirties. I haven't missed a workout since and have had the honor to help thousands of people world-wide get healthy.

I have never been the strongest or have I had the best physique, but what I am extremely good at is being consistent. Consistency over the years has helped me make exercise and healthy eating a lifestyle. What I hope to help people with the most when it comes to their health is making it a consistent lifestyle. When they learn to make it a lifestyle they can be their best selves.

A healthy person can be a better partner, parent, worker, and friend. Individuals will often feel selfish taking out 30-60 minutes to do exercise when their loved ones need their attention, but I am here to tell you that taking that hour will make you better and more productive at everything else in life.

I am also a big believer in balance. While I am a recognized health coach and certified nutritionist, I also love donuts and pizza among other tasty things. If you are exercising and eating healthy most of the time you can also enjoy your favorites. But balance to me is also not allowing health and fitness to completely consume one's life. We need to make ourselves available and flexible to be available and attentive to our family and friends.

Motivation will come and go. Understand this from the start. There will be some days you absolutely don't feel like moving. This is when being consistent is the most important. Do what is necessary, especially when you don't feel like it. Do the right thing. You can see how fitness greatly parallels our spiritual life.

### GOD WORKS THROUGH FAITHFULNESS AND PRAYER

I personally feel that my life is a gift. I was spared death at an early age to do great things for God and to help other people. Because of this I also feel it's my duty to stay healthy so I can continue to be there for my family and do the work God has planned for me.

My kids watch what I do and hopefully they will take some of what I do into their adulthood. Then their kids will learn from them. What we do now can affect generations of our family to come. The same is true about our walk with God. Our children will benefit their entire lives going to church with us and praying together.

I also take my exercise and healthy eating seriously because I want to be around for my children for many years to come. I know we are all eventually going to die and oftentimes that time is out of our control, but if I can work now to be around for my family longer I am going to do it. I don't just want to be present, but be active and have fun with my family as I age. These are my main driving forces, my personal 'whys'.

While I am very regimented with my exercise and meal planning, being as intentional with my spiritual life is something I am always working to improve. Just like I don't like missing a workout, my family and I try not to miss church. This is the same with my personal prayer life. It's too easy to get so busy we forget to take out even 5 minutes daily to pray. This is something I am always working to do better.

### WHAT WORKS FOR WITTIG

- 1. Training Consistently:** While I always give every workout my best, there are days I'm tired or just don't feel like it. During those times I am a believer of doing what is necessary especially when I don't feel like it.
- 2. Nutrition Planning:** I always know what I will eat the next day before going to bed. This all starts with having an ongoing shopping list so I never run out of my healthy essentials.
- 3. My Prayer Life:** I realized it's too easy for us to slow down our praying when everything is going smoothly. So nowadays I've been working to build the new habit of praying the second I get into my car and drive to the gym.
- 4. Managing My Time:** I started getting up extremely early in the mornings so I wouldn't have to cut into family time to pursue my personal goals.
- 5. Career Building:** I have been blessed to have successful careers in music, fitness, modeling and acting. Some of the principles that have helped me in all these careers include: Being kind to others, doing more than is asked of me, doing everything with excellence, and helping others succeed.
- 6. Being the Best Dad I Can Be:** I am where I am today because of the amazing support my parents gave me when I was younger. They helped me pursue music which ended up working out very well. I try to be as supportive and helpful to my kids as possible when it comes to their dreams. But one of the things I realized I was terrible at was being on my phone too much. It's a work in progress, but now I try to make a point of putting my phone down when my kids are talking to me.

—Brad Bloom / [faithandfitness.net](http://faithandfitness.net)





# Seeking partners for a Healthier Topeka!

Topeka Health and Wellness Magazine depends on our local sponsors and content experts to guide Topekans toward a healthier lifestyle.

## *Will you help us?*

We need partners to help us provide expertise in these and other areas:

- Family medicine practitioner • Optometrist
- Dentist • Massage therapist • Sports Medicine
- Fitness coaching • Pediatrician • Emergency Care • Nursing
- Health insurance provider • Ear, nose, and throat doctor • Pet care
- OB / GYN • Senior Health and Wellness provider • Health Care Finances



By partnering with us, you can contribute to healthier lives of our loyal readers by sharing your expertise!

For more information, contact Lee Hartman at 785-640-6399 or [info@topekahealthandwellness.com](mailto:info@topekahealthandwellness.com).

# Healthy Recipes for the Spring Season

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

## Easy, Healthy Crispy Chicken



Baked in the oven, this chicken is way healthier than the typical fried stuff.

### Ingredients

- 1/2 cup fat-free milk
- 3/4 cup whole wheat panko bread crumbs
- 1/3 cup grated Parmesan cheese
- 1 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 4 6-ounce skinless, boneless chicken breast halves

### Directions

Preheat oven to 425°F. Line a 15 x 10 x 1-inch baking pan with foil. Place a wire rack in the pan. Pour milk into a shallow dish. In a second shallow dish, combine the next seven ingredients (through pepper).

Dip a chicken breast half in milk and then in seasoned crumbs, pressing to coat both sides. Place chicken on the rack in the pan. Repeat with remaining chicken. Lightly coat chicken with nonstick cooking spray.

Bake 20 minutes or until chicken is lightly browned and cooked through (165°F).

### Nutrition Information (Servings: 4)

Per serving: 355 calories; fat 12g; protein 43g; sodium 877g

Source: eatthis.com

## Strawberry Shortcake Drop Cookies



Looking for the perfect dessert to celebrate spring? These light, fluffy Strawberry Shortcake Drop Cookies will do just the trick. Not only are these cookies delicious, but they're also healthier than your average cookie option.

### Ingredients

#### For the Cookies:

- 1 egg
- 2 Tbsp lemon juice
- 1/2 cup melted butter (can sub vegan butter)
- 1/2 tsp vanilla extract
- 1/4 cup almond milk
- 1/4 cup Purecane™ zero-calorie Baking Sweetener
- 1 1/2 cups flour
- 1/2 Tbsp baking powder
- 1/4 tsp salt
- 1 cup fresh strawberries, chopped

#### For the Icing Drizzle:

- 1/4 cup Purecane™ Confectioners Sweetener
- 1-2 tsp almond milk

### Directions

Preheat the oven to 350 degrees Fahrenheit. Line the bottom of a baking pan with parchment paper or a silicone baking mat.

In a large mixing bowl, combine the wet ingredients: egg, lemon juice, melted butter, vanilla, and almond milk. Whisk until well combined.

Once combined, add in Purecane™ zero-calorie Baking Sweetener, flour, baking powder, and salt and mix with a rubber spatula until a soft dough starts to

form. Fold in the chopped strawberries and mix until well incorporated.

Using a cookie scoop or spoon, scoop two spoonfuls and place them directly on the baking sheet.

Bake for 22 minutes. While the cookies bake, make your icing. Combine the almond milk and Purecane™ Confectioners Sweetener until you've reached the desired consistency (the more almond milk you add, the more liquidy the icing). Drizzle on top of cookies and enjoy!

## Butternut Squash Hash



Low-carb breakfast that's so delicious it transcends morning meals, making for a nutritious lunch or even dinner side.

### Ingredients

- 2 Tbsp ghee
- 1 clove garlic, minced
- 2 cups butternut squash cubes
- 1 cup chopped celery
- 1/2 tsp fennel seeds
- 1/2 tsp minced fresh tarragon
- 1/2 lb Whole30-compliant sausage, or Whole30 Blackberry Sage Breakfast Sausage
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper

### Directions

In a large skillet, heat the ghee. Add the garlic and cook until fragrant.

Add the butternut squash, celery, fennel seeds, and tarragon, and cook for 5 minutes.

Crumble the sausage and add it to the pan with the salt and pepper. Cook, stirring occasionally until sausage is golden and cooked through.

(Servings: 4)

Source: eatthis.com



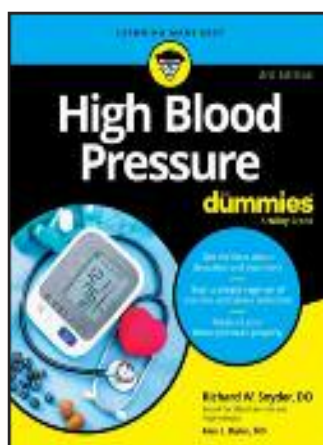
# New Health & Wellness Info at the Library

By Elizabeth Phelps

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

**High Blood Pressure for Dummies** – by Richard Snyder, DO; John Wiley & Sons, Inc.; New Health Books 616.132 SNY

High Blood Pressure for Dummies explains all you need to know about blood pressure--and what to do when it gets too high. High blood pressure can lead to serious complications, but with lifestyle changes and medication, it's easily treatable. This jargon-free, compassionate book walks you through the necessary changes to help lower blood pressure and live a healthy life. You'll be well equipped to determine if you're at risk and consider the medical consequences of hypertension. From there, develop a successful treatment plan and choose the right foods for you. This new edition of High Blood Pressure for Dummies is great for people with high blood pressure, their caregivers, and anyone with a family history who wants to better understand the condition.



**Complete Guide to Natural Home Remedies:** over 100 recipes-essential oils, herbs, and natural ingredients to treat common aches and pains – by Melissa Corkhill; Fox Chapel Publishing Company; New Health Books 615.532 COR

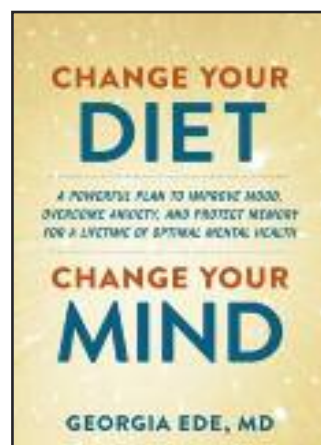


Complete Guide to Natural Home Remedies is a comprehensive guide including 100+ recipes and nearly 70 applications to understanding how to use herbs and oils to help the mind, body and soul. Herbal remedies

include everything from teas to ointments to tonics and tinctures. They help with ailments such as bug bites and stings, food poisoning, insomnia, shingles, sore throat, acne, arthritis and much more. Easy to follow chapters are divided by the body's primary systems including digestive, nervous, respiratory, urinary, and skin as well as sections on the remedies to help the heart and mind. With the recipes and their uses in the forefront, this book is the go-to guide for home remedies.

**Change Your Diet, Change Your Mind:** a powerful plan to improve mood, overcome anxiety, and protect memory for a lifetime of optimal mental health – by Georgia Ede, MD; Balance; New Health Books 616.8527 EDE

Combine the surprising truth about brain food with the cutting-edge science of brain metabolism to achieve extraordinary improvements to your emotional, cognitive, and physical health. Are you struggling with attention problems, mood swings, food obsession, or depression? Whatever the issue, you have far more control over your thoughts, feelings, and behavior than you realize. Although medications may bring some relief, in this book Dr. Ede reveals that the most powerful way to change brain chemistry is with food, because that's where brain chemicals come from in the first place.



Drawing on a wide range of scientific disciplines including biochemistry, neuroscience, and botany, Dr. Ede will ignite your curiosity about the fascinating world of food and its role in nourishing, protecting, and energizing your brain.

**Regenerative Health:** discover your metabolic type and renew your liver for life – by Kristin Kirkpatrick; Hachette Go; New Health Books 616.362 KIR

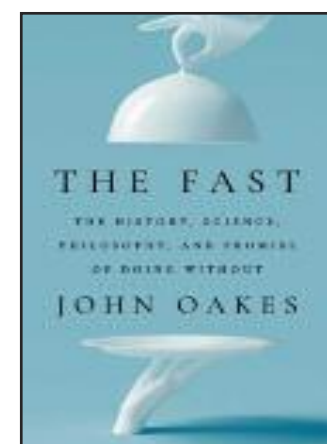
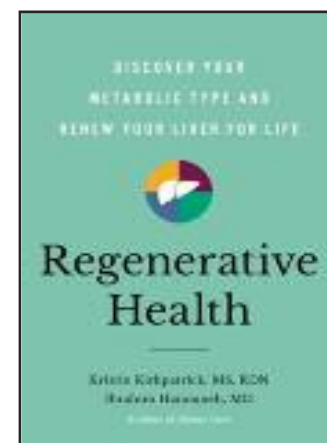
Your liver plays a key role in your health, affecting chronic inflammation, heart health, mental health, cognitive health, and metabolic health (including type 2 diabetes). Yet most people aren't aware of its power--and are unknowingly sabotaging their liver health. Medical understanding has evolved to reveal that metabolic health is the best indicator of fatty liver risk, meaning that treating fatty

liver disease is less about losing weight (and the unhealthy diet culture that accompanies it) and more about adopting smart lifestyle habits to reduce your risk. Based on the most up-to-date research, Regenerative Health introduces the four metabolic profiles – the Preventer, the Fine-Tuner, the Re-calibrator, and the Regenerator – and an easy assessment. Once you determine your type, you'll follow easy steps to customize your Regenerative Health eating and lifestyle plan.

With practical tips on nutrition, exercise, and wellness; meal suggestions; recipes; and recommended snacks, Regenerative Health will help you treat your current liver issues and also help you prevent more from developing. Whether you already have a diagnosis or simply want to be feel as good as you can, these experts give you the knowledge and the tools to take charge of your health.

**The Fast:** the history, science, philosophy, and promise of doing without – by John Oakes; Avid Reader Press; New Health Books 613.25 OAK

With fasting at an all-time high in popularity, here is the first deep exploration into the surprising history and science behind the practice, essential to many religions and philosophies. Whether for philosophical, political, or health-related reasons, fasting marks a departure from daily routine. It involves doing less but doing less in a radical way. Based on extensive historical, scientific, and cultural research and reporting, The Fast illuminates the numerous facets of this act of self-deprivation. John Oakes interviews doctors, spiritual leaders, activists, and others who guide him through this practice--and embarks on fasts of his own--to deliver a book that supplies readers curious

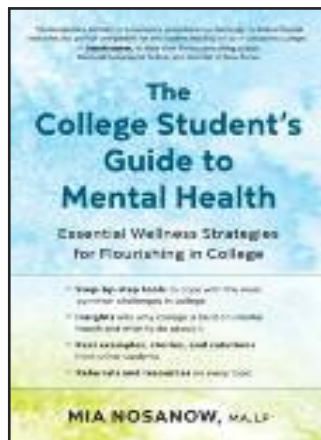


about fasting with profound new understanding, appreciation, and inspiration.

The Fast looks at the complex science behind the jaw-dropping biological phenomena that occur inside the human body when we fast. Metabolic switching induced by fasting can prompt repair and renewal down to the molecular level; such fasting can provide benefits for those suffering from obesity and diabetes, cancer, epilepsy, cardiovascular disease, neurodegenerative disorders, and more. Prolonged fasting can serve both to reinvigorate the immune system and to protect it against damage. Fasting reminds us of the virtues of holding back, of not consuming all that we can. Ultimately, this book shows us that fasting is about much more than food: it is about taking control of your life in new and empowering ways and re-considering your place in the world.

**The College Student's Guide to Mental Health:** essential wellness strategies for flourishing in college – by Mia Nosanow; New World Library; New Health Books 616.89 NOS

While being in college can be an exciting time, it can also be a period of uncertainty, anxiety, loneliness, and even depression. The College Student's Guide to Mental Health is for any college student who wants to understand and maintain mental and emotional health. Mia Nosanow, a licensed psychologist and college therapist, has



drawn upon her more than twenty years of direct experience counseling a diverse college student body to write a comprehensive mental and emotional health manual designed specifically for college students.

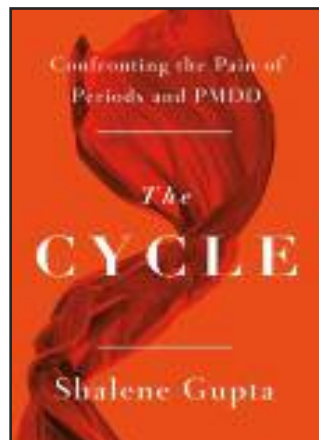
Presented in clear, practical language and organized in short chapters, this book breaks down common problems and provides actionable strategies for addressing them. Whether students want to understand challenging emotions, transform negative thoughts, improve relationships, or explore the connection between time management and mental health, these topics and more can be found in this one book.

**The Cycle:** confronting the pain of periods and PMDD – by Shalene Gupta; Flatiron Books; New Health Books 618.172 GUP

Most days, Shalene Gupta was the person she'd always as-

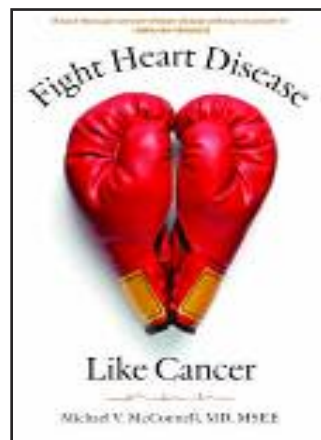
pired to be. She was hardworking, excelled at work, and had a long-term boyfriend who she desperately loved. Then, every month like clockwork, it all came crashing down in fits of rage and inconsolable sorrow. Work became meaningless, and she struggled to get through the day. The lows were subterranean.

After years of struggling to get an answer from doctors, Shalene learned she was one of millions who live with premenstrual dysphoric disorder (PMDD), a severe form of PMS. The physical and mental effects of this disorder are undeniable, but for decades some doctors didn't even consider PMDD a real condition. How could so many people be suffering at the hands of a chronic condition that doesn't even exist? *The Cycle* uncovers a hidden epidemic, delivering the definitive portrait of a widespread chronic illness most people haven't even heard of. From a historical overview to on-the-ground interviews and a searing critique of menstrual stigma, Shalene Gupta lays out how disregard for this disorder has left too many people scrambling for appropriate healthcare. Deeply researched, movingly intimate, and refreshingly hopeful, this book is essential reading for any curious reader, especially those struggling to manage these important health issues.



**Fight Heart Disease Like Cancer** – by Michael McConnell, MD, MSEE; Johns Hopkins University Press; New Health Books 616.1 MCC

The main cause of heart disease--the world's number one killer of women and men--is a cancer-like "tumor" inside the coronary arteries that keep our hearts beating. Although this similarity to cancer is well-established in medical journals, most people (and their health care providers) don't approach heart disease as seriously as cancer, even though it's just as deadly. In *Fight Heart Disease Like Cancer*, cardiologist Michael McConnell shares the stories of his family, patients, and research to lay out a modern and effective approach to preventing,



screening for, and treating heart disease like cancer to avoid its dire consequences.

In accessible language, Dr. McConnell highlights the latest research on the substantial overlap between heart disease and cancer. He explains how heart disease grows in similar ways to cancer; how to screen for early heart disease; prevention techniques that incorporate both heart-healthy lifestyle and medical help when needed; simple and powerful therapies to reverse heart disease and prevent heart attacks and strokes; and digital health technologies that broaden access for detecting and monitoring health disease.

*Get These Books, DVDs and More!* Search for and request books, movies and more using your library card at <http://catalog.tscpl.org> or call (785) 580-4400.

Check out our article "[Find Healthy Reading Options while you are Safer at Home](#)" at [tscpl.org](http://tscpl.org). Learn about our Curbside Pickup, delivery through TSCPL @ Home, and our many digital options through Libby, Overdrive, Hoopla, and Flipster.

Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at [tscpl.org/downloads](http://tscpl.org/downloads) or [tscpl.org/downloads/ebooks](http://tscpl.org/downloads/ebooks).



Contact Lissa Staley:  
[estaley@tscpl.org](mailto:estaley@tscpl.org)

Topeka & Shawnee County  
Public Library

1515 SW 10th Ave., Topeka, KS 66604

785-580-4400 • [www.tscpl.org](http://www.tscpl.org)



# 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](mailto:info@TopekaHealthandWellness.com).

## MEDICAL

**KMC GASTROENTEROLOGY & ENDOSCOPY CENTER** - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. [KMCPA.com](http://KMCPA.com). • [TopekaEndoCenter.com](http://TopekaEndoCenter.com)

## DIABETES PROGRAM

**24 For Life** - Program offered by Midland Care to prevent or delay Type 2 Diabetes. For information, contact Donna Doel at 785-250-5210 or [ddoel@midlandcc.org](mailto:ddoel@midlandcc.org)

## PEDIATRIC DENTISTRY

**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

## PEDIATRIC VISION

**ADVENTURE DENTAL & VISION** - Healthy eyes are vital for school success. Medicaid welcome. 400 SW 29th St. 785-236-7787

## ATTORNEY SERVICES

### K. KIRK NYSTROM, Attorney

Wills • Powers of Attorney  
Estate Planning • Probate • Trusts

- Free Parking
- Emergency Hospital Visits
- Evening & Saturday Appointments

We've Moved  
Upstairs!



112 SW 6th Avenue, Suite 509  
Topeka, Kansas 66603

785-235-6977

[k.nystrom@att.net](mailto:k.nystrom@att.net)

[www.nystromlaw.net](http://www.nystromlaw.net)

"36 years Experience"

But let justice roll down like waters, and righteousness like an everflowing stream. - Amos 5:24

## HEALTH ADVERTISING

**PLACE YOUR AD HERE!** Prices start at \$25 per month! Call us at 380-8848 or email us at [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

## MEDICAL PRODUCTS

**CPAP**  
Supplies & Services LLC  
Specializing in all your CPAP needs  
785-289-3188 2905 SW Gage

## COUNSELING

**MIDLAND CARE OFFERS GRIEF AND LOSS COUNSELING** for all ages in the community. Contact the Center for Hope and Healing at 785-232-2044 or visit [www.midlandcare.org](http://www.midlandcare.org).

**SMJ SHANE M. JONES & ASSOCIATES, P.A.**  
COUNSELING YOU CAN TRUST  
[www.shanemjones.com](http://www.shanemjones.com)

2704 N. Topeka Blvd., Suite D  
Topeka 785-266-7732

5040 Bob Billings Parkway, Suite B  
Lawrence 785-832-8638

Shane Jones, L.S.C.S.W.

**Areas of expertise:**

- Marriage & Relationships
- Depression
- Anxiety
- Addiction
- Addictions
- Foster Care
- Grief-Loss

## ASSISTED LIVING

**Advena**  
LIVING ON TENTH

Skilled Nursing  
Rehabilitation  
Long-Term Care

Mental Health Services  
VA-Connected

Call us to learn more: (785) 233-8918  
2015 SE 10th Ave, Topeka, KS 66607 • [www.advenatenth.com](http://www.advenatenth.com)

## MENTAL HEALTH - ADDICTION

**MENTAL HEALTH - ADDICTION TREATMENT** - Valeo Behavioral Health Care, 330 SW Oakley and 400 SW Oakley. 785-233-1730

## EMERGENCY FOOD & SHELTER

**TRM**  
MINISTRIES

**TOPEKA**  
RESCUE MISSION  
MINISTRIES

FAITH WITH ITS SLEEVES ROLLED UP

Main: 785.354.1744

Donate: Text TRMgive to 77977

Non-Cash Donations: 785.357.4285

Volunteer Services: 785.354.1744 ext. 393

[TRMonline.org](http://TRMonline.org)

Mail Donations to:  
600 N Kansas Ave  
Topeka, KS 66608  
OR  
P.O. Box 8350  
Topeka, KS 66608

## CHRISTIAN EDUCATION

**CAIR PARAVEL LATIN SCHOOL** - Offering a Classical Christian Education. 635 SW Clay St. 785-232-3878. [www.cpls.org](http://www.cpls.org)

**K-12 Christian Education**  
A Christ-centered, quality education, plus:  
Athletics/Martial Arts/Chess/Instrumental/Boating  
Fine Arts: Choir, Band, Drama, Speech, Art  
Call 785-286-0427 today for a tour.

**Heritage Christian School**  
"Spiritually Grounded, Academically Excellent, Faithfully Serving"

[HCSTopeka.org](http://HCSTopeka.org) | [info@HCSTopeka.org](mailto:info@HCSTopeka.org) | 2000 NW Clay, Topeka, KS 66608

## Alpha Christian Children's Home & School

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

WHAT WE DO:

1. Share Christ to offer hope and healing
2. Provide a Christian family safe haven
3. Help the kids get caught up in school

HOW YOU CAN HELP:

1. Pray
2. Volunteer
3. Adopt Children In Need To Us
4. Monetary & Food Donations



Find out more by calling  
785-597-5235

Located East of Topeka  
15017 27th Street  
PO Box 727  
Perry, Kansas 66703

**RETIREMENT COMMUNITY**

*Aldersgate Village*  
LIVING COMMUNITY

**Incredible Spring Specials**  
\$1,000 off, first 3 months!

Home Plus North  
New Client

"Assisted Living Now...With An Age-in-Place Future"

7220 SW Asbury Drive  
Topeka, Kansas 66614  
tbrown@aldersgatevillage.org  
785-286-7490

Call for details!  
785-286-7490



**GRAPHIC DESIGN SERVICES**

**GRAPHIC DESIGN AND ADVERTISING CONSULTING** - Printing, Promotional Products, Social Media & Website design & tutoring services. **I-DESIGN GRAPHIC SERVICES**

785-249-1913 • irene@idesigngs.com  
www.idesigngs.com

**BICYCLES**

**BUILD YOUR OWN BIKE** during open shop with our tools in the Earn-A-Bike Program. Oakland Community Center, 801 NE Poplar St., Topeka, KS. Call 785-380-9827 or email topeka@cycleproject.org

**HOME CARE AND HOSPICE**

**PHOENIX HOSPICE & HOME CARE** - providing hospice & home care services built on innovation, skill, and Christ-like values of compassion, honesty, and patience. 2945 SW Wanamaker Dr., Suite B, 785-260-6444.

**MIDLAND HOSPICE** - The sooner you call, the sooner we can help. 800-491-3691 www.midlandcareconnection.org

**DELI MEATS**

Get Your Healthy Meat & Deli Items at

**HERMAN'S BEEF & SAUSAGE HOUSE**

823 N.W. Gordon St. Topeka, KS 66608

(785) 233-7328



We Specialize In Meat & Deli Items

**NUTRITION / SUPPLEMENTS**

**innov8tive NUTRITION**

IPA Innovative PATCH Application

*A whole new way to be your best!*

Take dietary supplements by wearing one patch each day!

Call Cindy Durkin 785-224-1918

Find out more at: [Cindy.kouwho.innov8tivenutrition.com](http://Cindy.kouwho.innov8tivenutrition.com)


**FINANCIAL WELLNESS**

**PEGGY'S TAX AND ACCOUNTING SERVICE** - 300 SE 29th St, Topeka, KS. Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-286-7899.

FrontDesk@peggystaxks.com  
www.peggystaxks.com

**Edward Jones**

Scott D Van Genderen, CFP®, ChFC®, AAMS®  
Financial Advisor  
4009 Sw 10th Ave  
Topeka, KS 66604 1916  
785-273-2277

MET-SDGM-A

edwardjones.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

**HONEY**

**HONEY** for sale, local, new crop. Tecumseh area. Pick up or we deliver. All types of honey products. Call 785-215-5280. Prairie School Honey.

**RECOVERY**

**HOPE FOR LIFE** - Faith-based counseling for recovery from addictions, cancer, surgery, trauma, etc. Have fun and laughter in recovery!  
• 785-305-0549 • [drroaldleecobb@gmail.com](mailto:drroaldleecobb@gmail.com)

**COMMUNITY CARE LINE**

**WANT TO TALK AND IT'S NOT A CRISIS?**  
Feeling isolated & want to connect?  
Shawnee Co. Community Cares line  
1-800-972-8199 • M-F 9-5

**FUNERAL & CREMATION SERVICES**

**Parker-Price & Davidson**  
Crematoria • Funerals • Receptions

Family Owned & Operated  
for over 100 years

1035 North Kansas Avenue  
Topeka, Kansas  
(785) 233-4088


**FARM & HOME SUPPLIES**

PHONE: (785) 286-2390 FAX: (785) 286-2390  
TOLL FREE: (800) 894-2390 EMAIL: [RICH@TARWATERS.COM](mailto:RICH@TARWATERS.COM)  
MOBIL: (785) 224-4298

**TARWATER FARM & HOME SUPPLY**

RICH TARWATER  
OWNER

4187 N TOPEKA AVE  
TOPEKA, KS 66617

BECAUSE OF THE  
CUSTOMER...  
WE EXIST!

**PET CARE**

**Doggie daycare**, grooming, training and dog/cat boarding. Also pet food and supplies. THE DIRTY DOG, 3120 S. Kansas Ave. • 785-431-6694  
[www.thedirtydogtopeka.com](http://www.thedirtydogtopeka.com)

**MERIDEN ANIMAL HOSPITAL**

Jeffrey F. Van Petten, DVM

Veterinary Acupuncture & Chiropractic Care  
Member - AVMA, IVAS, AVCA



7146 K-4 Hwy, Meriden, Ks

785-484-3358 • Phone answered 24 hours

[staff@Meriden-Animal.com](mailto:staff@Meriden-Animal.com)



# Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

**CYCLING EVENTS** – Various cycle rides are offered by Kansas Cyclist. [www.kansascyclist.com/](http://www.kansascyclist.com/)

**OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskansas.org/calendar](http://www.getoutdoorskansas.org/calendar)

**LAWRENCE FARMERS MARKET** - Sat. 7:30-11:30, 824 New Hampshire Street. Opens April 13

**LIVE AT LUNCH** – Apr. 3, 11-1, Every Plaza.

**BREAD BASKET FARMERS MARKET** – Every Saturday April 6 in the West Ridge Mall parking lot, south end.

**TOPEKA YOUTH FOR CHRIST COMEDY CAFÉ** – Apr. 5, 6:30pm, Topeka Bible Church, 1101 SW Mulvane Ave. A Night of Laughter featuring comedian David Graham. Underwritten by table sponsors. Seating is limited. Make reservations at [www.topekayfc.org/event/comedy\\_cafe](http://www.topekayfc.org/event/comedy_cafe) or call the YFC office at 785-232-8296

**SMOKE IN THE SPRING** – Apr. 5-6, Osage City Commu-

nity Building. Taste of Osage City BBQ and fun

**FOOD TRUCK NIGHT** – Apr. 6, 4-8pm, HHHS, 5720 SW 29. Featuring music by Sloppy but Lucky and food trucks. Helps homeless animals.

**ALZHEIMER'S WALK FUNDRAISING GALA** – Apr. 6, 6pm, Bradbury Thompson Alumni Ctr., 1701 Jewel. 785-207-3005.

**JEROLD BINKLEY TULIP TIME** – Apr. 10-26, 6am-11pm, Ted Ensley Gardens, 3650 SE West Edge Rd; also at Old Prairie Town/Ward-Meade Botanical Garden and Doran Rock Garden/Gage Park. Stroll the gardens to see 60,000 multi-colored tulips & other spring flowering bulbs. Certain days will include vendors, live music, food trucks. 785-251-6800

**C5Alive "POWER" LUNCHEON** – Apr. 11, 11:30-1, in the West Ridge Mall Food Court, featuring Kevin Christiansen of Café Barnabas.

Cost: \$15 for C5 members & first-time guests who RSVP, \$17 at the door

• \$20 for non-members & repeat guests.

• Please RSVP to [info@C5Alive.org](mailto: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: C5 POWER Luncheon, May 9, 11:30-1.

**ABBAFAB CONCERT** – Apr. 11, 8pm, TPAC.

**TULIPS AT TWILIGHT** - Every evening April 11-28, Thur.- Sat., 7-10pm. Family fun! A luminary walk & electric light show. Experience the Ward-Meade botanical garden and Old Prairie Town's historic buildings at night with hand-crafted electric light displays. Admission for adults is \$5.00 with children 5 and under free. No pets allowed. Located at Old Prairie Town & Ward-Meade Park, 1st & Clay St., Topeka, KS.

**FRIDAY FLICKS** – Apr. 12, 8pm, Every Plaza. "Willy Wonda." Vendors open at 7pm.

**DOWNTOWN TOPEKA FARMERS MARKET** - Saturday's April 13 to Oct. 26, 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

**FOOD TRUCK FESTIVAL** – Apr. 13, 12-5, Prairie Band Casino, 12305 150th Rd, Mayetta.

**CALL TO THE STATE CAPITOL** – Apr. 13, 1-3pm, Pray and stand for the truth.

**SUNNY DAYS SPRING MARKET** - Apr. 13, 10-4, Owls Nest parking lot at 29th & Adams. Free Bounce house. 785-506-9465

**WAMEGO TULIP FESTIVAL** – Apr. 13-14, 9am-4pm, Wamego.

**TULIP FESTIVAL AT THE LAKE** – Apr 13, 10am-3pm,



Join us at the Capitol in Topeka for the National Day of Prayer

May 2, 2024 • 11:45 AM

**National Day of Prayer Rally**

Kansas Capitol - 1st Floor Rotunda

- Honor Guard
- Homeschool Children's Choir
- Prayer for our nation, children, families, military and leaders
- Prayer for protection and creative strategies to bring His Kingdom to earth

*"Behold how good and pleasant it is when brothers dwell together in unity." Psalm 133:1*



YOUTH FOR CHRIST  
**COMEDY CAFE**

A Night of Laughter  
Featuring

**The Comfy Comedy of Comedian**

**David Graham**

Friday Evening April 5th  
TOPEKA BIBLE CHURCH  
1101 SW Mulvane Avenue  
Topeka, KS 66604  
6:30 pm



Seating is limited & Reservations are required  
To make your reservation or sponsor a table go to:  
[www.topekayfc.org/event/comedy\\_cafe](http://www.topekayfc.org/event/comedy_cafe)  
or call the YFC office at 785-232-8296  
The Comedy Cafe is underwritten by individual table sponsors: seating is limited



Ted Ensley Gardens at Lake Shawnee. Enjoy live music, visit craft vendors, enjoy fun for the kids and stroll the gardens to view more than 50,000 multi-colored tulips. \$5 admission

**CRYIN' OUT LOUD CONCERT** – Apr 19, 7:30pm, Compass Point Courtyard, 800 N. Kansas Ave.

**KANSAS AUTISM CONFERENCE** - April 17, 8:30 AM – 3 PM, Kansas Association of School Boards, 1420 SW Arrowhead Rd. Questions about the conference? Please contact Casey Melancon at casey.melancon@esmw.org or 816-891-2930. EVENT LINK: <https://www.easterseals.com/midwest/get-involved/events/kansas-autism-conference-1.html>

**NOTO IN BLOOM “ROARING 20s”**– Apr. 20, 6-9:30pm. This unique event celebrates the best of NOTO – the art, the food, the experience – and its impact on the community. Your ticket experience includes: food at both food trucks, 2 drink tickets at our specialty bars, spectacular silent auction, Avant Garde Underground Speak Easy, live art demonstrations, figure drawing experience, and more. Register: <https://noto.betterworld.org/events/noto-bloom>

**BISCUITS & GRAVY** – April 20, 8-10:00am, Kansas Ave United Methodist Church Fellowship Hall, 1029 N Kansas Ave. Dine In or Carry-Out. Free Will Donation. Send-A-Kid-to-Camp fundraiser. Camp Chippewa is a 660-acre United Methodist Camp and Retreat Center outside of Ottawa, KS.

**PAWS IN THE PARK** – Apr. 20, 10am-2pm, Topeka West High School. Attendee tickets can be purchased here: <https://2024paws.givesmart.com> The \$30 fee includes your event t-shirt!

**NASHVILLE NIGHTS** – Apr. 24, 7pm, TPAC

**MONTHLY FARMERS /FLEA MARKET** – Apr. 27, 8-2, Meriden Antique Threshers, 8275 K4 Hiway.

**TOPEKA ACAPPELLA UNLIMITED REHEARSALS** - April 30, May 7 and May 14 at Topeka Bible Church at 7:00 p.m. All singers invited as our guests, you will rehearse with us, learn about us and can sing with us at our performances this summer. For more information, contact [info@acappellaunlimited.com](mailto:info@acappellaunlimited.com) or see our website at [www.acappellaunlimited.com](http://www.acappellaunlimited.com)

**WHITE CLOUD FLEA MARKET** – May 2-5, 8-2, White Cloud, KS

**MORNING'S LIGHT NATIONAL DAY OF PRAYER MEETING** – May 2, 7-8am, Topeka Reformed Presbyterian Church, 8345 SW 33rd St. Gather with others desperate to seek the Lord's face and blessing upon our nation. Pastor Brad Johnston, 785-207-7007 or [brjusa@gmail.com](mailto:brjusa@gmail.com)

**NATIONAL DAY OF PRAYER RALLY AT THE CAPITOL** – May 2, 11:45am, 1st Floor Rotunda of the Capitol. Gather with others for prayer, Honor Guard, Homeschool Children's Choir and more. (316) 516-0777 [www.nationaldayof-prayer.org](http://www.nationaldayof-prayer.org); [donna@cultureshield.com](mailto:donna@cultureshield.com)

**MARIA THE MEXICAN** – May 3, Compass Point, 800 N. Kansas Ave.

**WOOD VALLEY PICKERS** – May 3, 7pm, Classic Bean, Fairlawn Plaza. Bluegrass, folk & country. Free admission.

**SHAWNEE CHORAL SOCIETY PRESENTS... AMERICA THE BEAUTIFUL**; May, 5; 7:00

PM; White Concert Hall, Free admission, donations gratefully appreciated, Special thanks to Core-First Bank & Trust and Washburn University; [www.shawneechoral.com](http://www.shawneechoral.com)

**SOLE REASON GOLF TOURNAMENT** – June 28, 2pm shotgun, Cypress Ridge Golf Course. [Sole\\_reason@yahoo.com](mailto:Sole_reason@yahoo.com) or 785-338-2965 or register at [solereason.net](http://solereason.net). Benefits children that need sneakers. Lots of prizes and silent auction items. \$380 per team includes green fees, carts, drinks, meal.

## ONGOING EVENTS:

**HOPE AND HEALING ACADEMY** harnesses the power of horses to transform the human spirit. They are expanding services to address the needs and experiences of first responders and members of the armed forces. For info, call 785-224-4232 or go to [www.hopeandhealingacademy.com](http://www.hopeandhealingacademy.com)



**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.

**THE HEAT** – FREE fitness classes for the community. Lo-

**HISTORIC LECOMPTON**  
TERRITORIAL CAPITAL  
OF KANSAS 1855-1861

---

**CIVIL WAR HISTORY**

- National Landmarks
- Constitution Hall
- Territorial Capital Museum

9 - 5 p.m. Wed-Sat. • 1-5 p.m. Sun.

TOURS 785-887-6148

---

WWW.LECOMPTONKANSAS.COM

LeCompton Turnpike Exit  
10 miles East of Topeka on U.S. 40 & 24



*Developing and Uniting  
Christian Leadership*

• Business • Non-profits • Churches

*Membership open to all Christian businesses, non-profits, churches & individuals!  
Luncheons & Tradeshows & other events open to the general public!*

C5Alive POWER Luncheons are held 2nd Thur. each mo.

Apr. 11, 11:30-1: “POWER” Luncheon  
at West Ridge Mall Food Court  
Featuring: **Kevin Christiansen of  
Cafe Barnabas!** Open to the public.

RSVP to [info@C5Alive.org](mailto:info@C5Alive.org)

*Save the Dates!*

- May 9: POWER Luncheon, 11:30-1
- June 13: POWER Luncheon, 11:30-1
- July 11: POWER Luncheon, 11:30-1, with Barry Feaker



For info: [www.C5Alive.org](http://www.C5Alive.org) or [Facebook.com/C5Alive](https://www.facebook.com/C5Alive) 



cated at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. [www.flocritkans.org](http://www.flocritkans.org) Sun. 4-5 pm Yoga; Mon. 12-12:45pm Cardio Remix; Mon. 5:30-6:15pm STRONG™; Tue. 12:15-1:15pm Restorative Yoga; Tue. 5:30-6:15pm Zumba®; Wed. 5:30-6:15pm Cardio Sculpt; Thu. 12:15-1:00pm Pilates + CIRCL Mobility™; Thu. 5:30-6:15pm Zumba®; Fri. 12-12:45pm POUND

**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@tscpl.org](mailto:nhonl@tscpl.org)

**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@rhcc.topeka.org](mailto:office@rhcc.topeka.org)

**SENIOR STRETCHING EXERCISES** - 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](http://cornerstonetopeka.com). 478-2929

**TOPEKA NEEDLEWORK GUILD** - Every Mon. (except holidays) 9a-11a in the Menninger Room of the Topeka Public Library. Bring a project to work on as we share our needleworking skills and ideas. All are welcome to drop in.

**TOPEKA LIONS CLUB** – 1st Mondays at Noon - 1 pm at The Capper Foundation, 3500 SW 10th Ave. Park on the North side. RSVP by Fri. for lunch/pay at the meeting. Visitors welcome. [TopekaLions.org/contact-us](http://TopekaLions.org/contact-us) to RSVP.

**OVERCOMER'S OUTREACH ANONYMOUS RECOV-**

**ERY SUPPORT GROUP** – Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

**TAI CHI FOR HEALTH** – Mon. 10-11 at Lowman United Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact Madon Daily at 505-424-8989 or [madondailey@gmail.com](mailto:madondailey@gmail.com). To Join from Home via Zoom, contact Madon for the Zoom link.

**PICKLEBALL** – Mon. & Wed, 1-3pm, First Baptist Church, 3033 SW MacVicar Ave. Park on West Side, where the gym is. Contact Dave, [davemathias@sbcglobal.net](mailto:davemathias@sbcglobal.net), or Betsy Thompson, [betsyjthompson@gmail.com](mailto:betsyjthompson@gmail.com).

**SHEPHERD'S CENTER BOOK CLUB** - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Contact the office at 785-249-3258 or email [shepherdstopeka@yahoo.com](mailto:shepherdstopeka@yahoo.com) for the book of study.

**SMS - STRENGTH, MOBILITY, STABILITY EXERCISE GROUP (SMS)** Mon. 9-9:30am, Arbor Court, 4200 SW Drury Lane. Tue. & Thu, 9-9:30am, Rosehill Place, 3600 SW Gage Blvd # 97. Tue & Thu, 10-10:45, Grace UMC, 2627 SW Western Ave. Call Anne Crawford at 785-273-4527 or email [anne.crawford@cox.net](mailto:anne.crawford@cox.net).

**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

**TOPEKA PUBLIC LIBRARY PLAY BUS** – Every Tuesday, 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

**DUPLICATE BRIDGE** - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. Bill Gates and Warren Buffett play duplicate bridge! It is great for brain health. Email [janescola@hotmail.com](mailto:janescola@hotmail.com).

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

**HEALING AFTER LOSS TO SUICIDE (HeALS)** Topeka support group meets the 1st Tuesday of each month via Zoom. The 3rd Tuesday meeting is in-person at 1st Congregational Church, 17th and Collins. Both meetings are 6:30-8. [Topeka.heals@gmail.com](mailto:Topeka.heals@gmail.com). 785-380-9309

**CAREGIVERS GROUP** - Caring Hearts of Hope meet 2nd & 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. This group will root its encouragement in God's word and prayer as well as conversa-

tion and sharing. Open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For dates & info, go to "Weekly Class List" at [highlandheightscc.com](http://highlandheightscc.com) or 785-379-5642.

**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](mailto:TopekaCFS@outlook.com).

**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.

**FREE MOBILE FOOD DISTRIBUTION** – 4th Tue. through Nov., 9am, 1231 NW Eugene St. No ID or proof of income required, first come first served. 785-234-1111



**TOPEKA  
Small  
Businesses:**

**Has your business been  
hurt by the pandemic?  
WE WANT TO HELP!**

**We'll run your business  
card ad for 20 bucks!**

It will be in thousands of printed copies  
of Topeka Metro Voice or  
Health & Wellness magazine  
around Topeka, and on social media.

Send your ad or information to  
**Lee Hartman at: [voice@cox.net](mailto:voice@cox.net)**

**Free Vision  
Screening Service**




Spencer Smith with the Vision Screener

**Now Scheduling**

**Eye Screening for children 6 months to 6 years old**

Who can use this service?  
Any Daycare, Pre-school or School with children 6 months to 6 years old

What equipment is used?  
NE Kansas Lions have purchased 2 hand held auto-refractors from Pedia Vision. It does not touch the child and looks like a large SLR camera.

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: [slsmithk@att.net](mailto:slsmithk@att.net) or call (785) 833-8321

**LAWN  
MAINTENANCE**

**Michael's Lawn Care**

We service advanced and basic lawn care. Need trimming, debris removal, or a remodel of landscape we can help!

Tree removals, Snow removal and junk removal we can help! We have equipment for our ever changing landscape. Discounts for Veterans/Disabled

Call or text:  
520-861-0524  
email:  
[amaryh1978@gmail.com](mailto:amaryh1978@gmail.com)



www.RandelMinistries.com

**MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS) - VIA ZOOM** - 4th Wed. 10-11:30am. Contact Rich McReynolds at rlm4017@gmail.com. A Zoom link will be sent to you.

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

**VIP LUNCHEON FOR SENIORS** – Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org

**LINE DANCING** - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 or jim-baer73@gmail.com to register.

**TOPEKA COSMOPOLITAN CLUB:** The Club that fights Diabetes -- Meetings: first three Thursdays of every month, 12 noon, at the Topeka Country Club.

**BRIDGE GROUP** - 1st & 3rd Thu. 1- 3:30pm, at Our Savior Lutheran Church, 2021 SW 29th Make arrangements by Mon. 5pm with Joan Arterburn at 408-5174.

**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.

**PROSTATE CANCER SUPPORT GROUP** - First Thursday, 3pm, St Francis Hospital, Room 300 on 2nd floor. For info: Jim 785 806 3266

**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

**TOPEKA TWILIGHT LIONS BRANCH CLUB** – 3rd Thur. at 7pm at Lakeview Church of the Nazarene, 2835 SE Croco. Social gathering, guests welcome. Topekalions.org

**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, flea market.

**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

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

**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.

**ALZHEIMER'S SUPPORT GROUPS** – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

**HHHS Volunteer Program** - Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Apply at hhhstopek.org.

**AL-ANON** is a support group for families and friends of alcoholics. For information on meetings in the Topeka area, call 785-215-1045 or email ais-topeka@kansas-al-anon.org. All correspondence is confidential

**CAREGIVER SUPPORT GROUPS** - Jayhawk Area Agency

on Aging provides opportunities for caregivers to get together & share ideas & feelings. 235-1367. 2910 SW Topeka Blvd.

Send your event information to:  
[info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

See complete updated calendar at  
[TopekaHealthandWellness.com](http://TopekaHealthandWellness.com)

*Sweet & beautiful  
a cappella music  
for all occasions*

*Evelyn Barb Lori Rhonda*

*For more information, please call Lori at (785) 233-9977*

**Life**

**CHRISTIANS FOR LIFE, INC.**

EVERY LIFE COUNTS

INFO@HEARTOFAMERICAWALL.ORG  
785-267-5777  
P.O. Box 3856, TOPEKA, KS 66604

**Sole Reason's 6th Annual Sneakers & Smiles Golf Tournament**

Benefiting Local Kids In Need  
4 Person Scramble Tournament

Friday, June 28th Shotgun start: 2pm	OR	Saturday, June 29th Shotgun start: 8am
---	----	---

Cypress Ridge Golf Course  
2533 SW Urish Rd, Topeka, KS 66614

Entry Fee: \$380 per team  
Includes Green Fees, Cart, Drinks, Breakfast and Lunch

To register scan or go to:  
Friday- [www.SoleReasonFri.golfgenius.com](http://www.SoleReasonFri.golfgenius.com)  
Saturday- [www.SoleReasonSat.golfgenius.com](http://www.SoleReasonSat.golfgenius.com)

- Closest To Pin
- Longest Putt
- Silent Auction
- Raffle Prizes

For more information go to [www.solereason.net](http://www.solereason.net) or contact Jerry at (785-338-2965) or e-mail [sole\\_reason@yahoo.com](mailto:sole_reason@yahoo.com)

FRIENDS OF WARD-MEADE

**TULIPS AT TWILIGHT**  
Luminary Walk & Light Show

**April 11-28**  
Thursday, Friday, Saturday  
& Sunday Only

**7-10 PM**

All Ages Family Event  
\$5.00 - Children 5 & under free

1st & Clay St.  
Topeka, KS

Old Prairie Town & Ward-Meade Park



**GreatLIFE**  
Live. Play. Better.



# Join the GreatLIFE Family!



**8 FITNESS CENTERS**



**5 GOLF COURSES**



**1 MEMBERSHIP**

Get a **24 hour Guest Pass** at our central location and see what GreatLIFE has to offer!  
Scan the QR code to learn more!

