

**TOPEKA**

**FEBRUARY 2026**

# Health & Wellness

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

**MAGAZINE**

**FEBRUARY:  
A SEASON OF  
HEART, HISTORY  
AND HEALING**

**American  
Heart  
Month**

**FREE  
TAKE ONE!**

**Self-Improvement Steps for Better Wellness**  
**Resistance Training: Build Strength the Right Way**

**Why Sitting Too Much Is Bad for Your Health**  
**Stretching For Success: Not Just for Athletes**

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

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## ON THE COVER:

Our cover this month features a woman who works out for a healthy heart.

Read more about this and other healthy living topics in the following pages.

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# FEBRUARY IS

# American Heart Month

WELLNESS SMARTS AT A GLANCE

- 1** Partner with your doctor. Discuss your risks for heart disease and heart attack and what you can do to reduce them.
- 2** Aim for a healthy weight. Excess weight increases your chance of developing heart disease.
- 3** Don't smoke or use other tobacco products. Avoid secondhand smoke as well.
- 4** Have fatty fish—such as salmon or mackerel—at least twice a week for its heart-healthy omega 3 fatty acids.
- 5** Get active. Strengthen and condition your heart by exercising at least 30 minutes a day. Aerobic activities, such as brisk walking, bicycling, and swimming, are best for heart health.
- 6** Control your cholesterol, blood pressure, and blood sugar levels. Have recommended screenings on time.
- 7** Handle stress in healthy ways. To calm yourself quickly, take several deep breaths.
- 8** Choose a heart-smart diet that's high in fiber and low in saturated fat, trans fats, cholesterol, and salt.
- 9** If you drink alcohol, do so only in moderation.
- 10** Learn the warning signs of a heart attack and heart disease, and don't ignore them.



# Why Sitting Too Much Is Bad for Your Health

## It Hurts Your Heart

Scientists first noticed something was up in a study that compared two similar groups: transit drivers, who sit most of the day, and conductors or guards, who don't. Though their diets and lifestyles were a lot alike, those that sat were about twice as likely to get heart disease as those that stood.



## It Can Shorten Your Life

You're more likely to die earlier from any cause if you sit for long stretches at a time. It doesn't help if you exercise every day or not. Of course, that's no excuse to skip the gym. If you do that, your time may be even shorter.

## Dementia Is More Likely

If you sit too much, your brain could look just like that of someone with dementia. Sitting also raises your risk of heart disease, diabetes, stroke, high blood pressure, and high cholesterol, which all play a role in the condition. Moving throughout the day can help even more than exercise to lower your risk of all these health problems.



## You'll Undo All That Exercise

The effects of too much sitting are hard to counter with exercise. Even if you work out 7 hours a week -- far more than the suggested 2-3 hours -- you can't reverse the effects of sitting 7 hours at a time. Don't throw away all that hard work at the gym by hitting the couch for the rest of the day. Keep moving!

## Your Odds of Diabetes Rise

Yup, you're more likely to have it, too, if you sit all day. And it isn't only because you burn fewer calories. It's the actual sitting that seems to do it. It isn't clear why, but doctors think sitting may change the way your body reacts to insulin, the hormone that helps it burn sugar and carbs for energy.

## You Could Get DVT

Deep vein thrombosis (DVT) is a clot that forms in your leg, often because you sit still for too long. It can be serious if the clot breaks free and lodges in your lung. You might notice swelling and pain, but some people have no symptoms. That's why it's a good idea to break up long sitting sessions.



## You'll Gain Weight

Watch a lot of TV? Surf the web for hours on end? You're more likely to be overweight or obese. If you exercise every day, that's good, but it won't make a huge dent in extra weight you gain as a result of too much screen time.

## Your Anxiety Might Spike

It could be that you're often by yourself and engaged in a screen-based activity. If this disrupts your sleep, you can get even more anxious. Plus, too much alone time can make you withdraw from friends and loved ones, which is linked to social anxiety. Scientists are still trying to figure out the exact cause.

## It Wrecks Your Back

The seated position puts huge stress on your back muscles, neck, and spine. It's even worse if you slouch. Look for an ergonomic chair -- that means it'll be the right height and support your back in the proper spots. But remember: No matter how comfortable you get, your back still won't like a long sitting session. Get up and move around for a minute or two every half hour to keep your spine in line.



## It Leads to Varicose Veins

Sit for too long and blood can pool in your legs. This puts added pressure in your veins. They could swell, twist, or bulge -- what doctors call varicose veins. You may also see spider veins, bundles of broken blood vessels nearby. They usually aren't serious, but they can ache. Your doctor can tell you about treatment options if you need them.

## If You Don't Move It, You Could Lose It

Older adults who aren't active may be more likely to get osteoporosis (weakened bones) and could slowly become unable to perform basic tasks of everyday life, like taking a bath or using the toilet. While moderate exercise won't prevent it, you don't have to go out and run a marathon or take up farming to stay mobile in your golden years. Just don't plant yourself on the couch for hours at a time.

## Your Cancer Risk Goes Up

You may be more likely to get colon, endometrial, or lung cancer. The more you sit, the higher the odds. Older women have higher odds of breast cancer. That doesn't change if you're super-active. What matters is how much you sit.

## How to Take a Stand

Work more movement into your day: Stand up and stretch every half hour or so. Touch your toes. Take a stroll around the office. Stand at your desk for part of the day. Set your computer on top of a box. All these things can help stop the negative effects of uninterrupted sitting.

—webmd.com

# February: A Season of Heart, History, and Healing

**B**y February, most people aren't inspired – they're enduring.

The new year promises have faded. Winter has settled into the body. You wake up tired, even after a full night's sleep. Your shoulders live closer to your ears. You're more short-tempered than you want to be. And yet, you keep going – because that's what you've learned to do.

Push through. Power on.  
Deal with it later.

February doesn't reward that mindset. It exposes it.

This month quietly confronts us with big themes – heart health, love, history, celebration, reflection – not all as holidays on a calendar, but as reminders of what happens when we disconnect. From our bodies. From each other. From the signals asking us to slow down before something breaks.

What if feeling “fine” is actually your body asking to be heard?

We live in a culture that praises resilience but rarely acknowledges the cost. Chronic stress becomes normal. Pain becomes background noise. Fatigue becomes a personality trait. And when the body whispers for help, we tell it to be quiet.

The body doesn't need more discipline – it needs more support.

Healing doesn't begin with motivation. It begins with safety.

When the nervous system finally receives support, change shows up in ways people don't expect. Sleep improves – not because they tried harder, but because the body stops bracing. Energy returns – not as adrenaline, but as steadiness. Pain softens. Patience comes back. Life feels less like something to survive and more like something to participate in.

This is the space chiropractic care is meant to serve. Not as force. Not as a quick fix. But as a way to support the nervous system – the system that decides whether the body is in protection or healing.

February is not asking you to do more for your health.

It's asking you to listen differently.

To notice what you've normalized.

To question what you've been pushing through.

To pay attention before the body has to shout.

Because healing doesn't start when something breaks.

It starts the moment you decide to stop overriding yourself. And February – quiet, honest, and unassuming—is a powerful place to begin.

Chiropractic is one of the largest primary-contact health care professions today. Chiropractors provide non-invasive, hands-on health care that serves to diagnose, treat, and help prevent disorders and conditions relating to the spine, nervous system, and musculoskeletal system. Chiropractors use a combination of treatments,

which are tailored to the specific individual needs of the patient. After taking a complete history and providing a detailed diagnosis to the patient, Dr. Beckley will develop and carry out a treatment plan, as well as recommend rehabilitative exercises. Dr. Beckley may also suggest nutritional, dietary, and lifestyle modifications to help the patient reach their health goals.

Dr. Beckley believes in addressing the patients overall health and not just their specific symptoms. She is focused on how a patient's musculoskeletal system and nervous system function in relation to the whole body. Dr. Beckley is a certified yoga instructor and offers classes at Beckley Chiropractic & Wellness.

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V = 5	F = 0	D = 500
I = 1	I = 1	E = 0
C = 100	L = 50	I = 1
A = 0	I = 1	
R = 0	I = 1	
l = 1		
U = 5		
S = 0		

THE MAN OF SIN

Total 666



AMERICA IN PROPHECY



Ten Horned Beast

Come  
out of  
her, my  
people  
Revelation 18:4

COME OUT OF SPIRITUAL BABYLON

6:00 PM- DENVER

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- How is the evil-one working to deceive?
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# Sweat It Out: The Benefits of Exercise for Detoxifying the Body

In our modern world, our bodies are constantly bombarded with toxins from various sources, including pollution, processed foods, and stress. These toxins accumulate in our bodies over time, causing feelings of sluggishness, fatigue, and lead to inflammation and disease. However, we have a powerful, detoxifying, and stress-relieving tool to combat this toxic overload: EXERCISE. Regular physical activity not only helps us stay fit and strong but also plays a crucial role in detoxifying the body and promoting overall health and well-being. Let's explore the many benefits of exercise for detoxification and optimal health.



Rebecca Wharton

## Sweat Out Toxins

One of the primary ways exercise helps detoxify the body is by inducing sweat. Sweat is our body's natural way of cooling down, but it also serves as a means of eliminating toxins. Think of what happens with a stagnant pond: the accumulation of bacteria, algae, and mosquitoes is similar to disease in the body. When we exercise, our body temperature rises, and our sweat glands kick into gear, helping to flush out toxins through our skin. This process can help remove heavy metals, environmental pollutants, and other harmful substances that have accumulated in our bodies.

## Boost Circulation and Lymphatic System

Regular exercise improves blood circulation, which is essential for detoxification. When our blood circulates efficiently, it carries oxygen and nutrients to our cells while removing waste products through our urine, feces, breath, and sweat. Additionally, exercise stimulates the lymphatic system, which plays a vital role in eliminating toxins and waste from our bodies. The lymphatic system relies on muscle contractions to move lymph fluid, and exercise provides the necessary movement and muscle contractions to keep this system functioning optimally.

## Support Liver Function

The liver is our body's primary detoxification organ, responsible for filtering toxins and waste from our bloodstream. Exercise has been shown to support liver function by increasing blood flow to this vital organ. Improved blood flow helps the liver efficiently process and eliminate toxins, reducing the burden on this hardworking organ. Consider how well your car would run if you never

changed the oil filter. That is how important the liver is to overall health.

## Enhance Digestion and Elimination

Regular exercise can also improve digestion and elimination, further aiding in detoxification. Physical activity stimulates the muscles of the digestive tract, promoting healthy bowel movements and preventing constipation. Ideally, you should be having two to three healthy bowel movements per day. Efficient elimination is crucial for removing waste and toxins from our bodies, preventing the reabsorption of waste that can build up and cause potential harm to your overall system.

## Reduce Inflammation

Chronic inflammation is a common underlying factor in many diseases. When things that we eat, drink, or rub on our skin are toxic and not removed from our body, the body recognizes it as a foreign invader and will start to attack the toxin to get rid of it. The problem with this is that chronic inflammation leads to chronic disease. Exercise has been shown to reduce inflammation in the body, which is essential for overall health and detoxification. By reducing inflammation, exercise helps protect our cells and tissues from damage caused by toxins and supports the body's natural healing processes.

## Manage Stress and Mental Health

Stress is a significant contributor to toxin accumulation in the body. When we are stressed, our body releases stress hormones (cortisol) that can disrupt our natural detoxification processes. Regular exercise is a powerful stress management tool that releases endorphins that help keep us happy and pain free, while also helping to reduce stress hormones and promote a sense of well-being. By managing stress through exercise, we can support our body's natural detoxification mechanisms and maintain optimal health.



## Choosing the Right Exercise

To maximize the detoxification benefits of exercise, try to choose activities that increase your heart rate, breathing, and stimulate warmth and sweating. Cardiovascular exercises like running, cycling, high intensity interval training (HIIT), speed walking, or swimming are excellent choices. Additionally, incorporating strength training exercises can help build strong bones and lean muscle mass, which supports overall detoxification, anti-aging, posture,



balance, and metabolism.

\*\* If you notice that you are always tired, stressed, and sick, it is important to start low and go slow with gentle exercises, like walking, swimming, yoga, and Pilates. A stressed body WILL get more stressed and inflamed with strenuous and intense exercise. \*\*

## Conclusion

Exercise is not just about physical fitness; it is a powerful tool for detoxifying the body and promoting optimal health. By inducing sweat, boosting circulation, supporting liver function, enhancing digestion, reducing inflammation, and managing stress, exercise plays a crucial role in eliminating toxins and preventing disease. So, lace up your sneakers, get moving, and experience the transformative benefits of exercise for a detoxified and vibrant body. I challenge you to move your body for 30 minutes, five times a week, minimum. Let's get started!

—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. Reach her at [thefunctionalnursecoach@gmail.com](mailto:thefunctionalnursecoach@gmail.com) or 913-298-1092.



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# The Foundation of Healthy Living: It's Time to Double Down

**A**s concerns about childhood obesity and chronic disease reach crisis levels, public health experts are urging Americans to eat more fresh produce.

For the first time in history, more children world-wide are obese than underweight – a reversal driven largely by diets dominated by ultra-processed foods and a shortage of fresh fruits and vegetables, according to UNICEF. It's not just an issue impacting children. In the United States, adult obesity rates have hovered at approximately 40% from 2021-2023, according to the Centers for Disease Control and Prevention.

Fresh produce in the United States has never been safer with extensive federal requirements for leafy greens. Farmers and produce companies have also taken food safety concerns seriously, investing heavily in prevention, testing and traceability systems. Many farmers and food companies voluntarily comply with industry-wide standards. For example, in California, the Leafy Greens Marketing Agreement (LGMA) sets measurable and verifiable standards for the produce industry, further enhancing food safety.

The numbers tell a compelling story about both safety and benefits. Americans consume 130 million servings of leafy greens every day, according to the Western Growers Association. Meanwhile, the evidence linking leafy green consumption to better health outcomes continues to mount.



Research published in the journal “Neurology” found eating approximately one serving per day of leafy greens was associated with slower cognitive decline – equivalent to being 11 years younger in age. A study by the “Institute for Functional Medicine” discovered diets rich in leafy greens sparked DNA changes that reversed biological aging by up to 3.23 years.

The cardiovascular benefits extend beyond mortality reduction. A study published in the “European Journal of Nutrition” found consuming 1.5 cups of leafy greens daily could help prevent heart disease in older adults. As has long been documented in medical literature, consuming more fruits and vegetables is associated with lower mortality rates.

“This isn’t just about adding years to your life; it’s about maintaining quality of life and independence as we age. It’s also

important to remember that,” said Dr. David Acheson, a medically trained food safety expert who previously served in leadership at both the FDA and USDA.

Access to fresh produce has also never been more convenient or varied. From bagged salads and pre-cut vegetables to ready-to-eat fresh cut fruit bowls or vegetable trays, there are countless ways to incorporate healthy foods into diets. These options reduce barriers to healthy eating by eliminating prep time and providing portion-controlled servings that help minimize food waste while making nutritious choices more accessible. This means the real challenge is translating this abundance of fresh produce into better dietary habits and improved public health.

In a nation grappling with obesity, diabetes, heart disease and cognitive decline, doubling down on fresh produce isn’t just good advice. It’s a public health imperative.

– Family Features





# Open Your Heart This Valentines Day

**D**id you know, that the only dietary pattern that has ever been shown in the peer-reviewed scientific literature to **actually open up clogged arteries**, is one based upon a **whole-food-plant-based diet**? Not only that, millions have experienced that the act of choosing to eat only foods that don't require intentionally killing other beings (animals) can also *open up our heart* (metaphorically) to compassion and love.



Have you ever loved a dog, or a cat? Then you can probably appreciate that cows, pigs and chickens also have rich emotional lives, the ability to form bonds and that they want to stay alive – just like us! The saying, “*The deed shapes the heart*” is SO apt when it comes to the impact of making the choice three times a day, to eat a non-violent meal...it truly does bring more peace into your heart. And for most of us, it really is not necessary to eat animals in order to survive, not only that, overwhelmingly the evidence sug-

gests that eating the bodies and secretions of animals is one of the major factors contributing to our **number one cause of death and disability – cardiovascular disease**.

I've witnessed too, that it can be thrilling for people who have been through years of suffering and declining health, who are sick of taking drugs with unpleasant side effects and expensive price tags, to **discover that they have it right within their own power to reduce their blood pressure, blood sugar, cholesterol, and levels of inflammation – often within just a matter of weeks after shifting to a whole foods plant based diet**. Joy and satisfaction are what people experience when they successfully take back control of their health by eating a plant-based diet. Those who stay the course long term, not only feel so much better, but often get off all meds, and have test results that suggest their arteries opened up too.



My father was in his sixties when diagnosed with severe angina, and it was gone two weeks after eliminating all meat, dairy and eggs and centering his diet on vegetables and beans. Though he fell off the wagon from time to time after that, he did live to the age of 94! I've known many others who similarly benefited. Yet occasionally I meet doctors who tell me, “*Results like that can't be possible – because I've never seen it happen.*” Well of course they've never seen it – if they have only worked with people eating diets of “moderation” which is what most of the medical establishment recommends (while accepting money from industry.) As Dr. Caldwell Esselstyn, author of the Revolutionary book, “**Prevent and Reverse Heart Disease**” often says. “Moderation Kills.”

There are many programs both in person and virtual that you can participate in, that will teach you how to eat a delicious whole food plant-based diet. The **Rochester Lifestyle Medicine Institute**, offers a terrific 14-day virtual jumpstart for as little as 100 dollars. That program has been life changing for many. **True North Health in Santa Rosa, California**, has amazing in-person learning/treat-

ment opportunities too.



But if you are simply curious as to what whole-food-plant-based food tastes like, or maybe just want to get some questions answered before investing more time, or perhaps meet others on this path, then I invite you to my **Valentine's Day cooking class on February 14th: Food for an Opening Heart**. I'll demonstrate some simple recipes, give you printed materials to take home, plus provide enough samples that you can make an entire meal out of



the class. You will not leave hungry! Come by yourself, or bring someone you care about and open your hearts together.

-By JoAnn Farb

JoAnn Farb is a former microbiologist with a global pharmaceutical company, and the author of *Compassionate Souls – Raising the Next Generation to Change the World*, and *Get off Gluten*. She speaks nationally and lives in Lawrence where she teaches about the benefits of the Whole-Food Plant-Based Lifestyle. She can be reached through her website at [www.JoAnnFarb.com](http://www.JoAnnFarb.com).



JoAnn Farb







WORKING TOGETHER TO PREVENT  
**ONE MILLION**  
HEART ATTACKS AND STROKES

**1** of every **3**

deaths is caused by  
heart disease and stroke



Health care costs  
for heart attack  
and stroke:

**\$312.6**  
**BILLION**



Leading cause of  
**PREVENTABLE**  
**DEATH**  
in people 40–65  
years of age



**2 MILLION+**  
heart attacks and  
strokes each year

To prevent 1 million heart attacks and strokes, health care professionals  
and public health workers should do what we know works:

### FOCUS ON THE ABCS

**A**spirin when appropriate  
**B**lood pressure control  
**C**holesterol management  
**S**moking cessation

### USE HEALTH IT

Use **electronic** health  
records and other health  
IT to identify patients who  
need support to improve  
their ABCS and then track  
their progress over time.

### USE TEAM-BASED CARE

Use clinical innovations, including:

- ♥ Use everyone who interacts with patients to the top of their skills and license
- ♥ Self-measured blood pressure monitoring with clinical support
- ♥ Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and **meet these goals by 2017**:



**47% to 70%**  
increase in aspirin  
use for secondary  
prevention



**46% to 70%**  
increase in blood  
pressure control



**33% to 70%**  
increase in  
cholesterol  
management



**23% to 70%**  
increase in help  
for those who want  
to quit smoking



**20%**  
reduction  
in sodium  
consumption



**50%**  
reduction  
in trans fat  
consumption



# My View on the New Pyramid: Meat and Potatoes, Man!

**W**hat do you think about the new food pyramid? I think it's great. To tell you the truth, I never paid attention to the old (most recent) one, I thought it was ridiculous. There have been several, the latest one particularly detestable. Low fat ranch dressing at school, for example. At least, give us a choice. I have always prioritized protein and dairy products. And potatoes. Meat and potatoes, man. That's what I'm talking about. What we ate growing up, what I still eat.

I just noticed how many times the food pyramid has changed. You can look it up. I guess it all started in 1992 with grains at the bottom, fats at the top. It never made any sense to me. All the servings of fruits and vegetables you were supposed to eat, how much of this and how much of that. I don't remember any of it. I never paid any attention to it, and the one JFK, Jr. has designed looks much more like what I have been doing all my life. Why? Because it makes sense. The new pyramid is upside down, too. I love it.

I eat a lot of deli chicken. I eat potatoes and butter. I eat beef and bean burritos every day for lunch. I eat eggs and English muffins, and cheese omelets on Saturday. I use olive oil for cooking and in salads. But I probably don't eat enough salad, and I probably don't eat enough vegetables, in fact I know I don't eat enough vegetables and salad. But I'm healthy and I'm not on any medication. I suspect that will be the testimony of more people once this new food pyramid catches on. I really believe that.

I also like sweets too much, I'm aware of that also.

My mother always used to tell me her dad, who was slim and trim and a hard worker, who did carpentry and painted and wall-papered for a living, said people should "Eat to live, not live to eat." My mom was also slim and trim and said the same thing. My favorite foods growing up were her chili, her spaghetti and her macaroni and cheese, and these things are my favorites, still.

I don't get tired of eating a beef and bean burrito with a slice of pepper jack cheese every day for lunch, sometimes with salsa, sometimes with (low fat) ranch dressing (I learned that from the kids; they like it on their pizza). It is not boring, it is simple. People laugh at me for doing that, but that's okay.

I love boiled new potatoes with butter and salt and pepper, and baked potatoes with butter and salt and

pepper. I'm glad the new food pyramid doesn't shame me for eating butter. I haven't looked to see if there is a limit to how much you should eat. I wouldn't follow it if it did. I just eat what I like to eat. I think a lot of the problem with earlier food pyramids is that they told people not to eat the food they like. For example, low fat everything. Well, then, why is obesity such a problem now? I don't want to eat low fat anything.

I do drink 2% milk, but I may go to whole milk, I don't know. I'm pretty used to 2%, and, actually 1% for lunch. Anyway, I am glad it's changed, but it won't affect me, other than to kind of validate for me what I've already been doing. That is nice, rather than feeling like I should change my diet all the time because it's not what the food pyramid is saying. It has been a source of stress for me to think I'll never eat enough servings of this or that.

So, happy eating, everyone! I love the new food pyramid. They can take all the old ones and throw them in the dumpster. I think the guidelines are commonsense, and that is refreshing for me.

—Carolyn Cogswell



On January 7, Health and Human Services Secretary Robert F. Kennedy, Jr. and Agriculture Secretary Brooke Rollins released the Dietary Guidelines for Americans, 2025–2030, marking the most significant reset of federal nutrition policy in decades. The new Guidelines deliver a clear, common-sense message to the American people: eat real food.

The new food pyramid places protein, dairy, and healthy fats alongside vegetables and fruits in the largest sections, with whole grains occupying a smaller portion at the base.

The guidelines emphasize simple, flexible guidance rooted in modern nutrition science:

- Prioritize protein at every meal
- Consume full-fat dairy with no added sugars
- Eat vegetables and fruits throughout the day, focusing on whole forms
- Incorporate healthy fats from whole foods such as meats, seafood, eggs, nuts, seeds, olives, and avocados
- Focus on whole grains, while sharply reducing refined carbohydrates
- Limit highly processed foods, added sugars, and artificial additives
- Eat the right amount for you, based on age, sex, size, and activity level
- Choose water and unsweetened beverages to support hydration
- Limit alcohol consumption for overall health



# Unlock Better Wellness in Topeka with Simple Self-Improvement Steps

**F**or Topeka residents balancing work, caregiving, chronic illness management, and tight budgets, wellness challenges can pile up fast. Stress overload shows up as low energy, short tempers, and routines that slip even when good intentions are there. When mental health awareness falls to the bottom of the list, stress management gets harder and small problems start to feel constant. Self-improvement offers a practical way to regain a sense of control and rebuild confidence in daily wellbeing.

## Understanding Holistic Wellness

Holistic wellness means caring for the whole you, not just one problem at a time. Holistic wellness is an approach that connects your mind, body, and emotions so that progress in one area supports the others.

This matters because when stress rises, your body often feels it too. 32% of people with stress suffer from physical health issues, so improving mood and coping skills can also boost energy, sleep, and patience.

Think of wellness like a three-legged stool. If one leg is shaky, the whole thing wobbles. A calmer mind can make movement easier, and movement can steady emotions during tough caregiving days.

With the big picture clear, simple steps can stack into quick wins and steadier balance.

## Start This Week: 10 Beginner Moves for Stress, Sleep, and Energy

Small changes add up fast when you treat wellness as a whole system, your mind, body, emotions, and daily logistics working together. Pick two ideas below to start this week, and you'll build quick wins that make everything else feel more doable.

**1. Do a 60-second "stress scan" twice a day:** Set a reminder for midday and evening. Notice three things, your breathing, jaw/shoulders, and the loudest thought in your head, then take 5 slow breaths (in for 4, out for 6). This short check-in builds awareness so you can interrupt stress early instead of carrying it into dinner, bedtime, or work.

**2. Start micro-meditation (5 minutes, not 50):** Sit comfortably, set a timer for 5 minutes, and focus on your breath; when your mind wanders, gently



return to breathing. The goal is practice, not perfection, consistency is what calms your nervous system over time. Many people start here because five minutes of meditation daily is simple enough to actually stick.

**3. Upgrade your sleep "bookends":** Pick a consistent wake time and protect it even on weekends, then build a 20–30-minute wind-down routine (dim lights, stretch, read, or shower). Keep screens out of the last 15 minutes if you can, and write down tomorrow's top 3 tasks so your brain doesn't rehearse them in bed. Better sleep improves mood and cravings, which supports the whole holistic-wellness loop.



**4. Walk 10 minutes after one meal:** Choose lunch or dinner and walk at an easy pace, around the block, in a store, or in your hallway if the weather is rough. This is a beginner-friendly movement that boosts energy without "working out," and it can help your mind settle after a stressful day. If you're caring for someone, even a short walk while they rest counts.

**5. Try the 2-day strength starter (no gym required):** Twice this week, do 1 set each of chair squats (8–12), wall push-ups (8–12), and a 20–30 second plank on a counter, resting as needed. Strength work supports joints, balance, and confidence, especially helpful if you sit a lot or help lift

groceries, kids, or caregiving supplies. If it feels too hard, cut reps in half and keep the habit.

**6. Use the "plate shortcut" for healthier eating:** At one meal a day, aim for half the plate as non-starchy veggies, one quarter protein, and one quarter starch (rice, potatoes, bread, pasta). Add a "real-life" upgrade: keep a bag of frozen vegetables and a protein you like on hand so busy nights don't default to snacks. This supports steady energy and fewer mood swings.

**7. Set one boundary that protects your evening:** Choose a clear rule you can explain in one sentence, "I don't answer work messages after 7 p.m." or "I need 20 minutes alone after I get home." Put the boundary on your calendar and tell one person who might be affected. It's not selfish, it's work-life balance that makes you more patient, focused, and available when it matters.

**8. Make a "stress plan" for your most common trigger:** If you tend to spiral during traffic, before presentations, or when the house gets loud, write a 3-step plan you can follow every time: pause, breathe, do one helpful action (text a friend, play calming music, step outside). You're not the only one who feels stuck, over a third of adults say they don't know where to start with stress, so having a simple script is a real advantage.

Do two of these consistently for seven days, then add one more. The goal is a small routine you can repeat on your busiest weeks, because repeatable beats perfect.



## Habits That Keep Your Wellness Moving

Try these steady habits to lock in progress.

In Topeka, the most reliable wellness gains come from practices you can repeat during busy weeks, caregiving seasons, and stressful work stretches. Use these habits as simple anchors so your self-improvement steps become automatic, not another thing to “be good at.”

### Five-Minute Meditation Anchor

- **What it is:** Sit quietly and follow your breath for five minutes.
- **How often:** Daily
- **Why it helps:** eight weeks of meditation can reduce anxiety levels for many people.

### One Bad-Habit Speed Bump

- **What it is:** Add a friction step that slows your top unhealthy habit.
- **How often:** Daily
- **Why it helps:** Less convenience means fewer autopilot choices when you are tired.

### “If Then” Caregiving Plan

- **What it is:** Write one plan: “If stress spikes, then I do one calming action.”
- **How often:** Weekly refresh
- **Why it helps:** A script reduces decision fatigue in urgent moments.

### Skill Hour for Joy and Brain Health

- **What it is:** Practice a hobby skill for 20 to 60 minutes, phone away.
- **How often:** Weekly
- **Why it helps:** significant improvements show habit routines can stick when they are structured.

Choose one habit today, then tailor it to your Topeka household’s schedule.

## Common Wellness Questions, Answered

If you feel stuck or overwhelmed, these quick clarifications can help.

### Q: What are the most effective strategies for reducing daily stress and improving overall mental wellness?

A: Start by shrinking the goal: pick one calming action you can do in under five minutes, then repeat it daily. Pair that with a simple “name it to tame it” check-in: label what you feel, then choose one next step. If work uncertainty is a stress driver, remember that skill sets will be transformed, so learning a small new



skill can restore a sense of control.

### Q: How can someone create a balanced routine that promotes better sleep, nutrition, and physical activity?

A: Build a “minimum routine” you can keep even on hard days: one consistent bedtime, one protein-forward meal, and a 10-minute walk. Attach each to an existing cue like after coffee or after dinner. Track consistency, not perfection.

### Q: What practical steps can individuals take to eliminate bad habits and develop healthier ones?

A: Identify your trigger, then add a delay: “I wait 10 minutes, drink water, then decide.” Replace the habit with something easy and rewarding, like stretching or stepping outside. Make it harder to do the unwanted behavior by changing your environment.

### Q: How does setting personal boundaries contribute to long-term emotional health and wellness?

A: Boundaries reduce resentment and burnout by making your limits clear before you hit a breaking point. Use a short script such as, “I can help for 20 minutes, then I need to rest.” Protect one small block of time each day that is non-negotiable.

### Q: Where can Topeka residents find support and resources to simplify overwhelming paperwork and administrative tasks when starting a new personal project or venture?

A: Begin with a one-page checklist of what you must file, pay, and renew, then book a help session to review it. If business ownership is on your mind, learning what a sole proprietorship is can clarify what paperwork you may face. A step-by-step setup tool or guided worksheet can keep legal and compliance basics from draining your energy, and more information is available at [zenbusiness.com](https://zenbusiness.com).

Keep it simple, keep it repeatable, and let small wins rebuild your confidence.

## Turn Small Daily Choices Into Long-Term Wellness in Topeka

It’s easy to feel pulled between caring for your health, keeping up with responsibilities, and wondering if a bigger life change would finally make things easier. The steady way forward is the mindset of self-empowerment: build simple routines, solve problems as they come, and make decisions with a clear commitment to health rather than pressure or perfection. When that approach becomes consistent, long-term wellness success starts to look less like luck and more like momentum, more energy, steadier habits, and positive lifestyle outcomes that hold up through busy weeks. Small choices, repeated often, create the life your future self can rely on. Choose one action to start now, set your next check-in, revisit one routine, or take the next step in your plan, and do it before the day ends. That’s how wellness becomes a source of resilience, stability, and connection for both body and mind.

—Sheila Johnson





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# Healthy Recipes for the Family

Healthy and tasty recipes are key to sticking with any nutrition plan for your good health. Here are some excellent ones!

## Country Fried Squash



This recipe is great with butternut but other squash would also be good. Be sure to use fresh squash.

### Ingredients

- 6 pounds butternut squash - peeled, seeded and sliced
- 1 egg, beaten
- 1/2 cup milk
- 1/2 cup all-purpose flour
- 1/2 cup cornmeal
- 1 pinch salt
- 1 pinch ground black pepper
- 1 pinch garlic salt
- 1 cup oil for frying

### Directions

Combine egg and milk together in a small bowl, mix well.

In a second bowl, combine flour, cornmeal, salt, pepper and garlic salt. Dip squash slices first in the egg mixture, then dredge the squash in the dry mixture.

Heat 1/2 inch of oil in a deep skillet over medium heat. Fry squash until golden brown.

### Nutrition Information (Servings: 4)

Per serving: Calories: 501 cal; Total Fat: 8.7 g; Carbohydrates: 105 g; Protein: 12.3 g; Cholesterol: 49 mg; Sodium: 145 mg

## Roasted Vegetable Medley



This colorful dish has the perfect blend of sweet and savory. It is simple to prepare.

### Ingredients

- 2 tablespoons olive oil, divided
- 1 large yam, peeled and cut into 1 inch pieces
- 1 large parsnip, peeled and cut into 1 inch pieces
- 1 cup baby carrots
- 1 zucchini, cut into 1 inch slices
- 1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
- 1/2 cup roasted red peppers, cut into 1-inch pieces
- 2 cloves garlic, minced
- 1/4 cup chopped fresh basil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

### Directions

Preheat oven to 425 degrees F (220 degrees C). Grease 2 baking sheets with 1 tablespoon olive oil.

Place the yams, parsnips, and carrots onto the baking sheets. Bake in the preheated oven for 30 minutes, then add the zucchini and asparagus, and drizzle with the remaining 1 tablespoon of olive oil. Continue baking until all of the vegetables are tender, about 30 minutes more. Once tender, remove from the oven, and allow to cool for 30 minutes on the baking sheet.

Toss the roasted peppers together with the garlic, basil, salt, and pepper in a large bowl until combined. Add the roasted vegetables, and toss to mix. Serve at room temperature or cold.

### Nutrition Information (Serves: 6)

Per serving: Calories: 191 cal; Fat: 5 g; Carbs: 34.6 g; Protein: 4 g; Cholesterol: 0 mg; Sodium: 257 mg

## Ethiopian Cabbage Dish



This dish is healthy and delicious. Do not add liquid. The cabbage and potatoes release enough moisture on their own.

### Ingredients

- 1/2 cup olive oil
- 4 carrots, thinly sliced
- 1 onion, thinly sliced
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/2 head cabbage, shredded
- 5 potatoes, peeled and cut into 1-inch cubes

### Directions

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

### Nutrition Information (Servings: 5)

Per serving: Calories: 428 cal; Total Fat: 22.2 g; Cholesterol: 0 mg; Carbs: 54.1 g; Sodium: 428 mg; Protein: 6.9 g



# Stretching For Success: Not Just for Athletes



(Ivanhoe Newswire) —

If you think stretching is only for athletes, you're wrong. Experts say stretching is good for everyone, and a 2023 study found that adults who stretched five days a week had a 20% lower risk of dying over the next nine years than those who didn't. Our experts share what stretches you should start doing today and why.

If you go straight from sitting to exercising, you could be setting yourself up for a serious injury!

"Everybody needs to stretch. It's really important to help your body stay mobile. It helps with recovery. It helps to prevent injury and just helps you live a better quality of life," said Tatyana Siddeeq, lead flexologist for StretchLab Winter Park.

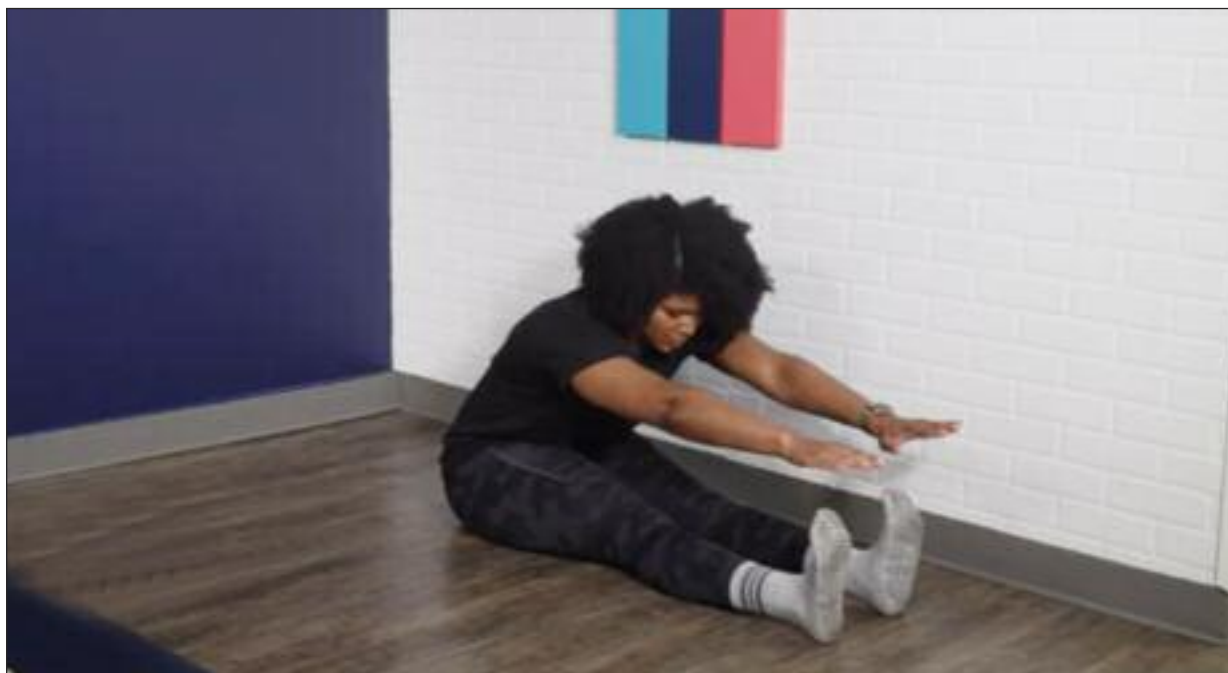
And you shouldn't just stretch when you feel tight.

"When we don't stretch, we will lose our flexibility and over time that's gonna limit our mobility and our range of motion," explained Caitlin Ann Cheruka, PhD, clinical assistant professor at the University of Central Florida.

And that range of motion can be lost in 4-8 weeks. But you don't want to stretch to the point of pain.

"If you're going from a scale of zero to 10, you wanna get to maybe that seven mark. Once you get to that nine, 10 mark, that is when there's a greater chance of injury," Siddeeq told Ivanhoe.

Siddeeq recommends that everyone do the forward



fold, which opens your back and loosens up your hamstrings and calves. If you sit a lot every day, Prof. Cheruka recommends the hip flexer.

She also recommends targeting every muscle group, so you should also do the hamstring stretch, chest opener, quadriceps stretch, and shoulder stretch. And one more reason to stretch:

"Stretching can help improve our cardiovascular health, which is super important because we know that cardiovascular disease is the leading cause of death worldwide," said Prof. Cheruka.

Finally, when is the best time to stretch? Prof. Cheruka says before a sport, after a sport, and any day you don't do a sport! In other words, whenever you can.

If you're considering trying stretching to fix your back

pain, Prof. Cheruka recommends strengthening exercises instead. Stretching may only provide temporary relief. To help back pain you should focus on developing core strength.

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# After a Decade of Refusing to Use a Treadmill, I Finally Gave In.

When the weather dipped below freezing for the first time this winter and the sun began to set at 4:30 p.m., I knew I'd have to leave my typical after-work miles behind. Cold weather and early darkness have always been an easy one-two punch to my running motivation.

I'd also long held another line in the sand: I didn't run on treadmills—at least not since high school gym class. I took to calling myself a “purist” because I didn't think running was worth it if it wasn't outside in nature. I believed my cause was noble, but really, I was just piling up excuses not to run in the winter.

This year, I decided to treat treadmill running as an experiment designed to remove my usual excuses and see if I could stay consistent when the season changed. I set out to complete one to two easy runs per week over the course of a month and reflect on my experience to determine if treadmill running was, in fact, the key to consistency that I was missing for years.

## My Initial Impressions of Getting Back on the Treadmill

My experiment started after work in late November. I turned to one of the Bowflex treadmills we have at Runner's World headquarters. Earlier in the day, my editor casually mentioned that my Apple Watch would sync directly to the treadmill for a more accurate reading, a suggestion that made me more excited to get started on my test.

I walked up to the treadmill and the first thing I noticed was that if I wanted to, I could put my Netflix password into the built-in monitor and watch the final season of Stranger Things while running. While this isn't very advanced as far as treadmill features go nowadays, the shift from the bare bones experience I remember from a decade ago in high

school gym class amazed me.

I decided to go simple for my first run, tapping in with my Apple Watch and committing to a 30-minute easy effort with just a podcast to entertain me.

The run itself was good but left me puzzled. I immediately focused on how each foot strike offered a different sensation than I was used to. After a minute of adjusting the belt speed, I settled into a pace that felt similar to my outdoor easy runs. What I found, though, was that the treadmill speed read a completely different pace than my outdoor runs. After 30 minutes at zero incline, I completed just 2.56 miles at an 11:51 pace with my heart rate right at my usual 150 beats per minute. That 11:51 average was nearly two minutes slower than my outdoor 10:00 easy pace, but I felt like I was right at my normal outdoor effort level.

Still, I walked away encouraged. I logged a run, avoided the weather, and felt great doing it.

My experiment continued with more 30-minute easy runs over the next couple of weeks. Each one raised the same question: Why did an effort that felt identical to my normal 10:00 outdoor easy runs translate to a treadmill pace of well over 11:00 per mile? Adding to the confusion, my new watch (a Coros Pace 4) consistently recorded slightly longer distances than the treadmill itself displayed.

After my third run, I brought all my questions to a chat with Birmingham-based RRCA Level II- and USATF-certified run coach Alex Morrow, founder of Resolute Running. I described to him how, on the treadmill, I felt I was giving a similar effort to my outdoor runs, but was running at a significantly slower pace.

“When you're outside running at an easy pace, you're looking at the trees, waving at other runners, and your mind gets to dissociate from what you're doing,” Morrow says. “When you're on a treadmill, there's very little stimulation,” beyond your body moving. Because I'd been running exclusively outdoors since high school, I was used to looking around at the cars as they passed by, the birds in the air, and any number of distractions along my route. As soon as I hopped on the treadmill, though, none of that was there to capture my attention. Right away, I locked in on the difference in every step and became consumed by how far off my pace ended up being from what I expected.

## Why I'll Continue Treadmill Running in Winter

Changing a long-held belief is tough, especially when it's rooted in identity. “It's like turning a battleship around,” says Morrow. “It takes time and it's never



easy.” In my case, the belief that “real runners” don't use treadmills stuck around for years.

Once I started running on one, though, I accepted it as a suitable tool for consistent running almost immediately. The hardest part of flipping my mindset wasn't logging the miles or dealing with boredom, it was simply getting started.

If you're new to treadmill running or have avoided it for the same reasons I did, my best advice is trying

it with an open mind. Don't worry if your pace looks slower than what you're used to seeing outside. That mental hurdle of mine ended up not really mattering much. I let effort guide my runs, podcasts entertain me, and I judge my success based on time on feet rather than actual miles.

My biggest takeaway from the experience was consistency. According to Morrow, that's where treadmill running becomes one of the most powerful tools a runner can use.

Through my trial efforts, I realized I wasn't frustrated with the treadmill itself, I was simply focused on learning more about my running. Curiosity helped me keep a steady schedule, and I ran more in the winter than I had in years.

“Consistency is so much more important than having one killer workout,” Morrow explains. “I would much rather you have four or five average workouts than three killer workouts.” That idea counters how a lot of runners think about training, especially when motivation dips. circumstances aren't ideal.

For runners who live in areas heavily impacted by harsh winter weather, the treadmill is a saving grace. “Something is always better than nothing,” Morrow says. “Jogging three miles on a treadmill is better than skipping your workout completely because it's cold outside.”

When weather threatens to derail a week of training, the opportunity that a treadmill provides becomes crucial to your development as a runner. “Consistency creates physiological adaptations in your body that allow you to reach your goals,” Morrow says. Those adaptations include aerobic fitness development, running economy, capillary improvement, VO2 max increase, lactate threshold fitness.

Looking back on my career as a recreational runner, my biggest mistake wasn't refusing to run on the treadmill, it was letting that ignorance cost me months of consistent running every year. Now, the excuses that held me back are gone. I'm looking forward to using the treadmill to not only knock out frequent easy runs but conquer the occasional interval workout or speed session. Heading into the new year, I'm already in better shape than I've been in years' past.

—Matt Rudisill



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<sup>1</sup>"Medicare & You," Centers for Medicare & Medicaid Services, 2025. <sup>2</sup>"Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. <sup>3</sup>FairHealth, Inc. National average dental fees. Data current as of July 2025; subject to change.

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# Spiritual Wellness

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

## Resistance Training: Build Strength the Right Way

If you want to experience real results from your workouts, you must train smart and safe. Going to the gym and just moving weights is not what's most effective, using proper form & technique and working within the joint structure of your body helps to produce the lasting results you desire.

Resistance training is pressure applied against the bones, joints, and muscles, creating micro-tears that break down muscle tissue. This forces the body to respond by repairing itself according to the pressure or resistance applied. Continuously repeating this process causes the bones to become more dense and the muscles to increase in size.

When it comes to training, the body does not respond to weights – it only responds to resistance. There are basically four types of exercise that constitute resistance training: free weights, selector pin machines, manual labor, and resistance bands. It's important for your workout to consist of the most body-friendly type of resistance training that is safe and meets your desired goals.

The following are the parameters of a safe and effective resistance training program:

### Rule #1 – Train Within Your Joint Structure

You must train within your joint structure, meaning each joint has its own unique radius, along with limitations; for example, the shoulder joint is considered a ball-in-a-socket, and the knee is a hinge. The shoulder has the ability to rotate forward, backward, and side to side; whereas the knee doesn't have the same capacity but only has the ability to go forward and backward.

**Benefit:** When you train within your joint structure, you protect your body from injury and preserve the mobility you need to train for years to come.

### Rule #2 – Keep Every Movement Controlled

Each movement must be consistent and controlled, protecting the muscles from ballistic, jerky movements that will potentially cause injury.

**Benefit:** Controlled motion builds strength and definition – giving you better results without negative wear on your joints.

### Rule #3 – Apply Progressive Tension

Progressive tension (or a slow, consistent increase in tension) while training is safer for the muscles and joints.



This prevents your ability to thrust the resistance, gaining momentum during the movement, which puts the body in harm's way.

**Benefit:** When you increase tension gradually, you create steady growth, protect your joints, and achieve long-term results.

### Rule #4 – Negative Repetitions Are Potentially Dangerous

Each exercise has a positive phase, which is when you contract the muscle, and a negative phase, which is when you extend and release the contraction of the muscle. The positive phase done correctly protects the muscle, joint, and tendons. The negative phase should be the most controlled phase; it elongates and lengthens the muscle. The muscles are twice as strong during the negative phase. This means during the negative phase of the exercise you are capable of elongating the muscle to the point of injury. In other words, make sure you control both the positive and negative phase of each exercise so that you prevent injury.

**Benefit:** Mastering both phases helps you to fully develop the muscle.

### Rule #5 – Train in Alignment and Balance

Due to the structure of the body, all lifting should be done in complete alignment and balance to gain and maintain good posture. If you proceed to lift out of alignment, you compromise the structure and balance of your body. If

you continue to do this over time, it will affect your posture, compromise your stability, and cause injury.

**Benefit:** Training in alignment improves posture and keeps your body strong, balanced, and injury-free.

### Rule #6 – Follow the Arc of the Muscle

All of the muscles are made and attached in an arc. To train the muscle properly, you must follow the arc-like pattern for complete development without injury. Exercises and equipment that limit your ability to train in an arc are potentially dangerous and should be avoided.

**Benefit:** When you follow the natural arc, not only will you protect your joints, but you'll also maximize the development of your muscles.

## SUMMARY

By applying these six principles, you'll build muscle safely, protect your joints, and develop lasting results that support the Champion life you desire to live.

Train smart, stay consistent, and keep pressing forward – your results will speak for themselves.

You are invited to join the RW Champion Community – A faith-based health and fitness community helping you live strong in body, renewed in mind, and anchored in God.

For any questions, contact us at [support@ron-williamschampion.com](mailto:support@ron-williamschampion.com)

–Ron Williams | <https://faithandfitness.net/>



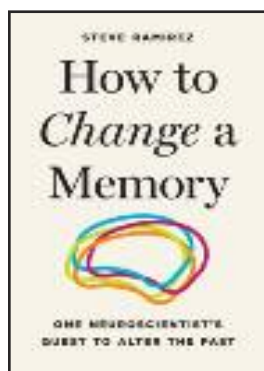
# New Health & Wellness Info at the Library

By Alex Henault

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

**How to Change a Memory:** one neuroscientist's quest to alter the past – by Steve Ramirez; Princeton University Press; 2025 New Books 612.82 RAM

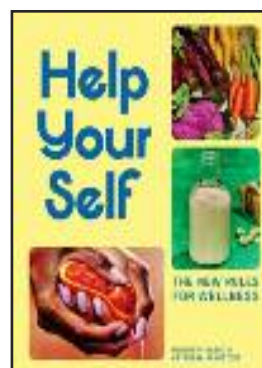
A disarmingly personal account of the new science of memory manipulation by one of today's leading pioneers in the field. As a graduate student at MIT, Steve Ramirez successfully created false memories in the lab. Now, as a neuroscientist working at the frontiers of brain science, he foresees a future where we can replace our negative memories with positive ones. In *How to Change a Memory*, Ramirez draws on his own memories-of friendship, family, loss, and recovery-to reveal how memory can be turned on and off like a switch, edited, and even constructed from nothing. A future in which we can change our memories of the past may seem improbable, but in fact, the everyday act of remembering is one of transformation. Intentionally editing memory to improve our lives takes advantage of the brain's natural capacity for change. In *How to Change a Memory*, Ramirez explores how scientists discovered that memories are fluid-they change over time, can be erased, reactivated, and even falsely implanted in the lab. Reflecting on his own path as a scientist, he examines how memory manipulation shapes our imagination and sense of self. If we can erase a deeply traumatic memory, would it change who we are? And what would that change mean anyway? Throughout, Ramirez carefully considers the ethics of artificially controlling memory, exploring how we might use this tool responsibly-for both personal healing and the greater good. A masterful blend of memoir and cutting-edge science, *How to Change a Memory* explores how neuroscience has reached a critical juncture, where scientists can see the potential of memory manipulation to help people suffering from the debilitating effects of PTSD, anxiety, Alzheimer's, addiction, and a host of other



neurological and behavioral disorders.

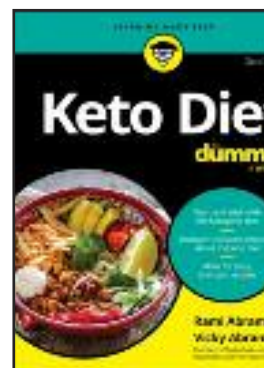
**Help Your Self:** the new rules for wellness – Meredith Baird & Katerina Schneider; Abrams; 2025 New Books 613 BAI

*Help Your Self* is the wellness authority, combining both knowledge and solid research to bring you a nutrition-hacking, food-loving, life-simplifying, science-backed guidebook to optimal health for the entire family. As the pursuit of wellness reaches a fever pitch, the lines between fringe and fact have become blurrier than ever. Kat Schnieder and Meredith Baird, two moms, fact-finders, and chefs who have shaped the wellness industry for decades, are not about pseudoscience and half-truths -- health fads make their eyes roll. Rather, they have dedicated their lives to unearthing the latest research, and in *Help Your Self*, they show readers that not only is it possible to create and maintain a healthier lifestyle, but it's also easier and more enjoyable than you would think. The book is a holistic guide to wellness with tangible and actionable steps, from addressing some of the most common health concerns -- like better sleep, better sex, healthier skin, proper hydration -- to more extensive routines to incorporate into your life, to healthy dessert recipes that also make your skin glow, like Lemon Meringue with Sea Moss.



**Keto Diet** – by Rami Abrams; John Wiley & Sons; 2026 New Books 613.283 ABR

*Keto Diet For Dummies* is your updated guide to the low-carb, high-fat ketogenic diet. It's a great time to try this healthful approach, thanks to new research, new recipes, and new keto products on the market. In this book, you'll find easily digestible info on how the keto diet trains your body to rely on fat as its energy source, for weight loss, reduced inflammation, improved mental



health, and a host of other benefits. Then, the expert authors help you create the perfect keto plan to be the healthiest version of yourself. You'll even learn how to use AI to help you plan and prep great keto meals. What a time to be alive!

**Change Your Brain, Change Your Pain:** breaking the doom loop to heal chronic physical and emotional pain – by Daniel G. Amen; Harper; 2025 New Books 616.0472 AME

In the United States alone, one in five adults experiences chronic pain. For too long, when a doctor couldn't find the source of frequent pain, the patient was dismissively told, 'It's all in your head.' Today, we know that our somatic responses to trauma, anxiety, and depression create real suffering, and that physical pain can lead to trauma, anxiety, and depression. Dr. Daniel Amen calls this 'the doom loop'--the dance between physical and emotional pain. These doom loops interfere with our ability to live our lives. But we can shift the doom loop into a healing loop, and in this ... book, he shows us how.



**Off the Scales:** the inside story of Ozempic and the race to cure obesity – by Aimee Donnellan; St. Martin's Press; 2025 New Books 616.398 DON

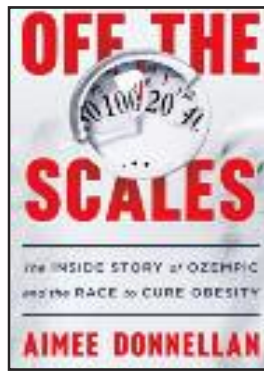
The inside story of the race to develop Ozempic, and its potentially revolutionary impact on public health and culture. A "cure" for obesity has long been the holy grail for the pharmaceutical industry, one that seemed unattainable until recent breakthroughs in type 2 diabetes research led to the development of Ozempic, a weight loss medication that activates hormones in the stomach, making people feel fuller for longer. The treatment is so effective that it is already disrupting many industries--from healthcare to fast food to fashion--and it has quickly made its creator, Denmark's Novo Nordisk, the most valuable company in Europe. But the impact of these drugs goes far beyond billion-dollar profits; a true long-term cure for obesity could save 40% of American adults from dangerous preventable illnesses. And as their success continues to grow, one question looms in the minds of investors, healthcare workers and



politicians: are they too good to be true? In *Off the Scales*, Reuters journalist Aimee Donnellan illuminates the history of the latest medical breakthrough that is poised to change the world, while bringing difficult social questions about inequality and morality to the forefront. Through original reporting and rigorous research, she forecasts the future of Ozempic and similar medications--and examines what their explosive popularity tells us about our ideals of beauty, the lengths to which people will go in order to become thin, the current state of healthcare, and the inner workings of the pharmaceutical industry. Along the way, Donnellan profiles the scientist whose contributions to the discovery of GLP-1 were overlooked and her fight for recognition while her colleagues were thrust into the limelight, and offers new insights into the ways that the food and beauty industries made billions while promoting unhealthy and unrealistic body image standards and accelerating the obesity crisis. She also reveals the lengths that the celebrity class went to obtain this medication when supplies were limited and prescriptions were costly, and relates the first-hand accounts of several early Ozempic users and the transformative effect the drug has had on their weight loss journeys. Above all, *Off the Scales* is an informative and entertaining study of the unexpected social consequences of finally getting what we've wanted for so long.

**Nightmare Obscura:** a dream engineer's guide through the sleeping mind – by Michelle Carr; Henry Holt and Company; 2025 New Books 616.8498 CAR

A leading sleep expert reveals the latest science behind the dreaming brain and why we have nightmares--offering key insights into how harnessing dreams can improve your sleep and health. To most, dreams are things that slip away when you reemerge into the waking world, their remnants jumbled up and only half recalled. At their best, they are populated by pleasant recollections and surreal experiences. But at their worst, they can be traumatizing and prevent us from receiving



the necessary benefits of sleep. So why do we dream at all? What makes a person prone to nightmares? How do our bodies interface with our brains when we're not awake? And how can we harness our sleeping minds to improve our waking lives? In *Nightmare Obscura*, dream researcher Michelle Carr unlocks the science behind the sleeping body, exploring the relationship between dreams and mental health, with a deep dive into the neuroscience behind some of the most interesting aspects of dreaming: nightmares, lucid dreams, and the cutting-edge field of dream engineering.

**The Mental Health Contagion:** navigating yourself through a loved one's mental well-being decline – by Yvette Murray; Prometheus; 2025 New Books 616.89 MUR

The World Health Organization (WHO) estimates that about 970 million people in the world are suffering from a mental disorder. That's one in eight. Consider the number of people who are affected by those 970 million people, whether they are friends, family members, or caregivers. The harsh truth is that even though mental health isn't transmitted like a virus, we are still susceptible to feeling its effects from someone else. The symptoms of mental illness can impact us negatively and put our own mental well-being at risk. In short, mental health decline is contagious. Someone can have an anxiety disorder, for example, and it can create anxiety in others around them. That's a mild example. The more serious the mental disorder, the more at risk those of us around that person will be. *The Mental Health Contagion: Navigating Yourself Through a Loved One's Mental Well-Being Decline* will be for people who are challenged in their relationship with someone suffering from a mental problem, disorder, or crisis. The book will be geared toward helping them avoid the contagion through proper self-care. But the self-care in this book will not just be about taking hot baths and getting massages. It will be an in-depth look at what we can do to prevent our own mental well-being decline while we care for our loved ones.

**The Emperor of All Maladies:** a biography of cancer – by Siddhartha Mukherjee; Scribner; 2025 New Books 616.994 MUK

In the years since Mukherjee dazzled readers with

*The Emperor of All Maladies*, much has changed in the universe of cancer--in our understanding of its causes; in our attempts to prevent it; and in the emerging and revolutionary new treatments, including those Mukherjee himself helped devise for leukemia and lymphoma. In four profound and revolutionary new chapters--essentially a new book about cancer--he illuminates the landscape of this disease with both a bird's-eye view and an acute focus on the role of the cell and its tissue environment. He also looks at new studies and to the future.

*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.

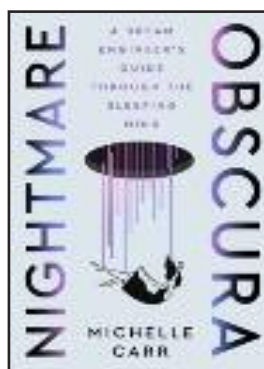
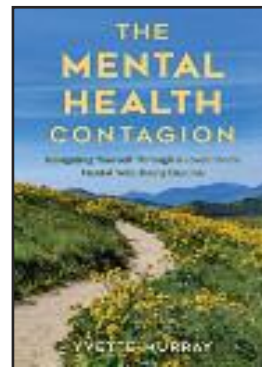
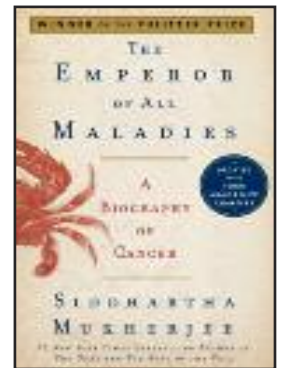
Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at [tscpl.org/downloads](http://tscpl.org/downloads) or [tscpl.org/downloads/ebooks](http://tscpl.org/downloads/ebooks).



**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)**





# Healthy Event Calendar for Greater Topeka

**Send events to [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com). See complete calendar on website.**

**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)

**WOODSHED MARKET** – Sundays 10-3, 1901 N. Kansas Ave.

**FRIDAY NIGHT FUNNIES** – Fridays at Cosmos Court, 909 S. Kansas. Weekly comedy show

**BLEEDING KANSAS - Sundays from Jan. 25-Mar. 1, 2pm, Constitution Hall Historic Site, 319 Elmore, Leocompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$5 adults.**

**WEST RIDGE WALK-A-THON** – Jan. 31, 8am-8pm, West Ridge Mall. A fun and flexible indoor walk-a-thon designed to get our community moving while supporting a great cause – Sole Reason. 3-Hour Walk – starts at 8 AM or 2 PM; 6-Hour Walk – starts at 8 AM; 12-Hour Walk – starts at 8 AM. \$20 entry fee includes t-shirt, swag bag. Register: <https://boards.com/a/Mbhyc.eZhBLm>

**SWEETHEART SKATE** – Feb. 1, 2-7pm, Expocentre. Skate 2-4 or 5-7, \$10.

**ING NETWORKING GROUP** – Feb. 4, 11:30am, at IHOP on Hwy 24. All welcome, attend free, order from menu if desired.

**4TH ANNUAL VALENTINES SIP & SHOP** – Feb. 7, 10-5, Woodshed Event Center. Food trucks, vendors, full bar.

**KC WOLF AT GROUNDHOG SUPPER FUNDRAISER** – Feb. 7, 5pm, Community Christian School, 310 E. 8th St., Overbrook, KS. Long-time Kansas City Chiefs mascot Dan Meers will be the keynote speaker at a fundraiser for the school. Dinner 5-6pm; program 6:30pm. Email [ccs.kansas@gmail.com](mailto:ccs.kansas@gmail.com) or call 785-670-6403.

**VALENTINE VENDOR EVENT** – Feb. 7, 9-3, Barb's Country Barn, 4008 SW Topeka Blvd.

**4TH ANNUAL VALENTINES SIP & SHOP** – Feb. 7, 10-3, Woodshed Event Center, 1901 N. Kansas Ave. Food trucks and dozens of vendors, full bar & specialty drinks. JennyMac Events

**BOSS BABES VALENTINES VENDOR MARKET** – Feb. 7-8, 10-5 & 12-5, West Ridge Mall.

**CEDAR LAWN FARM VALENTINES SIP & SHOP** – Feb. 7, 10-2, 12741 K4 Hwy.

**51st JUBILEE CELEBRATION** – Feb. 7, 4-6pm & Feb. 8, 11am, Faith Temple Church, : 1162 SW Lincoln St. For Bishop R.K. Lassiter, Sr.'s Pastoral Appreciation. Guest Speaker Bishop Milton Woods (Ypsilanti, MI). For info: 785-235-1834 (Faith Temple Church)

**GALENTINES DAY: REST + CRAFTS + SPARKLE** – Feb. 8, 2-4pm, Body, Heart & Sole, 3115 SW Huntoon. Restorative yoga and self care.

**C5Alive "POWER" LUNCHEON** – Feb. 12, 11:30-1, at Celtic Fox. Featuring: Wabaunsee County Sheriff Eric Kirsch. Free admission. Meals available from menu if desired. Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org) so we know how many to expect. Open to the public - bring a friend!

**SAVE THE DATE: C5 POWER Luncheon**, Mar. 12, 11:30-1, at Celtic Fox: Featuring Iron Man John Cantrell

**NIGHT TO SHINE** – Feb. 13, 6-9pm, Vaerus Event Center, 6410 SE Forbes Ave. at Forbes Field. This complimentary prom event for teens and adults ages 14 and older with special needs is sponsored by the Tim Tebow Foundation and Grace

**Community Church. Guests walk the red carpet, are greeted by paparazzi, and enjoy dancing and royal treatment. Attend, volunteer or contribute - details and registration can be found at [www.nighttoshinetopeka.com](http://www.nighttoshinetopeka.com)**

**CAR SEAT CHECKUP EVENT** – Feb. 14, 9am-noon, Cable Dahmer, 3731 SW Topeka Blvd. Certified technicians will inspect the child restraint, provide instruction, offer guidance.

**AX THE EX VALENTINES EVENT** – Feb. 14, Noon to midnight, Axe & Ale, 115 SE 6th. Axe-throwing fun for all skill levels. Singles, couples, best friends, and families – everyone is welcome! Digital Valentine's Day games for a modern and love-filled twist! Limited spots available, book your lane in advance at [www.AxeAleTopeka.com](http://www.AxeAleTopeka.com)

**SECOND SATURDAY CONCERT** – Feb. 14, 7-11pm, Celtic Fox. Mike Babb and The MLx. Free Valentines event

**R&B MY VALENTINE** – Feb. 14, doors open at 8pm, Tonix & Tunes, 820 N. Kansas Ave. DJ Candy + live performance by Jr-Sazophonic. \$15

**VALENTINES AT THUNDERBIRDS GRILL** – Feb. 14, 8-11pm, 2920 SE Croco Rd. No cover. Rock Party Band with music from 70s-80s.

**ANTI-VALENTINES PARTY**, Feb. 14, 8:15pm, Jessie's Bar, 5011 SW Topeka Blvd. Singles welcome! DJ & dancing, special drink offerings

**ING NETWORKING GROUP** – Feb. 18, 11:30am at Bradley's Cafe. All welcome, free to attend, order from menu if desired.

**CHILI or VEGETABLE SOUP SUPPER** – Feb. 20, 4:30-6:30pm, Kansas Ave United Methodist Church Fellowship Hall (in NOTO), 1029 N. Kansas Ave. All you can eat, plus cornbread, crackers, relishes, drink and dessert. \$10.00 Adults, \$5.00 Kids under 10. Hot Dogs - \$1.50, Chili Dogs - \$2.00. Dine in or Carry Out.

**TOPEKA BOAT, FISHING & HINTING SHOW** – Feb. 20-22, Expocentre.

**DADDY-DAUGHTER DANCE** – Feb. 21, 1pm, The Brownstone, 4020 NW 25th St. Featuring PJs, pancakes & memories. <https://www.ticketleap.events/tickets/thebrownstonetopeka/pancakes-pj-s-daddy-daughter-dance>

**FREE WOMEN'S SELF DEFENSE SEMINAR** – Feb. 21, 4-6pm, Vigilance Martial Arts, 2013 SW 6th Ave. <https://cp.mys-tudio.io/e/?=p1oR48/14930/786877/1768945184>

**MIDWEST CHRISTIAN COLLEGE EXPO** – Feb. 28, 10am - Noon. Colonial Presbyterian Church: South KC Campus, 9500 Wornall Rd. Kansas City, MO 816-524-4522

**TOPEKA HOME SHOW** – Feb. 27, 1-6pm; Feb. 28, 9-6; Mar. 1, 10-3, Stormont Vail Events Ctr

**POLAR PLUNGE TOPEKA** – Feb. 28, 10-2, Topeka West HS. 2001 SW Fairlawn. <https://charity.pledgeit.org/plunge-topeka26>

**TOPEKA SPIRIT FAIR – BODY & SOUL REJUVENATION** – Feb. 28 -Mar. 1, Woodshed Event Center. Two-day holistic wellness fair with hourly workshops, vendors, food trucks, cash bar

**ING NETWORKING GROUP** – Mar. 4, 11:30am, at IHOP Hwy 24. All welcome, attend free, order from menu if desired.

**COUTURE FOR CANCER** – Mar. 7, 4-7pm, Vaerus Aviation, Forbes Field. An annual fashionable charitable event supporting the American Cancer Society.

**CAPITAL CITY CARNAGE DEMOLITION DERBY** – Mar.

6-7, Stormont Vail Events Ctr. [stormontvaileventscenter.com](http://stormontvaileventscenter.com) or 785-251-5552

**KANSAS KIDFEST** – Mar. 7, 10-4, Maner Conference Center, 1717 S. Topeka Blvd. Inflatables, Face-painting, Activity Stations, Interactive fun for curious minds, Live Performances, Interactive Exhibitors, Hands-on experiences. Email [hello@tastysfestivals.com](mailto:hello@tastysfestivals.com) to learn more about event & exhibitor opportunities. FREE Admission. Upgrade your experience with an Adventure Wristband (\$12.99 at [KansasKidsFest.com](http://KansasKidsFest.com))

**BLARNEY BREAKFAST** – Mar. 14, 7-10am, Blind Tiger. All-you-can-eat breakfast buffet, entertainment, raffles, and more with celebrity servers earning tips for a great cause. Advance tickets only: <https://bit.ly/blarneybreakfast2026>

**TOPEKA IRISHFEST** – Mar. 14, Every Plaza. Begins at 10am with parade, music, food, vendors and kids activities. <http://TopekaIrishFest.com>

**TOPEKA RENAISSANCE FESTIVAL – VIKING CELEBRATION** – Mar. 20-21, at Woodshed Event Center. Friday 6:30pm-midnight; Sat. 10-6. Bringing the world of Norse legend to life for an unforgettable weekend of warriors, feasting, merchants, music, and myth. Step into the realm of longships and lore as we honor the rise of our Viking leader. Friday Night — The Crowning of the Jarl. Enjoy: Opening ceremony & royal procession, Mead, feasting, and firelit celebrations; Viking combat exhibitions; Live music & late-night revelry. Return on Saturday for the full festival experience, Viking & Renaissance merchants; Mead, ale, and food vendors; Family activities & children's realm; Live performers, musicians, and entertainers; Clan Öttalauss in full Viking regalia

**PINSTripES AND PEARLS** – Mar. 21, 5:30-9:30pm, (After-party from 9-11pm), Union Station, Kansas City. The Center for Developmentally Disabled (CDD) empowers children and

Night to  
*Shine*<sup>™</sup>  
TIM TEBOW FOUNDATION


**Friday, February 13th, 2025, 6-9 p.m.**

**Vaerus Event Center**  
**6410 SE Forbes Ave., Suite 2 at Forbes Field**

This complimentary prom event for teens and adults ages 14 and older with special needs is sponsored by the Tim Tebow Foundation and Grace Community Church.

Guests walk the red carpet, are greeted by paparazzi, and enjoy dancing and royal treatment

Details and registration can be found at  
[www.nighttoshinetopeka.com](http://www.nighttoshinetopeka.com)





adults with developmental disabilities by providing inclusive programs that promote independence, dignity, and meaningful participation in the community through residential support, education, vocational training, nursing services, and access to essential resources. CDD's signature 1920s-inspired fundraising gala brings together community and business leaders for dinner, auctions, and entertainment. Ticket Link: <https://secure.qgiv.com/event/cddgala26/>

**11th ANNUAL TOPEKA EASTERFEST: FAMILY FUN FESTIVAL & VENDOR FAIR** – Mar. 28, 10am-3pm, in the NOTO Arts District on North Kansas Avenue. The Big Egg Hunt begins at 10am in Veterans Park (between NOTO and the Kansas Ave. Bridge). Food Trucks will be on hand and the Family Fun Fair will continue until 3PM, including vendor booths, children's games, food trucks, face painting, inflatables, and more. Live music and other entertainment, along with more vendor booths, will be on hand at Redbud Park. More food trucks and vendors will be located in NOTO Arts Center and parking lot across the street. In addition, sidewalk merchants will be located up and down Kansas Avenue. For more info: Topeka EasterFest on Facebook, [info@C5Alive.org](mailto:info@C5Alive.org) or 785-640-6399.

## ONGOING EVENTS / MEETINGS

**SK8AWAY LEARNERS SESSIONS** - Every Saturday morning 11-1, Sk8away, 815 Fairlawn Family fun environment and the best deal in town, \$8 per person but an adult skates for free with paid child! [sk8away.net](http://sk8away.net); 785-272-0303; [manager@sk8away.net](mailto:manager@sk8away.net)  
**PARKINSON'S SUPPORT GROUP** meets 1st Thursday every month at 5:30 pm, Midland Hospice House, 200 SW Frazier. Jean Barton 785-478-9045.

**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. Reservations/cancellations required 24 hours in advance by calling 295-3980. Each meal includes 1% milk & sugar-free items are included for diabetics. 785-215- 0064.

**THE HEAT** – FREE fitness classes for the community. Located

at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. [www.flocritkans.org](http://www.flocritkans.org)

**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., and Fri at 1:30 at Pleasant Hills United Methodist Church, 4525 NW Button Rd., 785-246-1737.

**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. [cornerstone-topeka.com](http://cornerstone-topeka.com). 478-2929

**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 RECOVERY 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).

**DUPLICATE BRIDGE** - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. [janescola@hotmail.com](mailto:janescola@hotmail.com).

**HEALING AFTER LOSS TO SUICIDE (HeALS)** - Topeka support group meets the 1st and 3rd Tuesdays from 6:30-8, at 1st Congregational Church, 17th and Collins. For info: [Topeka.heals@gmail.com](mailto:Topeka.heals@gmail.com) or 785-380-9309.

**CAREGIVERS GROUP** - Caring Hearts of Hope meet 2nd & 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. Encouragement in God's word & prayer as well as conversation & sharing. Open to all who care for others with debilitating illnesses or injuries. For info, go to "Weekly Class List" at [highland-heightscc.com](http://highland-heightscc.com) or 785-379-5642.

**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, 1st come 1st served. 785-234-1111 [RandelMinistries.com](http://RandelMinistries.com)

**VIP LUNCHEON FOR SENIORS** – Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donation. 785-224-8803; [vip@topekanorthoutreach.org](mailto:vip@topekanorthoutreach.org)  
**LIBRARY'S LEARN & PLAY BUS** - Every Tuesday 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Then 1-3pm, Auburn Community Center.  
**HOPE HOUSE FREE COMMUNITY CLOTHING BANK** – Wed. 6-8pm, and Sat. 10-12, weather permitting. Oakland Church of the Nazarene: 939 NE

Oakland

**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.

**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](mailto:Laboomaha@att.net).

**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](http://crtopekaks.org).

**TOPEKA NAR-ANON FAMILY GROUP** – For families & friends who are affected by someone else's narcotic addiction. Every Mon. @ 7pm; Every Sat. at 10am. First Baptist Church, 3033 SW MacVicar, Enter Door A, Room 211. [www.naranon-midwest.org](http://www.naranon-midwest.org)


**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](mailto: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](mailto:hdyoung@alz.org) or call 785.379.3067

**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](mailto: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.




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- Mar. 28: 11th Annual EASTERFEST in NOTO, 10:00-3:00
- Apr. 9: POWER Luncheon, 11:30-1

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

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**KMC GASTROENTEROLOGY & ENDOSCOPY CENTER** - 2200 SW 6th Ave.  
Treating abdominal pain, digestive disorders, constipation & more 785-354-8518.  
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## MENTAL HEALTH - ADDICTION

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

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## HEALTH INFORMATION

**HEALTH INFORMATION** - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats.

Call 785-580-4400  
or visit [www.tscpl.org](http://www.tscpl.org)

## COMMUNITY CARE LINE

### WANT TO TALK AND IT'S NOT A CRISIS?

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