

TOPEKA

MARCH 2026

Health & Wellness

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MAGAZINE

NATIONAL NUTRITION MONTH

**NUTRITION
IS KEY TO A
HEALTHY
LIFESTYLE**



**Strong from the
Inside Out:
3 Nutrition
Foundations
for Longevity**

Seasonal Allergies: Nip Them in the Bud
The Greater Strengths of Real Functional Fitness

Simple Sleep Habits for a Healthier Life
Try These Exercises for Better Posture

Helping Topekans Live Happier, Healthier Lives Since 2015!

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11TH ANNUAL TOPEKA

SAVE THE DATE!

EASTER FEST

EASTER CELEBRATION & FAMILY FUN FAIR!



It all takes place on N. Kansas Avenue and NOTO Arts District!

Fun Fair open 10 am - 3 pm at NOTO Arts Center, Redbud Park, Veterans Park & connecting breezeway to N. Kansas Avenue! **3 Big Egg Hunts** start at 10:10am at **Veterans Park!** **Food Trucks** open 9 am - 3pm at **Veterans Park and NOTO Arts Center.** **Live music 10:15 - 3.** **Vendor Market** open 10 am - 3 pm at **Veterans Park, Redbud Park, NOTO Arts Center & on Kansas Avenue.** Craft stations, **face painting**, **Easter Bunny photos**, **Petting Zoo**, **Inflatables**, **Carnival Games**, **Cup Cake Walks**, and more! (no parade this year due to traffic restrictions)

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

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Follow us on Facebook at Topeka EasterFest 2026! • Funds raised will be shared with local non-profits serving local families



SATURDAY, Mar. 28, 2026 • 10 AM - 3 PM

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ON THE COVER:

Our cover this month features a woman who works out and eats right for a healthy life.

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

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What Can You Do

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

Try These Exercises for Better Posture

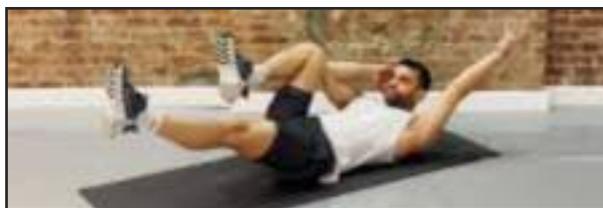
Want the lean look and elegant stance of a yoga or Pilates teacher? It all starts with good posture.

The best way to improve your posture is to focus on exercises that strengthen your core -- the abdominal and lower back muscles that connect to your spine and pelvis.

Some of these muscles move your torso by flexing, extending, or rotating your spine. Others stabilize your pelvis and spine in a natural, neutral position. Old-style sit-ups used only a few of these muscles, often with jerky momentum. Today's yoga, Pilates, and core fitness programs target your entire core with slow, controlled movements to get the most out of your workout.

Make these posture-boosting exercises a regular part of your routine. Remember to exhale strongly and pull in your core muscles as you work -- a key principle in both Pilates and yoga.

1. Core Stabilizer: Single Leg Extension



- **Why It's Good for You:** This move trains your core muscles to work together to stabilize your pelvis.
- **Starting Position:** Lie on your back with your knees bent, feet flat on the floor, and hands behind your head. Press your low back into the floor, and curl your head up off the floor.
- **The Move:** Exhale strongly and tighten your stomach muscles like you are bracing to take a punch. Slowly pull one knee into your chest, keeping your lower back pressed to the floor, while extending your other leg straight at about a 45-degree angle off the floor. Keep your abdominals tight and your lower back on the floor. If your lower back arches off the floor, lift your leg higher toward the ceiling. Switch legs. Start with five to 10 extensions on each side.
- **Increase the Intensity:** Pull both knees into your chest, then extend both legs straight at about a 45-degree angle, using your core to keep your low back on the floor. Or, as you extend your legs, extend both arms overhead, reaching in the opposite direction from your legs.

2. The New Crunch



- **Why It's Good for You:** This exercise works the rectus

abdominis and obliques (which run diagonally around your waist and rotate your torso).

- **Starting Position:** Lie on your back with your knees bent, feet flat on the floor. Press your low back into the floor. Place your hands behind your head.
- **The Move:** Exhale strongly and tighten your stomach muscles. Curl your head and shoulders slowly off the floor. Hold 3-5 seconds, slowly lower back down. Repeat 10 times.
- **Increase the Intensity:** Extend one leg straight at a 45-degree angle toward the ceiling. Or hold both legs off the floor, knees bent, with your shins parallel to the floor.

3. Pilates Roll-Up / Yoga Sit-Up



- **Why It's Good for You:** This works the rectus abdominis, obliques, and transverse abdominis.
- **Starting Position:** Lie on your back with your legs straight, your feet flexed, and your arms reaching overhead on the floor. Press your low back into the floor.
- **The Move:** Exhale strongly and tighten your stomach. Roll up in slow motion, reaching your arms off the floor, then your shoulders and head, rolling up one vertebra at a time until you're sitting up with your abdominals tight. Slowly roll back down. Repeat three to five times, adding more as your core gets stronger.
- **Increase the Intensity:** Cross your arms over your chest as you roll up.

4. Crossover



- **Why It's Good for You:** This exercise works all the core muscles, focusing on the obliques.
- **Starting Position:** Lie on your back with your hands behind your head, with your knees bent and feet off the floor. Keep your low back pressed into the floor.
- **The Move:** Exhale strongly and tighten your stomach muscles like you are bracing to take a punch. Pull one knee into your chest while extending your other leg straight and rotating your torso toward the bent knee. Slowly switch legs, pulling the other knee into your chest and rotating your torso toward it while extending the opposite leg off the floor. Repeat five to 10 times, adding more as your core gets stronger.

- **Increase the Intensity:** The closer your straight leg is to the floor, the harder the work for your core. Try extending your leg just inches off the floor, making sure your lower back stays flat on the floor.

5. Cobra Pose: Back Extension



- **Why It's Good for You:** This move strengthens the erector spinae (the back muscles that extend your spine and prevent slouching) and other low back muscles.
- **Starting Position:** Lie on your stomach with arms at your side and palms flat on the floor. Extend your legs straight behind you, and press the tops of your feet into the floor.
- **The Move:** Exhale strongly and tighten your stomach muscles like you are bracing to take a punch. Lengthen out through your spine and slowly raise your head and chest off the floor, using only your back muscles. Do not push down into your arms to press up. Keep your hip bones on the floor, and gaze down at the floor to relax your neck muscles. Slowly lower back down. Repeat three to five times, adding more as your lower back gets stronger.
- **Increase the Intensity:** Reach your arms long beside your head. Keep your elbows straight.

6. Plank Pose



- **Why It's Good for You:** This exercise strengthens the obliques and transverse abdominis, as well as your shoulder and back muscles.
- **Starting Position:** Begin on your hands and knees with your palms under your shoulders. Extend both legs straight behind you, toes tucked under, into a position like the top of a pushup. Pull your abdominal muscles in to prevent a "sway back," and gaze down at the floor.
- **The Move:** Hold the plank until you start feeling fatigued. Rest and then repeat. Keep your abdominals tight so your low back doesn't sag as you exhale.
- **Increase the Intensity:** Balance on your forearms instead of your hands.

Strong from the Inside Out: Nutrition Foundations for Longevity

When it comes to long-term health and vitality, no single supplement or shortcut replaces good nutrition. Research consistently shows that strong nutritional foundations—especially adequate protein, fiber, and gut support—play a critical role in longevity and quality of life. Supplements are meant to enhance a healthy diet, not replace it.

Protein: Protecting Muscle for Lifelong Strength

Maintaining muscle mass is a vital factor in healthy aging. Age-related muscle loss, or sarcopenia, is associated with decreased mobility, metabolic decline, and increased injury risk. Key facts include:

- Muscle mass supports mobility, independence, and metabolic health.
- Adequate protein intake helps preserve lean body mass as we age.
- Protein is essential for tissue repair, immune function, and hormone production.

Including a quality protein source at each meal—whether animal or plant-based—supports muscle strength and vitality throughout life.

Fiber: A Key Nutrient for Longevity

Fiber plays a central role in digestive and metabolic health, yet most adults consume less than the recommended amount. Research-supported benefits include:

- Supporting healthy digestion and bowel regularity.
- Feeding beneficial gut bacteria.

- Helping regulate blood sugar levels and supporting cardiovascular health.

Higher fiber intake is associated with improved long-term health and a reduced risk of chronic disease. Focus on vegetables, fruits, legumes, whole grains, nuts, and seeds.

Gut Health: Probiotics and Prebiotics

The gut microbiome influences digestion, immune regulation, and overall health.

- Probiotics: Beneficial bacteria that maintain microbial balance.

- Prebiotics: Specific fibers that serve as food for those bacteria.

A diverse gut microbiome is associated with improved metabolic and immune health. Both food sources and supplements can play a role in gut support based on individual needs.

Supplements: Supporting the Foundation

Supplements are most effective when used to bridge nutritional gaps. Protein powders, fiber supplements, and probiotics may be helpful when dietary intake is insufficient. Focus on strategic, individualized support, ideally guided by a healthcare professional.

The Big Picture

Longevity is built through consistent, foundational habits. Prioritizing protein for muscle preservation, fiber for metabolic health, and gut support through probiotics and prebiotics promotes resilience at every stage of life.

Strong nutrition supports not just how long we live, but how well we live.

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.

Also offering:

- Nutrition counseling
- Massage therapy • Detoxification
- Spinal decompression therapy • Yoga classes

Helping you become a better version of yourself,

Dr. Amber Beckley

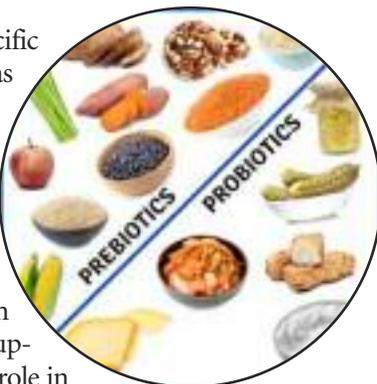
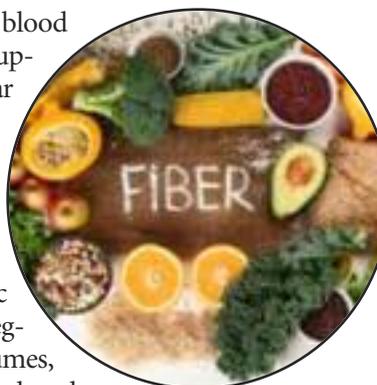
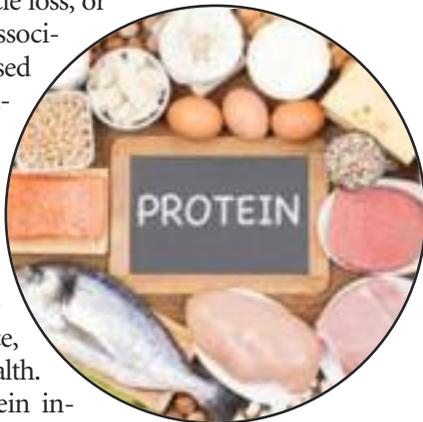
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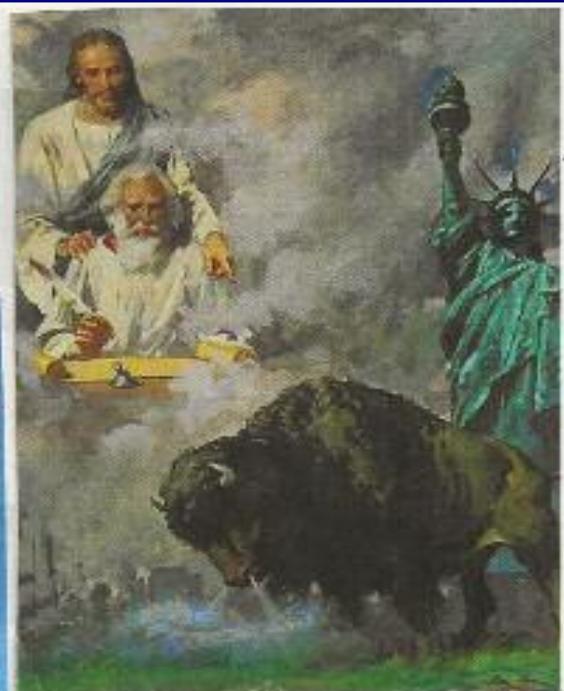
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C =	100	L =	50	I =	1
A =	0	I =	1		
R =	0	I =	1		
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THE MAN OF SIN					
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AMERICA IN PROPHECY



Ten Horned Beast

Come
out of
her, my
people
Revelation 18:4

COME OUT OF SPIRITUAL BABYLON

6:00PM- DENVER

CHRIST OUR RIGHTEOUSNESS MINISTRY
REVELATION & DANIEL SEMINAR

- End Time Prophecies Revealed
- How will this earth end?
- How can we be sure of our salvation?
- How is the evil-one working to deceive?
- Does God care which day we worship?
- What is the Mark of the Beast?
- The antichrist identified!! 666 Man of Sin!

MUCH MUCH MORE – please attend

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Phone (720)318-3771

March 01, 2026

Email = rondon1844@gmail.com



FOUR BEASTS OF DANIEL



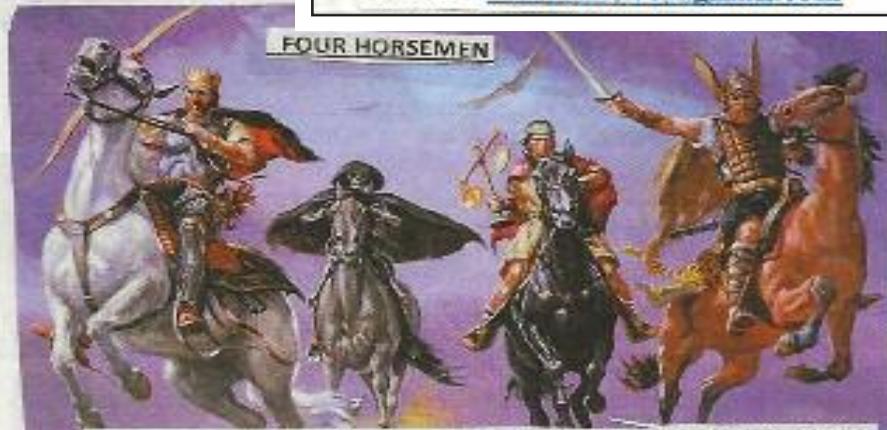
ONLY TRUTH IS BIBLE



GOD REVEALS OUR PAST---FUTURE

JESUS IS COMING SOON
ARE YOU READY?

BIBLE INTERPRETS ITSELF



FOUR HORSEMEN

KNOW THE TRUTH - BIBLICAL PROVEN TRUTH

How to improve your circulation and why you need to

Why You Need Good Blood Flow: It's hard to believe, but your body holds about 60,000 miles of blood vessels. Along with your heart and other muscles, they make up your circulatory system. This network of roadways carries blood to every corner of your body. But when your circulation is poor, it slows or blocks the blood flow. That means the cells in your body can't get all the oxygen and nutrients they need.

Signs of Poor Circulation: When your limbs can't get enough blood, your hands or feet may feel cold or numb. If you're light-skinned, your legs might get a blue tinge. Poor circulation also can dry your skin, turn your nails brittle, and make your hair fall out, especially on your feet and legs. Some men may have trouble getting or keeping an erection. And if you have diabetes, your scrapes, sores, or wounds tend to heal slower.

Snuff Out Tobacco: Nicotine is the active ingredient in cigarettes, electronic cigarettes, and smokeless tobacco. It harms the walls of your arteries and thickens your blood so much, it can't get through. If you smoke, quit. It can be hard to stick with it, but your pharmacy or doctor's office can help.

Control Your Blood Pressure: If it's too high, it can cause arteriosclerosis, a condition that hardens your arteries and can help choke off blood flow. Aim for 120 mmHg over 80 mmHg or less, but ask your doctor about the best numbers for your age and health. Check your reading at least once a month. You can buy a home blood pressure monitor or use a kiosk at your pharmacy.

Stand Up at Your Desk: Sitting for hours at a time isn't great for your circulation or your back. It weakens leg muscles and slows the blood flow in your legs, which could cause a clot. If you're a desk jockey at work, consider a standing desk instead. It may take a little while to get used to, but getting on your feet works the valves in your leg veins, sending blood up to your heart.

Relax and Twist: Yoga is a low-impact ex-



ercise that can jump-start your blood flow. When you move, it brings oxygen to your cells. When you twist, it sends blood to your organs. And upside-down positions shift blood from the bottom half of your body up to your heart and brain.

Hit the Wall (in a Good Way): Not a yogi? When your ankles or feet swell, try the legs-up-the-wall yoga pose. Also called viparita karani, it's an easy way to send your blood in the other direction. Lie on the floor or on a yoga mat, with your left or right shoulder close to the wall. Turn your body so you can put your feet up, and scooch your bottom against the wall. Stretch your arms out on the floor with palms down for balance.



Pump It Up: Aerobic means "with oxygen." So when you run, bike, walk, swim, and do similar exercises, you take in more oxygen and move it to your muscles. This gets your blood pumping, makes your heart stronger, and lowers your blood pressure. Set a goal to exercise for 30 minutes, 5 to 7 days a week. Break it up into small chunks if needed. If you walk, know that moderate to intense speeds -- at least 3 miles an hour -- offer the best health benefits.

Cop A Squat: This form of strength training not only gets your blood pumping, it also helps lower your blood sugar and helps with back pain. Start with your feet shoulder-width apart and your arms at your sides. Now slowly bend at your hips and knees, but keep your back straight, like you're sitting in a chair. As you return to the starting position, bend your arms for balance.

Compress Your Socks: Put your wardrobe to work. Compression socks put a bit of squeeze on your legs so your blood doesn't hang around too long. Instead, it'll move back up to your heart. Ask your doctor which length and amount of pressure are best for you.

Eat More Plants and Less Meat: Let's face it: There's no downside to a balanced diet. Eat lots of fruits and vegetables. Stay away from saturated fats that can be found in red meat, chicken, cheese, and other animal sources. Steer clear of too much salt. That will help keep your weight in a healthy range and your cholesterol and blood pressure in check -- and your arteries clear.

Brush Your Body, Not Just Your Hair: Sweep your blood in the right direction. Take a body brush with stiff, flat bristles and stroke on your dry skin. Start with your feet and work your way up, using long motions on your legs and arms. Make circles on your belly and lower back. Dry brushing also gets rid of dry skin. Do it every day, right before your shower.

Sip or Soak: It's a temporary fix, but a bath is a great way to kick-start your circulation. Warm water makes your arteries and veins open a bit wider, letting more blood through. Hot water or tea does the trick as well.

Seasonal Allergies: Nip Them in the Bud

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

Take extra steps when pollen counts are high

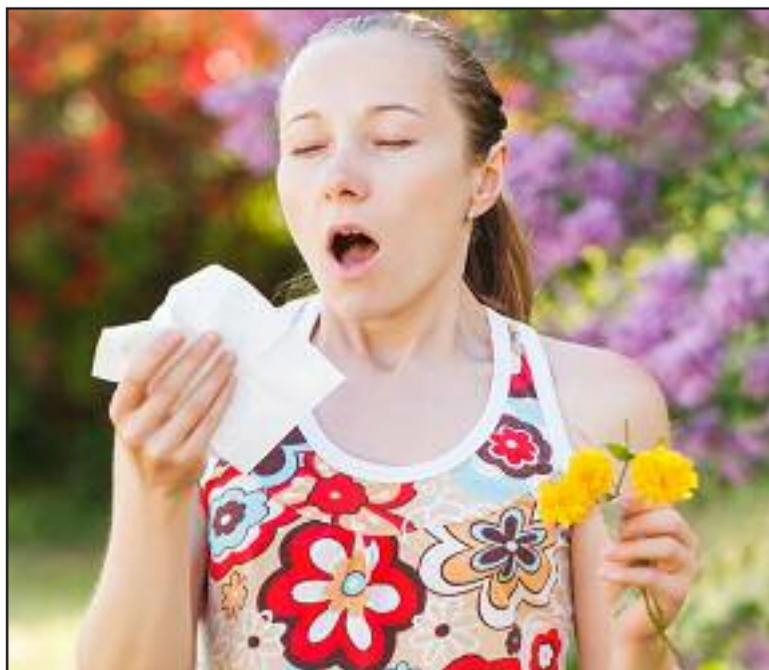
Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Keep indoor air clean

There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.



- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

Try an over-the-counter remedy

Several types of nonprescription medications can help ease allergy symptoms. They include:

- Oral antihistamines. Antihistamines can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines include loratadine (Claritin, Alavert), cetirizine (Zyrtec Allergy) and fexofenadine (Allegra Allergy).
- Decongestants. Oral decongestants such as pseudoephedrine (Sudafed, Afrinol, others) can provide temporary relief from nasal stuffiness. Decongestants also come in nasal sprays, such as oxymetazoline (Afrin) and phenylephrine (Neo-Synephrine). Only use nasal decongestants for a few days in a row. Longer-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).
- Nasal spray. Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective when you begin using it before your symptoms start.
- Combination medications. Some allergy medications combine an antihistamine with a decongestant. Examples include loratadine-pseudoephedrine (Claritin-D) and fexofenadine-pseudoephedrine (Allegra-D).

Rinse your sinuses

Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.

Look for a squeeze bottle or a neti pot — a small container with a spout designed for nasal rinsing — at your pharmacy or health food store. Use water that's distilled, sterile, previously boiled and cooled, or filtered using a filter with an absolute pore size of 1 micron or smaller to make up the saline irrigation solution. Also be sure to rinse the irrigation device after each use with similarly distilled, sterile, previously boiled and cooled, or filtered water and leave open to air-dry.

Interested in alternative treatments? Consider these

A number of natural remedies have been used to treat hay fever symptoms. Treatments that may help include extracts of the shrub butterbur and spirulina (a type of dried algae). However, the benefits and safety aren't clear. Some people claim acupuncture can help with seasonal allergy symptoms. There's some evidence that acupuncture works, and there's little evidence of harm. Talk to your doctor before trying alternative treatments.

When home remedies aren't enough, see your doctor

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available.

If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.

For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies. Over time, these injections reduce the immune system reaction that causes symptoms. For some allergies, treatment can be given as tablets under the tongue.

—mayoclinic.org

Passover: A Celebration of Freedom, Hospitality, and Inclusive Meaning

Passover is an ancient and powerful ceremonial meal that retells the story of the Israelites' liberation from slavery in Egypt. While deeply rooted in Jewish tradition, the themes of Passover, freedom from oppression, and welcoming the stranger which have universal resonance for people of all backgrounds and beliefs.

The Seder and the Haggadah

The Seder is structured around a text called the *Haggadah*, which means “the telling.” This script guides participants step by step through blessings, symbolic foods, stories, songs, and reflection on the Exodus narrative and provoke conversation about freedom and justice.

At the Seder table, symbolic foods like *matzah* (unleavened bread), bitter herbs, and salt water evoke both the hardship of slavery and the sweetness of liberation. There's an invitation to read aloud: “Let all who are hungry come and eat,” extending hospitality to those in need, a reminder that freedom isn't fully realized until it is shared.

For many, the Haggadah is more than a historical script. It's a living document that people modify to connect the ancient liberation story with modern struggles for racial justice, refugee rights, gender equality, environmental protection, freedom from oppressive government policies and more. These *social justice Seders* acknowledge that the story of leaving slavery has echoes in the ongoing fight against every form of oppression.

connection across differences.

The Seder's structure invites participation from everyone at the table. Rather than a passive dinner, it is an interactive experience: questions are asked, traditions are explored, stories are shared, and each person is encouraged to see themselves in the journey toward liberation. This inclusive spirit makes it well suited to gatherings that blend diverse religious and philosophical perspectives.

The Last Supper and Passover



In the Christian tradition, the *Last Supper* — the final meal Jesus shared with his disciples — is commonly understood to be a Passover meal. There's a connection between Jesus' final meal and the themes of liberation present in Passover.

Whether one views this through a religious lens or a historical one, the story points to a shared cultural moment: a group gathered to mark freedom from bondage and the hope for a new future.

Welcoming the Stranger

A central motif of Passover is hospitality. Ancient teachings in the Torah encourage care for the stranger because the Israelites themselves were once strangers in the land of Egypt. This ethical imperative invites us to open our tables — and our hearts — to those who might otherwise find themselves excluded or alone. It's a gesture that transcends religious boundaries.

In many communities today, Seders are intentionally *welcoming*, inviting neighbors or friends of all faiths — or of none — to gather, learn, and celebrate together. The table becomes a place of shared reflection on freedom, justice, and compassion.

Vegan and Inclusive Passover

One way people have expanded the Seder's inclusive potential is by adapting the meal itself to reflect values like compassion and nonviolence. Because for many, sitting

down to a Passover table with body parts or excretions of beings that were not free, and probably were horribly exploited and suffered, feels hypocritical. Fully vegan Seders, use plant-based foods and compassionate substitutions that honor both the symbolic nature of the traditions and modern ethical commitments.

A vegan Seder can be particularly powerful as a statement of liberation that extends beyond human experience to acknowledge the suffering of all sentient beings. It invites participants to reflect on how freedom and compassion intersect, and how traditions evolve to embrace broader understandings of justice and community. A vegan Seder is inclusive. Whether one keeps Kosher or follows Halal dietary laws, or is a vegetarian or a vegan, they can feel included in the entire Seder experience.

Making the Seder Meaningful for All

Whether your celebration is religious, secular, interfaith, or social justice-oriented, the Passover Seder offers a rich framework for dialogue and connection. Here are a few ideas to foster meaning:

- Choose or adapt a Haggadah that highlights themes of liberation, inclusivity, and contemporary relevance. I have one you can download for free at <https://joannfarb.weebly.com/passover.html> You will also find entirely gluten-free and heart-healthy recipes to use for all the traditional parts of the meal.
- Share stories from diverse backgrounds that connect with the Exodus narrative — from refugees to civil rights movements.
- Welcome guests who bring different perspectives, encouraging open conversation about freedom and justice.
- Serve healthy compassionate food that reflect your values, expand the meaning of liberation, and are inclusive for those needing to prevent or reverse the most common chronic health traditions.

In embracing these elements, Passover becomes not simply a historical remembrance, but a living celebration of freedom — one that calls us to empathize, to include, and to work toward a more just and compassionate world.

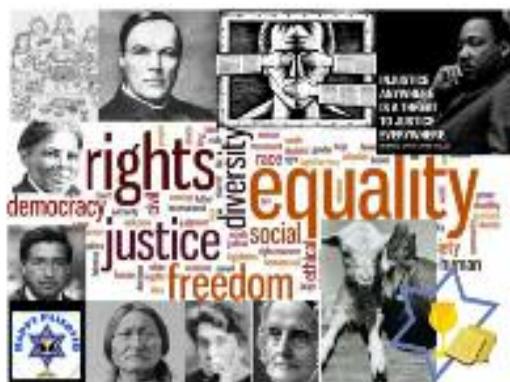
-By JoAnn Farb

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.



JoAnn Farb

Haggadah for Holistic Non-violence

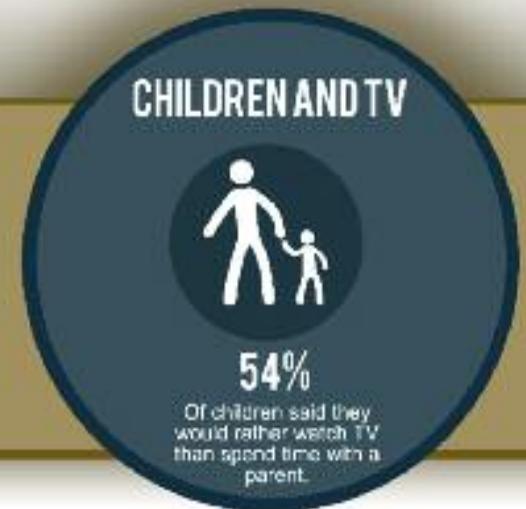
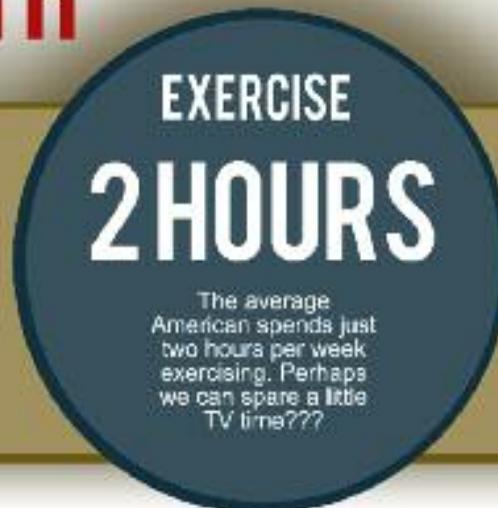


Universal Themes Beyond Religious Labels

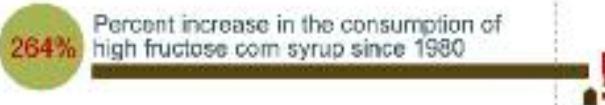
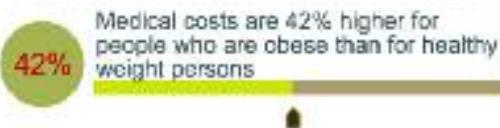
Even for those who do not identify with Judaism, a Passover Seder can be deeply meaningful. At its core, Passover is about the human aspiration for freedom, from the chains of injustice, from systems that dehumanize. When a Seder brings those themes into conversation with contemporary issues, it becomes a space for reflection and

NATIONAL NUTRITION MONTH

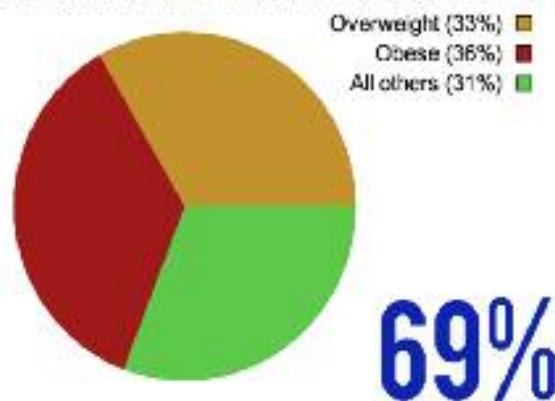
March is national nutrition month. As Spring approaches, what better time to take an honest look at the state of nutrition here in the United States.



NUMBERS



Obesity in America - 69% are overweight or obese



21.4 TEASPOONS
The average American consumes 21.4 teaspoons of sugar daily!



100 POUNDS
The average American consumes 100 pounds of sugar per year!



53 GALLONS
The average American drinks 53 gallons of soda per year!

Do I Base My Training Paces Off Current Fitness or Goal Fitness?

When I started training for my first marathon, I had no idea what time goal to set. I was proud of my half marathon PR and felt like the trust I put into the Runner's World break 1:45 half marathon plan really paid off when I ran a 1:43. But when it came time for me to conquer a distance I had never run before, I decided to follow a plan—the break 3:30 plan—that was a bit unrealistic for me, just to see how close I could get.

Throughout training, I learned a lot about my strengths and weaknesses as a runner and developed a deeper sense of belief in myself.

My one regret with following a faster time goal was failing to tailor my training paces to my current fitness. I was super happy with my race result, finishing in 3:51:46, but looking back, my workout paces were often inconsistent, and I finished each workout feeling a bit more fatigued and unmotivated. I probably could've dodged a lot of unnecessary stress and burnout toward the end of my training cycle had I set a more realistic goal.

With all this in mind, I got curious about what happens when you train based on your current

fitness versus your goal fitness, and how exactly to improve, especially if you have a far-off PR in mind. So I spoke with some experts to break it down, plus ways to monitor your progress, and how to set progress goals.

Current Fitness vs. Goal Fitness: Which Should You Focus On in Training?

First off, your goal pace—even if it's realistic—represents a future level of fitness, not your current one, says Jason Karp, PhD, USATF-certified run coach and founder of the real-time audio run coaching app, Kasi. When you train based on your future fitness goal rather than your current one, you're adding more stress to your training from the very beginning, which can lead to injury or burnout, he says.

Training with goal paces rather than the paces you're capable of meeting also means you won't be able to achieve as much training volume, because you'll be consistently pushing pace, adds Karp.

If you attempt to run your intervals at a pace that's faster than what you can handle at your current fitness level, you logically wouldn't be able to finish the workout and consequently log fewer miles.

"If your current 5K pace is a 7:45 per mile pace, that pace is physiologically just below your VO2 max (aerobic ceiling) and just above your lactate threshold, where physiology becomes unstable and you fatigue sooner," says Laura Norris, a Seattle-based certified personal trainer and run coach with an M.S. in applied



exercise science. If you then try to do a workout that calls for more than three miles at that pace, you likely won't be able to hold on.

For example, my plan called for long runs with tempo effort mixed in, aiming for a 7:25 pace for those faster miles, but my current fitness level looked more like a 7:40 to 7:50 tempo pace. I could manage the 7:25 pace for a few miles, but not an entire six miles (as prescribed in my plan), and I slowed to a 7:50 and 8:00. Failing to hold onto the 7:25 pace not only made the workout feel physically way harder than my typical tempos, but it ultimately left me feeling discouraged too, especially when my watch told me my miles were too slow.

What's more: Pushing your pace too much can not only mean you log fewer miles, but also sacrifice endurance gains (a real downfall if you're eyeing a marathon or half marathon), says Norris.

By Kristine Kearns
Photo: John Hamilton



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Celebrate St. Patrick's Day with a Green Twist:

As winter recedes and the first signs of spring emerge, March presents the perfect opportunity to rejuvenate our diets with a delightful array of green foods. Nutrient-packed foods add a splash of color to our plates and add a host of health benefits.



Rebecca Wharton

Let's dive into the world of greens and discover why incorporating them into your diet can be a fantastic choice for your health and vitality.

1. Nutrient Dense

Green foods are often densely packed with vitamins, minerals, and antioxidants. These nutrients play a crucial role in maintaining overall health, supporting immune function, and reducing the risk of chronic diseases. Leafy greens like spinach, kale, and Swiss chard are rich in vitamins A, C, K, and folate, all essential for your body's optimal function.

2. Energy Boost

The chlorophyll found in green vegetables is more than just the pigment that gives them their color—it's a natural energy booster. Chlorophyll helps increase red blood cell production, which can enhance oxygen transport within your body, leading to improved energy levels. It's like giving your body a little boost of vitality, making green foods an excellent choice for those needing an energy lift.



3. Enhanced Digestion

Fiber is an essential component for maintaining a healthy digestive system, and green foods are an excellent source of dietary fiber. Consuming fiber-rich foods, such as broccoli, Brussels sprouts, and green beans, can promote regular bowel movements and support good gut health

by nurturing beneficial gut bacteria.

4. Heart Healthy

Green foods have been shown to play a beneficial role in heart health. Many are rich in potassium, which helps regulate blood pressure levels. Additionally, compounds like flavonoids, found in green tea and green leafy vegetables, support cardiovascular health by improving blood flow and reducing inflammation.

5. Natural Detoxification

Certain green foods, such as spirulina and chlorella, are believed to support the body's natural detoxification processes. These superfoods may help eliminate toxins and heavy metals from the body, promoting a cleaner and more efficient system.

6. Weight Management

Incorporating green foods into your meals is an excellent strategy for weight management. With their low-calorie content and high fiber levels, green foods can help you feel fuller for longer, reducing the temptation to overeat. They're a satisfying and delicious addition to any balanced diet.

7. Radiant Skin and Anti-Aging

The antioxidants found in green foods can have a positive impact on your skin's appearance. By helping to combat free radicals, these antioxidants can reduce signs of aging and promote a vibrant, youthful complexion. Foods like avocados and cucumbers are known for their skin-boosting properties.

Green Nutritional Powerhouses

Spinach

Spinach is a versatile and nutrient-dense leafy green that is rich in vitamins A, C, and K, as well as iron and folate. It supports eye health, boosts the immune system, and helps maintain healthy bones.

Avocado

Avocados are packed with healthy monounsaturated fats, fiber, and potassium. These creamy fruits support heart health, aid digestion, and keep you feeling full and satisfied.

Asparagus

Asparagus is a spring vegetable that is high in antioxidants, vitamins A, C, and K, and folate. It promotes detoxification, supports healthy digestion, and has anti-inflammatory properties.

Broccoli

Broccoli is a cruciferous vegetable loaded with vitamins C and K, fiber, and sulforaphane, a compound with potent anti-cancer properties. It supports immune function, bone health, and cardiovascular health.



Healthy Green Recipes to Brighten Your Meals

Spinach and Avocado Smoothie

Ingredients:

- 1 cup fresh or frozen spinach leaves
- 1 ripe avocado
- 1 frozen banana
- 1 cup unsweetened vanilla almond milk
- 1 tablespoon chia or flax seeds
- 1 teaspoon honey or maple syrup (optional)
- Ice cubes (optional)

Instructions:

1. Place the spinach, avocado, banana, almond milk, and chia/flax seeds in a blender.
2. Blend until smooth and creamy. Add honey for sweetness, if desired.
3. Add ice cubes for a refreshing cold beverage.
4. Pour into a glass and enjoy a nutritious and energizing start to your day!

Kale and Quinoa Salad with Lemon-Tahini Dressing

Ingredients:

- 1 cup quinoa, cooked
- 2 cups kale, finely chopped

Embrace the Vibrant Greens of Spring



- 1 cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup sunflower seeds
- 1/4 cup golden raisins

Lemon-Tahini Dressing:

- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Celtic Sea Salt and pepper to taste

Instructions:

1. In a large bowl, combine the cooked quinoa, kale, cucumber, cherry tomatoes, sunflower seeds, and raisins.
2. In a small bowl, whisk together tahini, lemon juice, olive oil, minced garlic, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Let it sit for 10 minutes to allow the kale to soften slightly. Serve and enjoy this crunchy and flavorful salad.

Roasted Asparagus with Lemon and Parmesan

Ingredients:

- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 1 lemon, zested and juiced
- 1/4 cup nutritional yeast
- Salt and pepper to taste

Instructions:

Preheat your oven to 400°F (200°C). Place the asparagus on a baking sheet and drizzle with olive oil. Sprinkle with lemon zest, juice, salt, and pepper. Roast for 15-20 minutes until tender and slightly crispy. Sprinkle with nutritional yeast and serve as a delicious side dish or snack.

Zucchini Noodles with Pesto

Ingredients:

- 2 large zucchinis, spiralized into noodles
- 1 cup fresh basil leaves
- 1/4 cup pine nuts
- 1/2 cup cherry tomatoes, halved
- 1/4 cup nutritional yeast
- 2 cloves garlic
- 1/4 cup olive oil
- Celtic Sea Salt and pepper to taste

Instructions:

1. In a food processor, combine basil leaves, pine nuts, and garlic. Pulse until finely chopped.
2. With the processor running, slowly add olive oil until a smooth paste forms. Season with salt and pepper.
3. In a large skillet, lightly sauté zucchini noodles for 2-3 minutes until just tender.
4. Toss the noodles with the pesto until well coated.



5. Sprinkle nutritional yeast on top and serve immediately for a fresh, light, and delightful meal.

Broccoli and Pea Soup

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups broccoli florets
- 1 cup frozen peas
- 4 cups vegetable broth
- Celtic Sea Salt and pepper to taste
- A squeeze of lemon juice (optional)

Instructions:

1. Heat olive oil in a large pot over medium heat. Add the onion and garlic, sautéing until softened.
2. Add broccoli florets and cook for another 2 minutes.
3. Pour in the vegetable broth and bring to a boil. Reduce heat and simmer for 10 minutes.
4. Add the peas and cook for an additional 5 minutes.
5. Using an immersion blender, blend the soup until smooth and creamy.
6. Season with salt, pepper, and a squeeze of lemon juice for brightness.
7. Serve hot and enjoy the comforting flavors.

Tips for Incorporating Green Foods

- **Salads:** Add a mix of leafy greens like spinach, arugula, and kale to your salads for a nutrient boost. Top with avocado slices and a tangy lemon vinaigrette.
- **Snacks:** Enjoy raw broccoli with hummus or guacamole for a healthy and satisfying snack.
- **Smoothies:** Blend spinach, kale, or avocado into your morning smoothie for a vibrant and nutritious drink.
- **Side Dishes:** Roast asparagus, Brussels sprouts, or green beans with olive oil, garlic, and herbs for a delicious and easy side dish.

Engaging Kids in the Kitchen

Getting kids involved in the kitchen can be a fun and educational way to encourage healthy eating habits. Here are some ideas to make cooking with green foods enjoyable for your little ones:

- **Green Smoothie Challenge:** Let your kids choose their favorite green ingredients and blend them into a smoothie. Have a taste test to see which combination they like best.
- **Vegetable Art:** Use broccoli florets, cucumber slices, and cherry tomatoes to create fun and colorful vegetable art on a plate.
- **Gardening:** Plant a small herb or vegetable garden with your kids. They will love watching their green foods grow and using them in the kitchen.
- **Cooking Classes:** Host a mini cooking class at home where kids can learn to prepare simple green recipes like salads, smoothies, and veggie snacks.

Seasonal Produce in March

March is a wonderful time to embrace the freshest seasonal produce. Look for these green gems at your local farmers' markets or grocery stores:

- Spinach
- Asparagus
- Broccoli
- Kale
- Peas
- Artichokes
- Leeks

By incorporating these vibrant and nutritious green foods into your daily meals, you'll not only enhance your health and wellness but also bring a touch of springtime joy to your kitchen. Happy cooking and happy March!

—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 or 913-298-1092.



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Healthy Family Recipes for the Spring

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

Healthy Idaho® Potato Salad



This easy and delicious recipe is certified by the American Heart Association.

Ingredients (Servings: 12)

- 2¾ pounds Idaho® Russet Potatoes
- 8 large hard-boiled eggs
- 1 medium yellow onion, chopped
- ½ cup dill pickles, chopped
- ¼ cup mayonnaise
- ¼ cup Miracle Whip
- ½ cup plain nonfat Greek yogurt
- 3 tablespoons brine from a pickle jar
- 2 tablespoons yellow mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

Scrub Idaho® Russet Potatoes well, but do not peel. Place potatoes in a stockpot, add water to cover, and bring to a boil over high heat. Reduce heat to medium-high and cook 12 to 15 minutes, or until a knife can easily pierce the potatoes but they are still firm. Pour off the hot water and add cold water to the pot to help cool down the potatoes. Set potatoes aside while preparing the remaining ingredients.

Remove the yolks from 4 of the hard-boiled eggs. Discard or save for another use. Roughly chop the 4 egg whites and 2 of the whole eggs, saving 2 for garnish. Add the chopped eggs to a large mixing bowl. Add the onion and chopped pickles to the bowl.

In a small mixing bowl, combine the mayonnaise, Miracle Whip, Greek yogurt, dill pickle brine, yellow mustard, garlic powder, salt, and pepper. Whisk well to combine; set aside.

Remove the cooled potatoes from the pot of water.

With a paring knife, remove the potato peels (they will come off easily). Cut the potatoes into small cubes and add to the other ingredients in the mixing bowl. With a wooden spoon, gently toss the salad ingredients to mix. Add the dressing mixture and gently toss again to coat all ingredients well.

Transfer potato salad to a serving bowl. Cut the remaining 2 eggs into thin slices and arrange them around the salad to garnish. Cover and refrigerate at least 3 hours before serving (preferably overnight) to let the flavors combine.

Nutrition Information

112 calories; protein 5.3g; carbohydrates 3g; fat 8.6g; cholesterol 144.7mg; sodium 342.9mg.

Source: [allrecipes.com](https://www.allrecipes.com)

Healthier Swedish Meatballs



This recipe is a healthier take on a classic Swedish meatballs dish without sacrificing elegance or taste.

Ingredients (Servings: 4)

- 1 tablespoon olive oil
- ½ sweet onion, grated
- 1 pound ground sirloin
- ½ pound ground pork
- ¾ cup seasoned panko bread crumbs
- 1 egg
- 1 tablespoon milk
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 dashes Worcestershire sauce, divided
- 4 ½ cups reduced-sodium beef broth, divided
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon finely chopped fresh rosemary
- ¼ cup cornstarch
- ⅓ cup Greek yogurt
- 2 tablespoons chopped fresh parsley

Directions

Preheat the oven to 350 degrees F (175 de-

grees C).

Heat olive oil in a pan over medium-high heat. Sauté onion in the hot oil until transparent, 5 to 7 minutes. Remove from heat and let cool.

Combine ground sirloin, ground pork, bread crumbs, onion, egg, milk, garlic powder, salt, pepper, and 2 dashes Worcestershire sauce in a bowl. Form into 1-inch meatballs. Place onto a baking sheet.

Bake in the preheated oven until no longer pink in the centers, about 20 minutes.

Pour 4 cups beef broth, soy sauce, rosemary, and remaining Worcestershire sauce into a large skillet. Bring to a simmer.

Pour remaining beef broth into a measuring cup and whisk in cornstarch. Pour mixture into the sauce and stir until thickened. Add meatballs to the sauce and stir in Greek yogurt. Top with parsley and serve.

Nutrition Information

442 calories; protein 38.5g; carbohydrates 25.3g; fat 21.7g; cholesterol 136.1mg; sodium 1087.6mg.

Source: [allrecipes.com](https://www.allrecipes.com)

Super Immunity Boost Juice



Orange, ginger, and turmeric, well-known immunity powerhouses, combine to make this tasty and healthy juice that is loaded with Vitamin C, antioxidants, and anti-inflammatory properties.

Ingredients (Servings: 1)

- 1 (2 inch) piece fresh ginger root
- 2 (1 1/2 inch) pieces fresh turmeric
- 3 large naval oranges, peeled
- ice cubes

Directions

Process ginger, turmeric, and oranges through a juicer in the order listed. Pour over ice and drink immediately.

Nutrition Information

282 calories; protein 5.7g; carbohydrates 69.8g; fat 0.9g; sodium 3.6mg.

Source: [allrecipes.com](https://www.allrecipes.com)

Simple Sleep Habits for a Healthier Life



(Ivanhoe Newswire) —

America has a growing sleep problem! Jagdish Khubchadani, PhD Professor of Public at Health New Mexico State University says, “By 2018, a third of Americans slept lesser and now, half of the people don’t sleep enough.”

Now the American College of Cardiology says poor sleep habits can shorten your life by as much as five years. Researchers found those who had healthy sleep habits were:

- 21 percent less likely to die from heart disease,
- 19 percent less likely to die from cancer, and
- 30 percent less likely to die for any reason.

So how can you sleep more to live longer? First, get enough sleep.

Professor Khubchadani says, “We have a prescription for seven hours.”

Not getting enough sleep not only increases your risk for health conditions like heart disease and diabetes, but it can also put you at a greater risk of being in a car crash by 33 percent. Experts also found taking prescribed sleep medications increased your risk for cancer by 35 percent. And a Canadian study says instead of sleeping pills, try cognitive behavioral therapy, or CBT to fall asleep nine to 30 minutes sooner. Healthy habits can ensure that you’re getting a good quality sleep and are at lower risk for health problems.

Sleep deprivation is a condition where someone is deprived of sleep, or can’t get enough sleep, and can’t

perform every day tasks. In the U.S., about 1 in 3 adults don’t get enough sleep. According to the CDC, the appropriate amount of sleep for adults is about 7 hours.

The lack of sleep could lead to a lot of issues, including mental health problems, injuries, loss of productivity, and an even greater risk of death. Sleep deprivation can be caused by working night shifts, alcohol abuse, too much caffeine, poor sleep habits, or high stress levels.

One way to fight off sleep deprivation is by enforcing healthy sleeping habits. Eight ways to improve your sleeping habits are by:

- setting a consistent sleep schedule
- creating regular bedtime rituals
- exercising regularly
- eating a healthy diet
- limiting caffeine
- avoiding alcohol and nicotine use
- taking short naps
- using your bedroom to only sleep

Getting around 7 to 8 hours of sleep regularly lowers your risk of obesity and high blood pressure.

The study from the American College of Cardiology also found those who adopted five healthy sleep habits had their life expectancy expanded by 2.5 to five years.

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Nutrition is key to a Healthy Lifestyle



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

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

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

As nutrition experts, Academy members can help guide the public on gradually shifting toward healthier eating styles by promoting NNM ac-

tivities and messages during March.

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

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

Make Your Calories Count

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

Focus on Variety

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

Know Your Fats

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

TOTAL DIET APPROACH TO HEALTHY EATING

The foundation of a healthy lifestyle includes physical activity and consuming a balanced variety of nutrient-rich foods and beverages in moderation. The Academy of Nutrition and Dietetics refers to this as the total diet approach to healthy eating.

DIETARY GUIDELINES FOR AMERICANS (DGA)

DGA defines "total diet" as everything a person eats averaged out over time — it's the combination of all foods and beverages that give people energy and nutrients. Most adult Americans do **not** meet the DGA recommendations.

82% DON'T WANT TO GIVE UP FOODS THEY LIKE in order to eat healthier

68% DON'T EAT FRUITS OR VEGETABLES at least twice per day

62% HAVE NO TIME TO TRACK THEIR DIET in order to eat healthier

60% JUGGLE BOTH WORK & FAMILY, PREFER to prep meals in 15 min.

36% HAVE NO LEISURE-TIME PHYSICAL ACTIVITY

FACTORS THAT INFLUENCE EATING PRACTICES:

- Taste and food preferences
- Weight concerns
- Physiology
- Time and convenience
- Environment (home, school, workplace)
- Abundance of foods
- Demographic factors (age, socioeconomic status, ethnicity)
- Media and marketing
- Perceived product safety
- Culture (heritage, religion, body image)

SUPPORT FOR THE TOTAL DIET APPROACH

<p>DASH</p> <ul style="list-style-type: none"> • Dietary Approaches to Stop Hypertension (DASH) • Eating plan consists of healthful food choices over time • Endorsed by U.S. Department of Health and Human Services 	<p>USDA</p> <ul style="list-style-type: none"> • The U.S. Department of Agriculture (USDA) • MyPlate Food Guidance System features a SuperTracker that creates a personalized plan with total diet and physical activity 	<p>LET'S MOVE</p> <ul style="list-style-type: none"> • Campaign launched by the White House • Aims to reduce child obesity by improving the overall quality of children's diets and increasing physical activity
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These programs encourage Americans to choose nutrient-dense foods and beverages, and reduce intake of saturated and trans fats, added sugars, sodium and alcohol.

It boils down to making wise food choices in the context of the total diet. Registered dietitian nutritionists can help establish a healthy lifestyle by teaching people to focus on a variety, moderation and portion sizes.

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MUST BOOK BY 3/12

Historic Route 66 – 100th Anniversary

16 DAYS STARTING AT \$3,549 ~~\$3,299*~~

BASED ON APR 18, 2026 DEPARTURE

- Visit sights like the historic starting point of Route 66 in Chicago, the Cadillac Ranch in Amarillo, and the “End of the Trail” sign in Santa Monica
- Explore natural wonders of the Grand Canyon, Petrified Forest National Park, and the Painted Desert
- Discover Seligman, known as the “historic birthplace of Route 66.”



MUST BOOK BY 3/31

Grand Alaskan Cruise & Tour

12 DAYS INSIDE CABIN STARTING AT \$3,549 ~~\$3,299*~~

BASED ON JUL 8, 2026 DEPARTURE

- Marvel at Alaska’s natural beauty in Denali National Park
- Visit Alaska’s most famous locals at the Alaska Wildlife Conservation Center
- Cruise past the glaciers of Glacier Bay and Wrangell St. Elias National Park
- Travel through the legendary Inside Passage

CALL US: 1-877-367-1743

*Per person based on double occupancy & includes tax service/gov’t fees.

Ask your Travel Consultant for terms & conditions. Add-on airfare with transfers available for most major gateways.



Why you need dental insurance in retirement.

Medicare doesn’t pay for dental care.¹

That’s right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.

Unexpected bills like \$299 for a filling ... \$1,471 for a crown³ can be a real burden, especially if you’re on a fixed income.

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

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1-866-350-1133

Dental50plus.health/Topeka

When you’re comparing plans ...

- ▶ Look for coverage that helps pay for major services.
- ▶ Look for coverage with no deductibles.
- ▶ Shop for coverage with no annual maximum on cash benefits.

Simply put – without dental insurance, there may be an **important gap** in your healthcare coverage.



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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...

The Greater Strengths of Real Functional Fitness

It's not uncommon, in the midst of doing a project or activity with my children, to hear, "Hey Dad, do you think you could (fill in the blank)?" That typically sets the trap that I freely walk into, a competition! Recently I knew the question was coming when I saw my son carrying five-gallon buckets of cement to the back of a block wall we were working on. It was cold, wet, muddy, and the only way to move the cement to the back of the wall was in buckets. As I expected, the challenge came, "Hey Dad, how long do you think it would take you to carry two five-gallon buckets of cement over to the back side of the garage?" FUNCTIONAL FITNESS is exercise that prepares you for real activities and movement.

The thing is – it's the real activities and movements that quite honestly are the best and most real functional fitness. AND – more significantly than being able to physically function well, I've found that the greater strengths to be gained are in the relationships with others and God.

HOW TO "CEMENT" YOUR RELATIONSHIPS WITH FUNCTIONAL FITNESS

The trap was set. I tried to improve my chances by reminding him that I am not only 30 years older than him, but also a recent prostate cancer survivor. The sympathy plea didn't work, it rarely does, but it buys me time to assess the challenge. While I am posturing, the course is laid out, the competition rules are set, the stopwatch comes out, and the video camera is started. I elected to go second so I could learn the course.

As he took off, he flew across the course and set the bar pretty high. Now it was my turn, but as he was going I realized this was a combination of exercises: hex bar dead lift, farmer's walk, balance and agility work, lunges, and a shoulder shrug – all things that I knew I could do. I entered the course with my buckets in hand as the countdown started. My heart rate quickened and then I was off. The course was slippery and the challenge was difficult, but quickly came laughs and cheers as I maneuvered to the finish line. As I placed the buckets on the wall, I hear my son shout out my time. Immediately my hands shot straight up with excitement because I didn't hurt anything, and I had finished the race! We posted the video



on social media.

Several feared for my safety and wondered how I was able to train for such an event. This made me smile, but this was far more than an exercise event. This was another opportunity to play with my kids. Yes, this event required gym workouts and functional fitness, but this was much more than a few exercises, this was "Real Functional Fitness."

THE UPHILL CLIMB TO BETTER HEALTH AND HAPPINESS THROUGH CHRIST

The Bible tells us that we are fearfully and wonderfully made for purposes that God has in store for us to do (Psalms 139:14, Ephesians 2:10). I had not always taken my health seriously.

In my late 40's I had spent many years traveling the world in the industrial sector. Unfortunately, my health declined. I was unaware of just how far until one winter day, my teen kids wanted to go sledding. We had not had snow for a few years so we were all excited to hit our hill.

As we started up the hill, I thought, "This hill seems steeper than I recall." The downhill sled ride was great, but as we started back up the hill, I knew I was in trouble. I made an excuse to the kids and quickly went back to the house. As soon as I entered, I collapsed on my living room floor. The reality hit me that my health was a problem.

A physical uncovered that I was overweight, had high blood pressure, and was at risk of a stroke. I said a prayer and asked God to help me figure out my health. God had

given me a great family and a great career, but I had become unable to function well enough to enjoy either. That started an amazing journey that had me transform from being overweight to a master's athlete and body builder during the decade of my 50's.

Figuring out how to get healthy so I could spend time with my family was my "why." I wanted to be there to help them and to function with them. I knew very little about health and fitness, but fortunately had amazing mentors that helped me reach unimaginable levels of physical fitness. Then came my 60's along with

COVID, long COVID, and prostate cancer. My fitness levels plummeted for three years as I tried to figure out how to combat these issues. My faith, family, friends, and fitness helped me recover. So when I got the challenge from my son, 14 months after my cancer-filled prostate was removed, I thanked God for the awesome and amazing blessing of health!

When I placed the buckets on the back wall, it was a surreal moment. I was once again fit enough to "play" with my kids. The joy in exercise came from linking together workout programs that allowed me to become functionally able to perform not only for my family, but it opened up unseen doors of opportunities. This gave my gym workouts purpose and my functional training meaning.

My "Why" has expanded to include seven grand kids. I want to be there for them so I use exercise as a way to be ready for whatever I am asked – including a ride on the back by my grandson when I do pushups. I can give horseback rides in the living room and act as a mule pulling the grandkids back up the sledding hill, a hill that I could not climb years ago.

If you find yourself stalled in your training or limited in your health, say a prayer, find your "why," find a program, find a mentor, but get started. Real functional fitness is an investment in your life that will provide an infinite rate of positive returns.

By the way, that cement bucket carrying competition – I won!

–Kevin Starr / faithandfitness.net

New Health & Wellness Info at the Library

By Alex Henault

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

The Healing Power of Resilience: a new prescription for health and well-being – by Tara Narula; Simon Element; 2026 New Books 610.44 NAR

A revolutionary, science-backed approach to living well from ABC News chief medical correspondent and cardiologist Dr. Tara Narula, that bridges the gap between our physical and mental health to show how resilience is the key to both. As the number one leading cause of death in the United States, heart disease has several common prescriptions from cardiologists, such as medication, surgery, diet, and exercise. There is, however, one treatment that is consistently overlooked: resilience. We need resilience to get us to face new diagnoses, to show up to doctor's appointments, to take those medications, to make it through surgery (and to recover from it), and to stick to that diet or new workout plan.

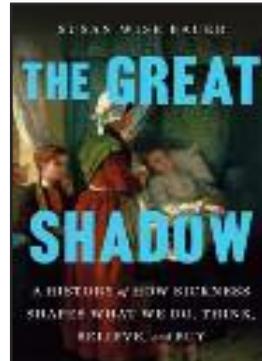
The Great Shadow: a history of how sickness shapes what we do, think, believe, and buy – by Susan Bauer; St. Martin's Press; 2026 New Books 610.9 BAU

From alchemy to wellness culture, from anti-semitism to disposable plastic, a gripping account of how getting sick has shaped humanity. Anti-science, anti-vaccine, anti-reason beliefs seem to be triumphing over common sense today. How did we get here? The Great Shadow brings a huge missing

piece to this puzzle—the experience of actually being ill. What did it feel like to be a woman or man struggling with illness in ancient times, in the Middle Ages, in the seventeenth century, or in 1920? And how did that shape our thoughts and convictions? The Great Shadow uses extensive historical research and first-person accounts to tell a vivid story about sickness and our responses to it, from very ancient times until the last decade. In the process of writing, historian Susan Wise Bauer reveals just how many of our current fads and causes are rooted in the moment-by-moment experience of sickness—from the search for a balanced lifestyle to plug-in air fresheners and bare hardwood floors. We can't simply shout facts at people who refuse vaccinations, believe that immigrants carry diseases, or insist that God will look out for them during a pandemic. We have to enter with imagination, historical perspective, and empathy into their world. The Great Shadow does just that with page-turning flair.

The Doctor's Riot of 1788: body snatching, bloodletting, and anatomy in America – by Andy McPhee; Prometheus Books; 2026 New Books 610.9 MCP

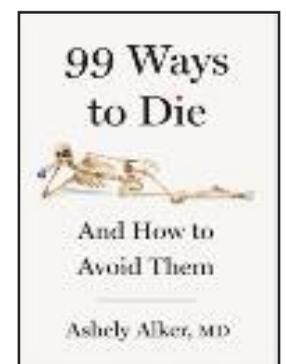
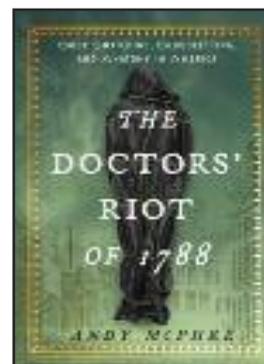
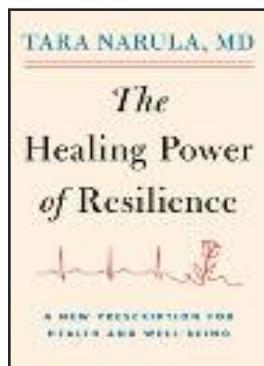
Throughout the seventeenth century, medical lecturers demonstrated human anatomy by dissecting a cadaver while surrounded by students. After the Revolutionary War, though, instructors realized they needed many more cadavers to



serve a growing number of medical students. Enter the 'resurrectionists'—body snatchers. In April 1788, word of one particular body snatching quickly spread, and over the course of days, thousands of New Yorkers descended upon a New York City anatomy lab in a growing and dangerous riot against doctors and their students. In this fascinating history, Andy McPhee reveals the forgotten story of the so-called Doctors' Riot of 1788, along the way explaining the history of body snatching and exploring the moral questions behind an existential medical crisis: Does the need for medical students to learn anatomy on cadavers override society's demand for maintaining the dignity of its dead? As the Doctors' Riot boiled over, Founding Fathers Alexander Hamilton and John Jay as well as Revolutionary War hero Baron von Steuben were called in to quell the rioters, to no avail. Eventually, the state militia was ordered to fire into the crowd, killing several and injuring far more. The Doctors' Riot of 1788 traces the foundational changes spurred by the riot, the formation of Black-only churches and graveyards, how the discovery of formaldehyde heralded a new era in embalming practices, what body snatching looks like today, and how the teaching of anatomy continues to change and adapt to new technologies.

99 Ways to Die: and how to avoid them – Ashely Alker; St. Martin's Press; 2026 New Books 613 ALK

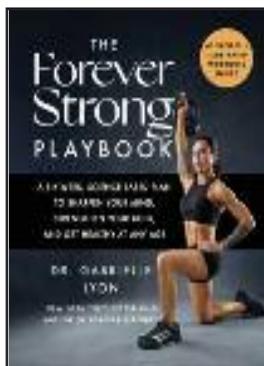
An illuminating, hilarious, and practical guide to 99 of the most terrifying ways to die and how to avoid them from an emergency medicine doctor. Dr. Ashely Alker is a self-described death escapist—or, in more familiar terms, an



emergency medicine doctor. She has seen it all, from flesh-eating bacteria to the work of a serial killer to the more mundane but no less deadly, and her work outwitting the end has uniquely prepared her to write this book. Dr. Alker manages to shock readers while making them laugh, educating them on how to outsmart a wide range of deadly situations and conditions. Many of the chapters include stories from her experiences in life and medicine, at times heartwarming, others heart-breaking. Sections include explorations of sex, poison, drugs, biological warfare, disease, animals, crime, the elements, and much more. An Anthony Bourdain-style greatest hits tour of death, 99 Ways to Die is entertaining while it informs. Full of valuable advice and wild stories, this riveting read might just save your life.

The Forever Strong Playbook: a six-week, science-based plan to sharpen your mind, strengthen your body, and get healthy at any age – Gabrielle Lyon; Atria Books; 2026 New Books 613.0438 LYO

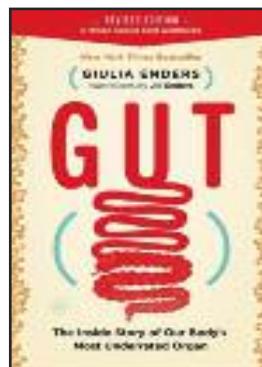
This book presents a science-based program focused on building and maintaining muscle strength, mobility, and energy across the lifespan. It outlines step-by-step strategies for training, nutrition, recovery, and mindset, supported by exercise illustrations, visual guides, and protein-focused recipes. The guide features a customizable six-week plan designed for a wide range of fitness levels, along with evidence-based recommendations for sleep, stress management, and recovery practices to support long-term physical health and disease prevention.



Gut: the inside story of our body's most underrated organ – by Giulia Enders; HarperOne; 2026 New Books 616.3 END

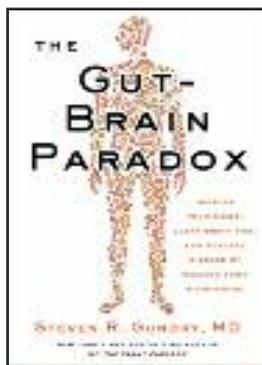
For too long, the gut has been the body's

most ignored and least appreciated organ. But it does more than just dirty work; our gut is at the core of who we are. With quirky charm, science star and medical doctor Giulia Enders explains the gut's magic, answering such questions as: Why does acid reflux happen? What's really up with gluten and lactose intolerance? How does the gut affect obesity and mood? A new section on the brain-gut axis dives into groundbreaking discoveries about psychobiotics--microbes with psychological effects that can influence conditions like depression and even stress.



The Gut-brain Paradox: improve your mood, clear your brain fog, and reverse disease by healing your microbiome – by Steven Gundry; Harper; 2025 New Books 616.3 GUN

In his previous books, Steven R. Gundry taught readers how to reverse disease and improve health and well-being by preventing and repairing leaky gut. In The Gut-Brain Paradox, he delves even more deeply into the mysterious and long misunderstood world of the human microbiome.



Here Dr. Gundry uncovers the complex and multifaceted ways in which our microbes are controlling the health and functioning of our brains, and how the gut-brain connection is made long before we are even born. [This book] shines a ... light on how the one-two punch of leaky gut and gut dysbiosis, together driven by western diets, overuse of antibiotics and other medications, and environmental toxins, allow pathogenic bacteria to take over.

The Big M: 13 writers take back the story of menopause – edited by Lidia Yuknavitch ; Grand Central Publishing; 2026 New Books 618.175 BIG

Thirteen authors explore navigating the profound changes menopause has brought on their bodies and into their lives.



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. 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 or tscpl.org/downloads/ebooks.



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Healthy Event Calendar for Greater Topeka

Send events to info@TopekaHealthandWellness.com. See complete calendar on website.

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

OUTDOOR ACTIVITIES – Outdoor events and activities. 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

WEST RIDGE LIVE – every Thursday from 6:30-8:30, food court at Westridge Mall. Mar. 12 – Big Rick Soul Band; Mar. 19 – Rock Party; Mar. 26 – Jack Wagoneers; Apr. 2 – Typical Stero; Apr. 9 – Bill Horn Band; Apr. 16 – The Coots; Apr. 23 – Departure. While you listen, grab food and drinks from Iron Rail Brewing, Ta Co, and more, serving from 6:30–8:30 PM.

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

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

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

COMMUNITY SPAGHETTI DINNER – Mar. 4, 5-6:30pm, Tecumseh UMC, 334 SE Tecumseh Rd. Spaghetti with meat sauce, garlic bread, salad, and delectable desserts. To-Go Available. \$10 donation requested.

ING NETWORKING GROUP – Mar. 4, 11:30am, at IHOP on Hwy 24. All welcome, free to attend, 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 or 785-251-5552

TOPEKA ZOOVERSE – Mar. 7, 9am-4pm, Topeka Zoo. A

pop culture festival that will gather local artists, collectors, cosplayers, and enthusiasts from multiple fandoms for a day of fun. COMPETE in our Cosplay Contest! COLLECT new memorabilia from multiple vendors/artists! CONNECT with other fans, creative minds, and animal enthusiasts! Food Trucks will be parked inside the Zoo, providing lunch & snacking options at additional cost. This special event is NOT included in Friends of the Topeka Zoo Membership.

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@tastyfestivals.com to learn more about event & exhibitor opportunities. FREE Admission. Upgrade your experience with an Adventure Wristband (\$12.99 at KansasKidsFest.com)

“SPRING AHEAD” TIME CHANGE – Mar. 8, 2am. Don't forget to change your clocks!

C5Alive “POWER” LUNCHEON – Mar. 12, 11:30-1, at Celtic Fox. Featuring Iron Man John Cantrell. Free admission. Meals available from menu if desired. Please RSVP to info@C5Alive.org so we know how many to expect. Open to the public - bring a friend!

SAVE THE DATE: C5 POWER Luncheon, Apr. 9, 11:30-1.

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

CAR SEAT CHECKLANE – Mar. 14, 9-12, 1155 SW Seabrook.

TOPEKA IRISHFEST – Mar. 14, Evergy Plaza. Begins at Noon with parade, music, food, vendors and kids activities. <http://TopekaIrishFest.com>. 5K Run at 10am.

ST. PAT'S CELEBRATION – Mar. 14 12:30-3:30pm after the parade, Arab Shriners, 1305 S. Kansas Ave. Music, cash bar, bagpipes, food.

WOODSHED MARKET & St. PAT'S CELEBRATION – Mar. 15, 10-3. A festive day full of community fun: Market Bingo, Donknado Playing Irish Acoustics from 11 - 1 pm / To Open the Market at 10 am - Bag Piper, Food, Lounge & Cash Bar open throughout the day. Sellers & Local Businesses, Prizes & Giveaways. Costume contest at 2pm. **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 Óttalauss in full Viking regalia

HARLEM GLOBETROTTERS – Mar. 20, 7pm, Stormont Vail Event Center

TOPEKA RV & OUTDOOR SHOW – Mar. 20-22, Expocentre

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 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/>

SPRING FLING OUTDOOR MARKET – Mar. 21, 10-4, 10th & MacVicar

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 or 785-640-6399.

2ND ANNUAL EASTER EGG HUNT – Mar. 29, Cedar Lawn Farm, 12741 SW K4 Hwy. Face painting, cookies, open bar.

SPOKEN 4 IN CONCERT - Mar. 29, 6pm, First Baptist Church, 3033 SW MacVicar.

SMOKE IN THE SPRING – Apr. 10-11, Osage City Community Building. Taste of Osage City BBQ and fun. Live Music, Inflatables, & Fireworks!

PAWS IN THE PARK – Apr. 18, 10-2, HHHS, 5720 SW 21st St. Meet the community, shop vendors, help the animals. Lindsay.hubbard@hhhstopeka.org; helpinghands@hhhstopeka.org

TOPEKA YOUTH FOR CHRIST COMEDY CAFÉ – Apr. 17, 6:30pm, Topeka Bible Church, 1101 SW Mulvane Ave. A Night of Laughter featuring comedian Connie Hall. Underwritten by table sponsors. Seating is limited. Make reservations at www.topekafc.org/event/comedy_cafe or call the YFC office at 785-232-8296

YOUTH FOR CHRIST
COMEDY CAFE
 A Night of Laughter
 Featuring
The Comedy of CONNIE HALL



Topeka's own Connie Hall has been accidentally funny most of her life. You'll enjoy her stories and humorous perspectives on life.

Friday Evening, APRIL 17TH
 TOPEKA BIBLE CHURCH
 1101 SW Mulvane
 Topeka, KS 66604
 6:30 pm
 (Doors open at 6:15 pm)

SEATING IS LIMITED & Reservations are required.
 To make your reservation or sponsor a table go to:
www.topekayfc.org/comedy_cafe
 or call the YFC office at 785-232-8296
 The Comedy Cafe is underwritten by
 individual table sponsors: TICKETS ARE COMPLIMENTARY

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; 785-272-0303; 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

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.flocritkansas.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@tsopl.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. 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 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. 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, or Betsy Thompson, 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.

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 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 highlandheightsccc.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

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

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.

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 Mon. @ 7pm; Every Sat. at 10am. First Baptist Church, 3033 SW MacVicar, Enter Door A, Room 211. www.naranonmidwest.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.

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

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.

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

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.

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

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 at 785-273-4527 or anne.crawford@cox.net.

HARVESTER FREE MOBILE FOOD DISTRIBUTION - 3rd Sat. each month, 10-11am, Oakland Church of the Nazarene: 939 NE Oakland

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. Providing education and ongoing support. Call 295-5555

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

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.

LINE DANCING - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Call Karen at 785-945-6785 or Jim at 785-256-2432 or jimbaer73@gmail.com to register.

PROSTATE CANCER SUPPORT GROUP - First Thur, 3pm, St Francis Hospital, Room 300, 2nd floor. 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

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings.

1st Wednesday of the month, 1pm, Baldwin Methodist Church, 708 Grove... Baldwin City.

2nd Monday each month, 3:30pm, Topeka library, Anton Rm
 3rd Thurs. each month, 2-3pm, Topeka Library, Perkins Rm
 3rd Friday of the month, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.

Send your event information to:
info@TopekaHealthandWellness.com



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Save the Dates!

- Mar. 28: 11th Annual EASTERFEST in NOTO, 10:00-3:00
- Apr. 9: POWER Luncheon, 11:30-1
- May 14: POWER Luncheon, 11:30-1

For info: www.C5Alive.org or 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. KMCPA.com • www.TopekaEndoCenter.com

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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

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