

**TOPEKA**

**APRIL 2026**

# Health & Wellness

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**MAGAZINE**

**Preparing  
Your Body  
for Spring  
Sports**



**5 TIPS  
TO SPRING  
BACK INTO  
FITNESS**

**Sports Fitness Tips for  
the Beginner Athlete**

**Spring Reset: Getting Back into Alignment**  
Setting Up a Whole Food Plant-Based Kitchen

**5 Ways to Reduce Everyday Stress**  
Easy Daily Habits for Whole-Body Wellness

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

# APRIL IS ALCOHOL AWARENESS MONTH

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

**AGES 6-11**

Mom, can I have some?



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

**#TALKEARLY**

...about alcohol.

@TalkEarly

**AGES 10-13**

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



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



@AskListenLearn

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

@B4Udrink

Learn the facts about how alcohol affects your BAC



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



Hey dad, can I borrow the car?

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



**AGES 15-18**

@IKnowEverything

**IKnowEverything.com**

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

**AGES 18-22**

I'm having fun at college.



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

How are you spending your down time?

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

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

**AGES 21+**

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



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

You should also know how alcohol affects your BAC.

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

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

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

**RESPONSIBILITY.ORG** offers conversation starters to guide a lifetime of conversations.

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## ON THE COVER:

Our cover this month features an athlete safely preparing for a return to sports fitness, following tips to avoid injury.

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

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## This Quiz Could Save Your Life



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

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



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

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



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

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



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

- A Yes
- B No



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

- A True
- B False



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

- A True
- B False



Answers on page 14

# 5 Tips To Spring Back Into Fitness Without Injury

If your workouts took a backseat this winter, you're not alone — it's easy to slip into hibernation mode during the cold, darker months. But with brighter, warmer days ahead, spring is an ideal time to get back into exercising.

Whether you jog a few miles, tee up for a round of golf or shoot hoops with your kids in the backyard, it's important to prepare your body for activity, otherwise you run the risk of overdoing it. Even ordinary activities can take a toll — I often see people who garden during that first nice weekend of spring and then suffer from severe muscle soreness or injury.

The “no pain, no gain” approach to fitness doesn't work. Instead, try these five strategies to shape up this spring.

**1. Underestimate your abilities.** Most people regress during the winter, even if they've stuck to a regular fitness routine. If you don't ease back into your activities, you're setting yourself up for muscle soreness — and injury that can sideline you for weeks. You might not feel pain the day after a tough workout, but two days later the soreness may be so intense you can't lift your arm above your head.

## MEET WITH A TRAINER

Get in shape with the help of our sports medicine experts.

**2. Walk it out.** If you've been sedentary for weeks, check in with your doctor before amping up your activity. Once you get the all-clear, start with an easy walking schedule or stretching regimen. The slow, gentle movements will help prep your body for more intense activities like tennis, gardening and golf. Start with ten minutes every day or every other day for a week. Then increase to 15 minutes the following week. Add five minutes to your workout each week until you're walking for 30 to 45 minutes at a stretch. You can even break up sessions throughout the day.

**3. Amp up your workout little by little.** A good rule of thumb: Never increase your weight, time,



speed or intensity more than 10% per week. So, 10% of a 10-pound weight is 1 pound. Or if you're running 5 miles per hour, boost it up to 5.5 miles per hour. Also, keep in mind that running on the ground is different — and usually more taxing — than running on a treadmill. The best approach may be to vary the intensity throughout your workout. Sprint for 1 minute, jog for 10 and then walk for 5. Repeat the process until you feel your workout is complete. This is called high intensity interval training, and it offers more gains than maintaining a steady pace.

**4. Stretch it out.** No matter your sport or activity, incorporating stretching into your routine can help you stay at the top of your game. Competing in a tennis match? Focus on your arms and shoulders and prep your body to pivot. Playing a round of golf? Stretch out your trunk and lower back, bending side to side and twisting from left to right.

**5. Keep your expectations in check.** The longer your workout hiatus, the more time you'll need to get back to on track. If you worked out three to four times per week before your fitness vacation, it will take about four to eight weeks to get up to speed. You didn't become inactive overnight, so you won't become fit overnight. Patience is key.

Exercise stresses the body. While it's mostly good stress, if you do too much too quickly, you're more likely to suffer from an injury that sets you

back even farther, particularly if you're packing more weight post-winter. The added weight can place increased pressure on your joints during high-impact activities. Lower-impact activities like swimming, cycling, Pilates and yoga can be easy on the joints.

If you do overdo it and strain or injure yourself, follow the RICE rule to lessen the damage:

- **Rest** — It doesn't have to be a complete sedentary rest, but active resting (which may include light walking or weight bearing) can help your body recover more quickly.
- **Ice** — Apply ice to the affected muscles for 20 minutes every hour.
- **Compress** — Wrap the area with an elastic bandage, starting below the injury and ending a few inches above. For example, if you've injured your knee, start the wrap at the calf and continue to mid-thigh. Make sure the compression is a little looser at the top to encourage blood to flow toward the heart.
- **Elevate** — Raise the injury above your heart. Using the knee example, your best bet would be to lie on the ground and rest your knee on the couch.

If muscle pain lingers for more than two weeks, or if gets progressively worse, see a doctor for help. And next year, try to keep moving all winter long — it will keep you strong so that you can enjoy spring sports as soon as the weather warms up.

*Christina Chapski | Henry Ford Health*

# April Reset: Coming Back Into Alignment This Spring

**T**here's something about this time of year that makes people want to start fresh.

You open the windows, get outside a little more, and begin to notice the areas of your life that feel ready for a reset. I see it every year – not just in homes, but in people's bodies.

After months of colder weather, less movement, and just the general stress of life, many people come into spring feeling tight, tired, and a little out of sync.

And the truth is... that makes sense.

Your body has been adapting all winter long. But spring is your opportunity to come back into alignment.

## Your Body Is Always Communicating

One of the most important things I try to teach my patients is this: your body is always talking to you. That tension in your shoulders, the headaches that keep coming back, the low back discomfort, the fatigue – it's not random. It's your body's way of asking for support. So often, we push through those signals or normalize them because life is busy. But over time, those small imbalances can turn into patterns of compensation. And that's when you start to feel like something is just... off.

## Why Alignment Matters

At the center of everything is your nervous system. It's the system that controls how your body functions, heals, and adapts to stress. When your spine and nervous system are in proper alignment, your body can do what it was designed to do much more efficiently. When they're not, your body works harder than it needs to.

That's when you start to see the ripple effects – less energy, more tension, poor sleep, slower recovery. This is why I care so much about helping people restore alignment. It's not just about how you feel in the moment – it's about how your body functions as a whole.

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## Letting Go of What You've Been Carrying

Spring has a way of bringing awareness to how much you've been holding on to.

Physically, emotionally, mentally – most people are carrying more tension than they realize.

The beautiful thing is, your body doesn't need anything extreme to begin to shift. It responds really well to simple, consistent support.

Movement, stretching, getting adjusted, spending time outside – these are all ways to help your body unwind and come back to a place of ease.

Even small changes can create noticeable differences in how you feel day to day.

## A Different Approach to Resetting

I think sometimes we overcomplicate what it means to "reset."

It doesn't have to be a complete overhaul. It can be as simple as paying attention again.

Noticing how you feel.

Listening to your body.

Giving it the support it's been asking for.

When you do that, things start to shift – naturally.

## Come Back to What Your Body Needs

Spring is a reminder that your body is designed to heal, adapt, and thrive – but it functions best when it's supported and aligned.

If you've been feeling a little off, more tense than usual, or just not quite like yourself, this is a great time to check in.

Sometimes the biggest changes come from the smallest shifts – especially when they help your body come back into alignment.

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



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

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

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Do **not** gratify the **enemy** by dwelling upon the **dark side** of your experience; trust Jesus more fully for help to resist temptation. If we thought & talked more of Jesus, & less of Ma with peace, faith, & courage, & shall have so VICTORIOUS AN EXPERIENCE to relate when we come to meeting, that others will be refreshed by our clear, strong testimony for God. These precious acknowledgments to the praise of the glory of his grace, when supported by a Christlike life, have an irresistible power, which works for the **salvation of souls**.

The **bright & cheerful** side of religion will be represented by all who are daily consecrated to God. We should **not** dishonor our Lord by a **mournful relation of trials that appear grievous**. All trials that are received as educators will produce JOY. The whole religious life will be uplifting, elevating, ennobling, fragrant with good words & works. The **enemy** is well pleased to have souls **depressed, downcast**; he desires unbelievers to gain **wrong impressions** regarding the effect of our faith. But God desires the mind to take a higher level. He desires every soul to triumph in the keeping power of the Redeemer.

**Doubts Disappear in Seeking to Bless Others:----**There are many who complain of their doubts, who lament that they have **no assurance of their connection with God**. This is often attributable to the fact that they are doing nothing in God's cause. Let them seek earnestly to help and bless others, and their doubts and despondency will disappear. (2MCP679.1)

**What to do with Doubt:----**You hurt the heart of Christ by doubting, when He has given us such evidences of His love in giving His own life to save us that we should not perish, but have everlasting life. He has told us just what to do. ***“Come unto Me, all ye that labor and are heavy laden, and I will give you rest.” Matthew 11:28.***

**Present-Day TRUTH:** God gave man the Seventh-Day Sabbath at CREATION. ***“six days God did His work and Rested on the Seventh Day: He blessed it, Hallowed it and Santified it”.***

Only a Holy God can make a Day Holy. Not man. Not the pope. No-one on this earth”

***Exodus 20:9-11 “9. Six days shalt thou labour, and do all thy work:  
 10. But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:  
 11. For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it.”***

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 Please join us in Sabbath worship on zoom (the 7th day Saturday).  
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# A Guide to Easy Daily Habits for Whole-Body Wellness

**T**opeka adults balancing shift work, caregiving, tight budgets, and chronic health concerns often carry daily wellness challenges like constant stress, low energy, and routines that fall apart by midweek. When health feels complicated, it's easy to assume progress requires a full lifestyle overhaul and a level of time and money that just isn't available.

Small, consistent head-to-toe health strategies can create steady momentum by supporting both physical and mental well-being in ways that fit real schedules. Accessible health tips can help the body feel more settled and the mind feel more steady.

## Quick Wellness Takeaways

- Start daily with a simple stretching routine to loosen your body and support mobility.
- Build a consistent bedtime routine to improve sleep quality and daily energy.
- Practice brief mindfulness exercises to calm stress and strengthen mental clarity.
- Maintain skin care habits and oral hygiene practices to protect everyday health.
- Prioritize hydration importance and relationship building to support whole body wellness.

## Understanding Daily Wellness Integration

Start with the big picture.

Daily wellness integration means weaving small, repeatable health choices into the life you already live. A balanced approach matters because what you do for your body can shape your mood, and what calms your mind can support your energy and habits.

This matters because stress, aches, and low sleep often stack up and spill into work, relationships, and spending choices. When routines are simple, they are easier to keep on busy days, which builds confidence and steadier well-being over time. The goal is not perfection, it is consistency through preventive care habits.

Think of it like brushing your teeth for your whole life. You do a few minutes daily, and the payoff grows quietly. A short stretch, a glass of water, and a calmer bedtime can work the same way.

That mindset makes seven head-to-toe habits easier to choose and repeat.

## Head-to-Toe Habits You Can Repeat All Week

Try these steady practices to build momentum.

For Topeka adults, the win is choosing habits you can repeat when life gets busy. These simple head-to-toe routines support physical comfort, a calmer mind, and better money choices by reducing stress-driven spending and missed-care costs over time.

### Morning Stretch Reset

- What it is: Do a 3-minute neck, shoulder, hip, and calf stretch after waking.

- How often: Daily

- Why it helps: Looser muscles

### Water First, Then Coffee

- What it is: Drink a full glass of water before your first caffeinated drink.

- How often: Daily

- Why it helps: Hydration supports energy and can reduce “snack for a boost” cravings.

### Two-Minute Breath Break

- What it is: Practice mindfulness meditation by breathing slowly and naming one feeling.

- How often: Daily

- Why it helps: It lowers stress fast, making healthier and cheaper choices easier.

### Digital Wind-Down Alarm

- What it is: Use a phone reminder to start a consistent bedtime routine.

- How often: Nightly

- Why it helps: Digital sleep interventions can improve sleep hygiene and next-day focus.

### Cleanse and Moisturize Combo

- What it is: Wash your face and moisturize right after, before screens.

- How often: Daily

- Why it helps: A quick routine protects skin and builds a reliable self-care cue.

### Weekly Money Check-In

- What it is: Review transactions, then pick one small “swap” for the week.

- How often: Weekly

- Why it helps: Awareness reduces surprise bills and supports wellness spending on purpose.

Pick one habit today, then shape it to fit your family's rhythm.

## Common Questions About Everyday Wellness Habits

Wondering what “simple” really looks like? Start here.

**Q:** What are some easy stretching exercises to include in a morning routine that promote overall flexibility?

**A:** Try a quick flow: gentle neck turns, shoulder rolls, a



doorway chest opener, hip circles, and calf raises. Hold each move for 15 to 20 seconds and stay in a pain free range so it feels calming, not demanding. Pair it with one slow breath per movement to reduce morning tension.

**Q:** How can establishing a consistent bedtime routine improve both physical and mental health?

**A:** A predictable wind down helps your body learn when to switch from alert to recovery mode. Simple cues like dimmer lights, a brief stretch, and putting your phone away can lower mental noise and support steadier energy the next day. Keep it short so it survives stressful weeks.

**Q:** What simple mindfulness or breathing techniques can help manage daily stress effectively?

**A:** Use box breathing: inhale 4, hold 4, exhale 4, hold 4, repeat for two minutes. When your mind races, name one feeling and one next step you can control right now. Research on stress management interventions shows these skills can reduce stress levels.

**Q:** What daily habits help maintain good oral and skin health without adding complexity to my routine?

**A:** Anchor both to existing moments: brush and floss right after your last meal or drink, then rinse and you are done. For skin, cleanse and moisturize in the same two minute window, ideally before screens so you do not forget. Set your products where you already reach, not where they “should” live.

**Q:** If I'm feeling overwhelmed and stuck in my current life path, what options do I have to gain new skills or change directions, especially in healthcare?

**A:** Start with a small, low risk experiment: take a short online intro course, shadow for a day, or volunteer a few hours monthly to test fit, and if you are exploring healthcare options, check this out for a quick overview of online healthcare degrees. Look for programs with clear outcomes, transparent costs, and support like tutoring or career services so uncertainty feels manageable. Trustworthy guidance usually explains limits, cites reputable sources, and never pressures you into quick decisions. Choose one tiny habit today and let consistency do the heavy lifting.

## Build Long-Term Wellness With One Simple Daily Habit

When life gets busy, wellness can start to feel like one more project to manage, and that pressure makes it easy to quit. The steadier path is the mindset of consistent health habits and sustainable wellness routines, simple, repeatable choices rooted in empowerment through self-care rather than perfection. Over time, motivational health practices compound into more energy, calmer days, and stronger long-term well-being. **Small habits, done consistently, create the kind of health that lasts.** Choose one small self-care action to commit to this week.

By Sheila Johnson

# 5 Ways to Reduce Everyday Stress

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

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

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

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

• **Meditate:** Many experts agree on the benefits of meditation, from increased positive emotions to the relief of stress and anxiety. And these days, meditation is



more accessible than ever, as employers offer mindfulness programs in the workplace, mobile apps in guided meditation abound, and communities and fitness clubs add practices like tai chi and yoga to their rosters.

• **Enjoy music:** Music can be an extremely powerful outlet for stress relief, particularly when you're getting creative and making it yourself. Have the means at home to play a variety of beautiful music so that you can de-stress any time you need. To faithfully reproduce the sounds of acoustic instruments like guitars, drums, basses, brass, wind instruments, string ensembles and more, you don't need an entire music studio full of separate instruments. The upgraded technology and sound quality found in digital pianos like Casio's CT-X700, which includes the new AiX SoundSource, reproduces subtle nuances and gestures specific to each sound.

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

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

Source: StatePoint



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# Setting Up a Whole Food Plant-Based Kitchen to Succeed

**C**reating a kitchen that supports a whole food plant-based (WFPB) lifestyle can be the winning secret to thriving on a plant based diet. Here are some essential tips for setting your kitchen up for success.

## 1. Structure Determines Function

Architects, chiropractors and city planners all know how true it is that structure can facilitate or hinder function. So be mindful of setting up your kitchen to facilitate ease of preparation and to enjoy the process of making plant-based meals. Locate your main work area close to the sink, stove and fridge. A larger kitchen may actually be less efficient if you have take many steps in between these key areas.

## 2. Use a Montessori Principle: The Prepared Environment

A key concept from the Montessori method is the idea of a "prepared environment," a space that is organized to encourage independence and ease of use. When it comes to a WFPB kitchen, this means everything you need is within reach, and organized. Have a prep area where all your chopping boards, knives, and measuring cups are within reach. Store commonly used ingredients like grains, beans, and spices in attractive accessible containers. When your environment is organized and well-stocked, it reduces the mental load and encourages creativity.

## 3. Comfort While Standing: Use Mats

Cooking can be hard on your feet. A few well-placed anti-fatigue mats can make a big difference in your cooking experience. Since my kitchen has a concrete floor, I actually purchased interlocking foam pieces to cover the entire area.

## 4. Good Lighting

Proper lighting is often overlooked, but it plays a vital role in a functional kitchen. Good lighting helps you see what you're doing, whether you're chopping vegetables or reading a recipe. It can also contribute to the overall ambiance of your cooking space.

## 5. Remove Processed Junk Food: Stock Up on Fresh Whole Foods

One of the easiest ways to ensure you stick to a whole food plant-based diet is by making sure your kitchen is stocked with only wholesome ingredients. You will be more successful if you remove all packaged, processed foods like cookies, crackers, chips, and sugary snacks bottled oils, white flour and refined sugar. Get rid of all meat, dairy and bottled oil too. All these items are often highly addictive and can easily derail your healthy eating goals, especially when you're hungry and looking for a quick snack.

Then make sure you have easy access to a variety of fruits

and vegetables, boxed lettuce, and homemade dressings ready to go. By having these prepped and accessible, you can quickly throw together a nutritious salad with beans and a dressing, or grab some carrot sticks when you have the munchies. This eliminates the option to grab processed junk food when you're hungry and makes a healthy meal or snack your most convenient choice.

## 6. Pantry and Freezer Staples to Have On Hand



Having non-perishable staple ingredients on hand will empower you to create your own delicious and healthy plant-based alternatives to packaged foods, or to prepare any recipe that catches your eye.

- Gluten-free whole grain flours, flakes and pastas: such as sorghum flour, brown rice flour, chickpea flour quinoa flakes and bean pastas.
- Dry beans and grains: such as brown lentils, red lentils, black beans, chick peas, quinoa, millet, kidney beans, split peas.
- Special ingredients: Guar gum or konjac root for binding gluten free flours, kelp powder, dried shitake mushrooms, a variety of vinegars and nutritional yeast for flavoring, and agar powder to use in place of gelatin.
- Nut and seed butters: such as almond, tahini, and cashew butter.
- Dried fruits: such as dates and raisins for sweetening cookies, muffins or hot breakfast items.
- Canned beans and tomato products: such as garbanzo beans, white beans, black beans, diced tomatoes and tomato paste.
- In the freezer: flax seeds, cashews, almonds, walnuts, chia seeds, hemp hearts, sunflower seeds, green peas, corn, green beans, blueberries.

## 7. The Right Tools are essential:

- A high-quality knife: A sharp chef's chopping knife is a must!
- High powered blender I love my Vitamix and use it multiple times every day.
- Pressure cooker or Instant Pot: Perfect for cooking beans, grains, and stews quickly.
- A large cast iron or stainless steel skillet: Essential for sautéing, stir-frying, or making plant-based burgers, without your food becoming contaminated with toxic aluminum.
- Silicone baking mats and parchment paper: to put on cookie trays or roasting pans so that you can bake and roast without needing oil.



If you structure your kitchen to avoid temptation and make the cooking process more enjoyable, you will be more likely to stick with your whole food plant-based lifestyle!

-By JoAnn Farb

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



JoAnn Farb

# Tips for Preparing Your Body for Spring Sports

**S**pring is here, and for many athletes, that means it's time to gear up for spring sports. Whether you're a seasoned athlete or new to the game, it's crucial to prepare your body for the demands of the upcoming season. In this article, we will explore the importance of preparing your body for spring sports, common injuries to watch out for, various physical conditioning techniques, strength training exercises, flexibility and mobility exercises, and injury prevention strategies. By following these essential tips, you can ensure that you are ready to perform at your best and minimize the risk of orthopedic injuries.



## Importance of Preparing Your Body for Spring Sports

Preparing your body for spring sports is vital for several reasons. First and foremost, it helps you avoid injuries. When your body is properly conditioned and prepared, it is better able to handle the physical demands of the sport. Second, proper preparation enhances your performance. Focusing on conditioning, strength training, and flexibility can improve your speed, agility, and overall athletic ability.

Additionally, preparing your body for spring sports allows you to ease into the season gradually. If you jump straight into intense training or competition without prior preparation, you may experience muscle soreness, fatigue, or even overuse injuries. Taking the time to prepare your body helps minimize the risk of these issues and allows you to enjoy the sport to the fullest.

## Common Injuries in Spring Sports

Before diving into the various ways to prepare your body for spring sports, it's essential to be aware of the common injuries associated with these activities. Different sports carry different risks, but some injuries are prevalent across the board. Sprains, strains, and overuse injuries are among the most common. These can occur due to sudden movements, inadequate warm-up, or repetitive motions.

Additionally, concussions and other head injuries are a concern in contact sports like soccer and lacrosse. It's crucial to be mindful of the signs and symptoms of concussions and seek medical attention if necessary. Other common injuries include fractures, dislocations, and muscle tears. Understanding the risks and taking preventive measures can go a long way in reducing the likelihood of these injuries.

## Physical Conditioning for Athletics

Physical conditioning is crucial for preparing your body

for spring sports. It involves improving your cardiovascular fitness, muscular endurance, and overall stamina. One effective way to achieve this is through aerobic exercises. Running, cycling, swimming, or using the elliptical machine are great cardiovascular exercises that can help improve your endurance and stamina.

In addition to aerobic exercises, incorporating interval training into your routine can be highly beneficial. Interval training involves alternating between high-intensity bursts of exercise and periods of rest or lower intensity. This type of training helps improve your anaerobic capacity, which is essential for sports that require quick bursts of energy, such as sprinting or jumping.

## Strength Training Exercises for Spring Sports

Strength training is another crucial component of preparing your body for spring sports. It helps build muscle strength, power, and stability, which are essential for optimal athletic performance. Some effective strength training exercises include squats, lunges, deadlifts, push-ups, pull-ups, and planks.

When designing your strength training routine, it's important to target the muscles and movements specific to your sport. For example, if you play baseball, focusing on exercises that strengthen your core, arms, and legs can greatly enhance your performance. Consulting with a strength and conditioning specialist or a coach can help you develop a personalized strength training program that aligns with your specific sport and goals.

## Flexibility and Mobility Exercises

Flexibility and mobility are often overlooked but crucial aspects of preparing your body for spring sports. They help improve your range of motion, joint stability, and overall movement efficiency. Dynamic stretching exer-

cises, which involve moving your body through a full range of motion, are particularly beneficial for warming up and preparing your muscles for activity.

Incorporating exercises that target specific muscle groups and joints can also help improve flexibility and mobility. For example, yoga or Pilates can be excellent options for enhancing overall flexibility and core strength. Additionally, incorporating exercises that focus on hip mobility, shoulder mobility, and ankle mobility can be particularly helpful for athletes participating in sports like soccer, basketball, or tennis.

## Injury Prevention Strategies

While it's impossible to completely eliminate the risk of injuries, there are several strategies you can implement to minimize the likelihood of getting injured during spring sports. Firstly, always warm up before any physical activity. A proper warm-up should include dynamic stretching, light aerobic exercises, and sport-specific movements to prepare your body for the upcoming activity.

Secondly, listen to your body and pay attention to any pain or discomfort. Pushing through pain can lead to more severe injuries. If you experience any persistent pain or notice any changes in your body, it's essential to seek medical attention and take the necessary steps to prevent further damage.

Lastly, prioritize rest and recovery. Your body needs time to repair and regenerate after intense physical activity. Make sure to incorporate rest days into your training schedule and get enough sleep each night. Proper nutrition and hydration are also crucial for optimal recovery and injury prevention.

## Conclusion

Preparing your body for spring sports is a crucial step in ensuring a successful and injury-free season. By understanding the importance of preparation, being aware of common injuries, and implementing physical conditioning, strength training, flexibility and mobility exercises, and injury prevention strategies, you can set yourself up for success. Remember to always listen to your body, seek professional guidance if needed, and prioritize rest and recovery. With these essential tips in mind, you'll be ready to hit the field or court with confidence and perform at your best.

Take the necessary steps to prepare your body for the upcoming spring sports season. Implement the tips above and consult with professionals if needed. Your body and performance will thank you.

# Are You Running Too Slow on Long Runs?

**L**ong runs are an essential part of any race-training plan, whether you're prepping for your first 5K or your tenth marathon. The distance you rack up during these sessions may become daunting, but good news: The pace doesn't need to be. In fact, the perfect speed to maintain during your longer outings is one that feels super-relaxed.

## Why Long Runs Should Be Done at a Slow Pace

Running high-mileage sessions slowly—what you might have heard of as zone 2 running—is good for both body and mind.

“Long runs are typically run at a low intensity, which provides lots of benefits physiologically—like building resistance to injury, strengthening your heart, and increasing your muscles' ability to process oxygen,” explains Brian Rosetti, running coach and founder of V.O2.

You need endurance for race day—whether you're doing a 5K or a marathon—and going slow allows you to build that, making these aerobic efforts easier on the heart, lungs, and muscles. Slow runs also improve your mitochondria, or the powerhouse of the cells that help you produce energy, which allows exercise (at both low and high intensities) to feel easier.

Doing long runs at a relaxed effort gives you a mental boost, too, because it lets you feel at ease and in control throughout the run. “Long runs are also useful to build confidence and strength when preparing for longer distance races,” Rosetti adds.

## How to Find the Right Slow Pace for Long Runs

The ideal pace for a long training run is generally about 90 seconds to 2 minutes per mile slower than your goal race pace, says Buchwalter. If you're not sure what exactly your goal race pace should be, you can find paces for long runs and other types of training workouts based on your per-

formance in shorter distances with the VDOT Calculator. Alternatively, you can go by heart rate for your long run pace. Your target heart rate for a long run should be about 60 to 75 percent of your max.

Or if you'd rather go unplugged, feel free to pay more attention to your effort level rather than your actual pace or heart rate. Think about keeping a conversational pace, recommends Rosetti; even if you're not running with a friend, think about whether you'd be able to keep up half of a conversation.

“Pacing your long runs can certainly be about a vibe or how you feel that day,” says Buchwalter. “The purpose is to build up time on our feet and keep a lower heart rate, so as long as you're moving at a comfortable pace, you should be fine.”

## But Is It Possible to Run Too Slowly?

Not exactly, says Rosetti. “As long as you're running with good mechanics, running slower than normally is fine,” he says.

You'll get the same endurance benefits of the long runs going at 50 percent of your max heart rate versus 75 percent, “because the benefits of a long run come from time spent running, not speed.” The goal, after all, is to make it to the end of the run feeling like you could possibly go even longer. “You're not running to failure,” says Buchwalter.

The caveat is that you have to still be actually running, with the correct form (think: good posture and quick leg turnover and cadence). “If you're jogging so slowly that it becomes more of a fast walk, you'll lose the mechanics and proper form of your run,” explains Buchwalter.

If your cadence slows too much, you may shift from a mid- or forefoot strike to a heel strike, he says. And with a lower cadence, you'll be “spending more time in the air, which leads to greater landing shock and risk of repetitive stress injuries,” adds Rosetti.

Shifting from running form to walking form can also take away from the benefits of the run because it stops training your body to move explosively. Think of it like this, says Buchwalter: “If you're training to climb a mountain, spending more hours on a stationary bicycle rather than the trails, while beneficial to your health, won't be as effective toward the ultimate goal. Similarly, walking for an hour, while beneficial, won't provide our body the proper distress needed to build a stronger run performance.”

This is not to say you can't take walk breaks when you need them or if you're following the run/walk method and plan to use that method on race day. Even then, though, the walk intervals will be short so you'll still gain the same benefits of a long run.

## Tips to Execute a Slower Pace on Long Runs

Sometimes staying tapped into an easy pace is, well, tough. Here are three ways to make sure you don't inadvertently start picking up speed in the middle of a long run.



## Go for Time Rather Than Distance

Many runners train to stay on their feet for more time rather than hitting a certain mileage—say, aiming to run 90 minutes instead of covering exactly eight or 10 miles. “If you're scheduled to run 60 minutes, make it easy for yourself and run 30 minutes out then 30 minutes back,” suggests Buchwalter. “I know it's a tough pill to swallow, but turning off the GPS on your watch can be super helpful to have a mindful, easy long run.”

## Partner Up

It's easier to start running too quickly if you're alone and listening to an energetic playlist than if you're jogging with a group and holding a conversation along the way. “Make it very clear with your peers that you're looking to keep a slow and steady pace and keep the conversation flowing,” suggests Buchwalter. “If you can comfortably chat during your run, you're likely in a lower heart rate zone and getting the most out of your long run.”

## Go for Low-Key Listening

If you prefer to listen to music or something else mid-run, Rosetti recommends sticking with slower songs or a podcast; it's too tempting to pick up the pace when you have more upbeat songs cued up. Save those for a speedwork day instead.

## The Bottom Line on Running Long Runs Too Slow

Going faster than you planned for a long run isn't the end of the world, especially if you're well conditioned and pretty far into a training plan, says Buchwalter. That being said, keeping things easy—while not getting too lazy with your posture or cadence—is your best bet for building fitness for your race.

By Laurel Leicht

Photo: Thomas Hengge



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# Top Sports Fitness Tips for the Beginner Athlete

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

## Take the First Step



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

## Get Out of Your Comfort Zone



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

## Start With Small Goals

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



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

## Mix Things Up



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

## Get Your Doctor's OK



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

## Eat and Drink for Fuel

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

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



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

## Drink Enough Water



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

## Do Strength Training

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



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

### Dress for Comfort



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

### Learn Proper Form



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

By Ross Brakeville | webmd.com

# Fitness Advice From World-Class Athletes

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

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

## Best Types of Training for Athletes

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

### 1. Continuous Training

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

### 2. Weight Training

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

### 3. Circuit Training

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

### 4. Interval Training

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

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

### 5. Flexibility Training

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



### 6. Plyometric Training

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



### 7. SAQ Training

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

### 8. Fartlek Training

The combination of changing speeds and terrains is known as fartlek training. Runners can utilize this training to improve their speed and ability to run on any surface. It can also help runners to learn various techniques so that they can run faster over long distances.



By Daniel Murphy | dmoose.com

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## Answers to Quiz from page 3

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

**A** Toss a coin to decide whether to stop or go.

**B** Stop. Let the train pass.

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




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

**A** The train is closer and faster than you think.

**B** A train striking a car is like your car crushing a soda can.

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




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

**A** Slow down and prepare to stop if a train is coming.

**B** Restrooms and recreation are ahead.

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




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

**A** Yes

**B** No

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




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

**A** True

**B** False

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




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

**A** True

**B** False

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



# Healthy Family Recipes for the Spring

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

## Easter Breakfast Casserole



An Easter breakfast to look forward to!

### Ingredients

- 1 pound bacon
- ¼ cup diced onion
- ¼ cup diced green bell pepper
- 3 cups shredded Cheddar cheese
- 8 eggs
- 2 cups milk
- 1 (16 ounce) package frozen hash brown potatoes, thawed

### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x11 inch casserole dish.

Fry the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain on a paper towel-lined plate. Crumble.

In a large bowl beat together eggs and milk. Mix in cheese, bacon, onion and green pepper. Stir in the thawed hash browns. Pour mixture into prepared casserole.

Cover with aluminum foil and bake in preheated oven for 45 minutes. Uncover and bake for another 30 minutes until eggs have set.

### Nutrition Information

(Servings: 12)

Per serving: 281 calories; 21 g total fat; 171 mg cholesterol; 538 mg sodium. 9.9 g carbohydrates; 18 g protein.

Source: [allrecipes.com](http://allrecipes.com)

## Easter Ham



Sure to become a family favorite!

### Ingredients

- 1 (7 pound) boneless ham
- 2 cups brown sugar
- 3 tablespoons prepared yellow mustard, or as needed
- 1 (8 ounce) can pineapple rings in juice, drained and juice reserved
- 1 cup honey

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Score ham by making 1/2-inch deep diagonal cuts, creating a diamond pattern; transfer ham to a roasting pan.

Mix brown sugar with enough yellow mustard to make a smooth, pourable sauce.

Pour reserved pineapple juice over ham, followed by the honey.

Pour brown sugar mixture over honey and arrange pineapple rings decoratively atop ham. Secure pineapple rings with toothpicks.

Bake in the preheated oven until diamond pattern on ham splits open, 1 to 1 1/2 hours. Baste ham every 15 minutes with pan drippings.

### Nutrition Information

(Servings: 20)

Per Serving: 507 calories; 29.5 g total fat; 89 mg cholesterol; 2070 mg sodium. 30.6 g carbohydrates; 29.5 g protein.

Source: [allrecipes.com](http://allrecipes.com)

## Peanut Butter Easter Eggs



These will be sure to create Easter memories!

### Ingredients

- 1 (16 ounce) package confectioners' sugar
- 1 cup creamy peanut butter
- 1/4 cup butter
- 1 tablespoon milk
- 8 (1 ounce) squares semi-sweet chocolate
- 1 tablespoon shortening

### Directions

In a mixing bowl, combine confectioners' sugar, peanut butter, butter and milk (if needed for moisture) until blended. Shape mixture into two 1/2 pound eggs or make a bunch of smaller eggs. Freeze eggs for 1 hour.

While the eggs are freezing, cut semi-sweet chocolate into small pieces and place in top of double boiler with shortening. Melt over medium heat, stirring frequently until smooth. Stick a long-tined fork in top of each peanut butter egg, dip it in melted chocolate to cover then drain on waxed paper. When the eggs are cooled and set, decorate the eggs to suit your fancy.

### Nutrition Information

(Servings: 16)

Per serving: 307 calories; 16.3 g fat; 39.1 g carbohydrates; 5.1 g protein; 8 mg cholesterol; 95 mg sodium

Source: [allrecipes.com](http://allrecipes.com)

# Creatine May Help You Achieve Your Goals



(Ivanhoe Newswire) —

**M**any people had fitness as their top goal as the new year began. So, if fitness is one of your 2026 goals, how do powders and supplements fit in? Our expert shares one supplement that can make a big difference in your journey.

Not seeing the results you want in the gym? Cleveland Clinic says this supplement can help!

“Creatine is a compound that comes from three amino acids, and it gives our muscle strength and energy,” said Julia Zumpano, RD, from the Center for Human Nutrition at Cleveland Clinic.

And that helps with performance and muscle growth while decreasing muscle fatigue. Zumpano says you also don’t need to take a supplement to get it.

“Creatine is mainly found in animal products. So meat, specifically red meat, fish, specifically fatty fish, and then some dairy,” she told Ivanhoe.

Cleveland Clinic says that people who also take the supplement may gain 2-4 more pounds of muscle in 4-12 weeks than someone not taking the supplement. And there are also some preliminary studies about non-athletic benefits:



“There’s some mental and cognitive benefits, some sleep benefits, bone health benefits,” explained Zumpano.

A 2024 study found that creatine supplements have the potential to help manage depression in women and adolescents, but there was some concern that it increased manic episodes in people with bipolar disorder. And:

“People with active kidney disease or chronic diseases should be very cautious with the use of creatine. Only use if your medical professional is advising towards it,” said Zumpano.

But for people who qualify, they can see some real results.

Zumpano says that if

you’re going to take a creatine supplement, you should verify it has been third-party tested. The best forms she recommends are powder and creatine monohydrate.

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

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



Rebecca Wharton

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

## A Safer and Healthier Home Environment

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

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



## Nurturing Your Skin with Nature's Goodness

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

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

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

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

## Nourishing Your Body with Wholesome Ingredients

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

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

## Supporting Sustainability and Ethical Practices

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



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

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

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

## Making the Transition to Natural Living

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

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

—Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach offering one-on-one Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement. She can be reached at [thefunctionalcoach@gmail.com](mailto:thefunctionalcoach@gmail.com) or 913-717-6812. For more information, visit [www.thefunctionalcoach.com](http://www.thefunctionalcoach.com).



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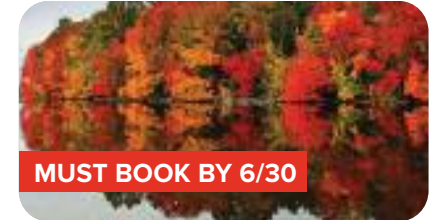
**MUST BOOK BY 6/30**

### Albuquerque Balloon Fiesta & Southwestern Tour

10 DAYS STARTING AT  
~~\$2,749~~ **\$2,449\***

BASED ON SEP 25, 2026 DEPARTURE

- Witness the Albuquerque International Balloon Fiesta
- Soak up the history & culture of New Mexico in Albuquerque and Santa Fe
- Tour Roswell with its fascinating exhibits of the alleged UFO crash



**MUST BOOK BY 6/30**

### Autumn Leaves Tour

10 DAYS STARTING AT  
~~\$3,799~~ **\$3,549\***

BASED ON SEP 14, 2026 DEPARTURE

- Experience autumn in New York
- Tour one of Newport's famous mansions
- Discover the Freedom Trail in Boston
- Enjoy a guided city tour of Philadelphia

**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.<sup>1</sup>

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.<sup>2</sup>

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

Unexpected bills like \$299 for a filling ... \$1,471 for a crown<sup>3</sup> can be a real burden, especially if you're on a fixed income.

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

### 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.

## DENTAL Insurance

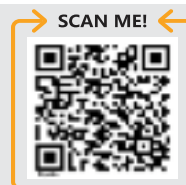
from Physicians Mutual Insurance Company, Inc.

Get your **FREE** Information Kit!

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Dental50plus.health/Topeka



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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...**

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

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

### GOD WORKS HOPE

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

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

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

### GOD WORKS PASSION, CONSISTENCY AND BALANCE

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

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

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

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



extra weights.

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

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

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

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

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

### GOD WORKS THROUGH FAITHFULNESS AND PRAYER

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

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

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

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

### WHAT WORKS FOR WITTIG

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

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

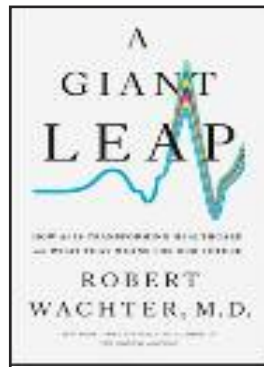
# New Health & Wellness Info at the Library

By Alex Henault

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

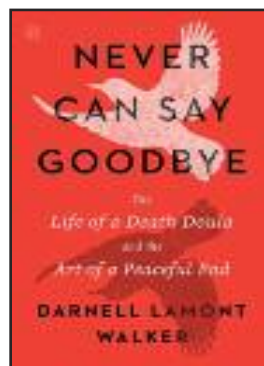
**A Giant Leap:** how AI is transforming healthcare and what that means for our future – by Robert M Wachter; Portfolio/Penguin; 2026 New Books 610.8 WAC

In *A Giant Leap*, physician and healthcare expert Robert Wachter explores how artificial intelligence is beginning to transform medicine. Drawing on interviews with doctors, tech innovators, and policy-makers, he shows how AI is helping with everything from drafting notes and interpreting images to recommending treatments and guiding surgeries. Wachter honestly addresses the risks-bias, errors, and misinformation-while highlighting AI's potential to improve care, reduce clinician burnout, and enhance patient experiences. Blending engaging stories with clear analysis, this book is a practical, hopeful guide to the future of healthcare in the age of AI.



**Never Can Say Goodbye:** the life of a death doula and the art of a peaceful end – by Darnell Lamont Walker; HarperOne; 2025 New Books 610.875 WAL

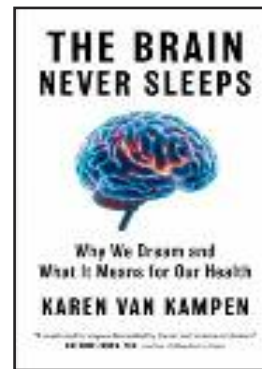
Embedded within the fabric of American society are deeply ingrained taboos surrounding death. For African Americans, these taboos are compounded by a complex interplay of factors that make conversations about death even more elusive. The echoes of systemic racism, unequal access to healthcare, and the enduring impact of generational traumas



have created an environment where death is often seen as a subject best left untouched. In his debut book *Never Can Say Goodbye*, death doula, Darnell Lamont Walker delves into the reasons behind the silence surrounding death within the Black community, narrates his personal experiences of holding space for individuals at the end of their lives, and guides and comforts those navigating grief, who silently mourn.

**The Brain Never Sleeps:** why we dream and what it means for our health – by Karen Van Kampen; Simon & Schuster Canada; 2026 New Books 612.82 VAN

Do you have common recurring dreams of missing an exam, even though it has been years since you were in college? Do certain people keep showing up in your dreams? How can you stop your dreaming brain from fixating on the same preoccupations and concerns? We spend every night of our lives dreaming, yet we remain unaware of the power and possibilities of accessing the inner sanctum of our minds. In *The Brain Never Sleeps*, Karen van Kampen guides us on a journey through dreamland, sharing how we can reclaim this other realm of thought and experience to improve our well-being. Our dreams are as real to us as our waking experiences. They have the power to influence what we think, feel and do. With our dreaming brain operating in a different mode, disconnected from the demands and distractions of daily life, we brainstorm new ideas, face our fears and uncover insights into ourselves. Van Kampen, whose father opened one of the first independent sleep laboratories in North America, acts as a unique and informed guide, combining first-person narrative with highly accessible science journalism.



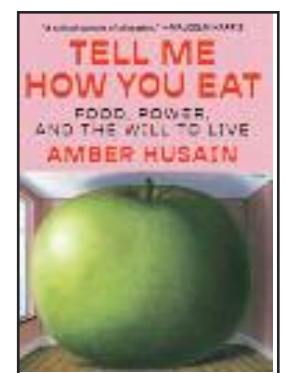
**Men's Health For Dummies** – Christine A. Adamec; John Wiley & Sons, Inc.; 2026 New Books 613.0423 ADA

*Men's Health For Dummies* is an indispensable resource that empowers you to take control of your health and well-being. This comprehensive book integrates practical tips, expert advice, and actionable strategies from a team of trusted authors. You'll get great information on the unique health challenges that men face, including heart health, mental health, fitness concerns, and conditions that affect more men than women. With this highly readable *Dummies* guide, you can gain the knowledge you need to take a holistic approach to achieving optimal health. *Men's Health For Dummies* is for men of all ages who are looking to improve their overall health and well-being—including anyone seeking a fitness boost, searching for tips on dealing with chronic illness, or needing techniques to manage mental health. This friendly book has you covered!



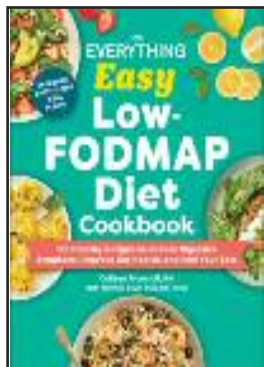
**Tell Me How You Eat:** food, power, and the will to live – Amber Husain; Washington Square Press/Atria Books; 2026 New Books 613.2 HUS

Inspired by writer Amber Husain's unorthodox route to healing from anorexia, *Tell Me How You Eat* examines not just how society views the refusal to eat, but how we understand the meaning and power of food. Suspecting that the standard courses of treatment -- as disempowering as they are ineffective -- might in fact be part of the underlying problem, Husain took part in an experimental psilocybin treatment study. Where the medical model typically tries to fix the difficult non-eater, this trial opened her mind to the idea that there might be more to fix beyond the self -- that our relationship with food might be closely entwined with our outlook on the world. Through five chapters



taking in hunger, restriction, gorging, feeding, and the making of political demands, Husain turns away from thinking about how people are shaped by food to think instead about how food can inspire people to reshape the world. Each chapter searches for reasons to eat and live through histories ranging from pus-drinking medieval nuns to Black Panther breakfast programs; from 1950s lesbian dinner parties to modern-day Gazan food bloggers. In a culture that insists “you are what you eat,” and makes every bite a fraught moral choice, Husain argues that we will only feel truly nourished when we can eat in the spirit of restoring a collective right to food, long eroded over centuries of systems and narratives that have normalized deprivation.

**The Everything Easy Low-FODMAP Diet Cookbook:** 175 healthy recipes to reduce digestive symptoms, improve gut health, and feel your best – by Colleen Francioli with Melinda Boyd; Adams Media; 2026 New Books 616.342 FRA



Manage your digestive issues, identify food triggers, and improve your overall gut health with these 175 easy and satisfying low-FODMAP recipes. From reducing bloating and gas to improving bowel movements and overall gut health, the low-FODMAP diet can be a life-saver for people dealing with digestive issues, including IBS. Yet its strict elimination and slow reintroduction process can be difficult without guidance--which is exactly where The Everything Easy Low-FODMAP Diet Cookbook comes in. This book is here to help you create gut-friendly meals that are right for you. you'll learn how to manage the eliminate phase, the best strategies for reintroducing different foods, and how to best customize the diet to suit your needs. You'll also find delicious low-FODMAP recipes for every meal of the day, including: -Pumpkin Spice Crepes that make a delicious breakfast -Pork Chops with Carrots and Toasted Buckwheat that make the perfect main dish for dinnertime -A Mixed Berry Cobbler that's the perfect dessert to wrap up any meal -And many more! With flexible meal plans, 175 easy and delicious recipes, and all the advice you'll need to

get started, you'll have everything you need to create delicious, low-FODMAP meals that will help you manage your digestive issues and feel your best.

**The Official We Do Not Care Club Handbook:** a hot-mess guide for women in perimenopause, menopause, and beyond who are over it – by Melani Sanders; Harvest; 2026 New Books 618.175 SAN

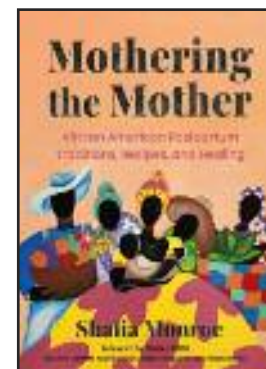


We. Do. Not. Care. Hop aboard the Hot Mess Express, Sisters, and welcome to the club! Do you wake up with night sweats at 3:26 a.m., overstimulated, mad at anything breathing, and ready to put the world on notice? Do you forget the words you are saying as you are saying them? If you have a shed and no longer care about clothes that fit or cellulite on your legs (legs is legs!), then welcome to the club--the We Do Not Care Club (WDNC). You're now a card-carrying member with an exclusive invite to the biggest hormonal party in town. This club is for all of our Sisters in perimenopause, menopause, and postmenopause who are over it.

**Mothering the Mother:** African American postpartum traditions, recipes, and healing – by Shafia Monroe ; Balance, Hachette Books Group; 2026 New Books 618.6 MON

As a mother, grandmother, and traditional midwife, Shafia M. Monroe intimately knows about childbirth and the fourth trimester. For over forty years, she's helped thousands give birth, and has taught thousands more how to support birthing parents, all integrating the deep wisdom of African American healing traditions. Long suppressed by the white medical establishment, these practices--such as belly binding, heat, herbs, the lying-in period, and the 'taking-out-of-bed ritual'--are powerful healing tools. Using them, we mother the mother through a healthy postpartum period. While this framework will be powerful healing for all mothers, the information in this book can save Black mothers' lives; with African American women disproportionately suffering from mater-

nal mortality and morbidity, there is an urgent need for an embrace of African American postpartum care that surrounds the new mother and her baby with community, love, and protection. Mothering the Mother is a resource for Black women and communities to reclaim their cultural traditions for a healthy postpartum recuperation.



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# Healthy Event Calendar for Greater Topeka

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

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

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

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

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

**HHHS FOOD TRUCK NIGHT** – Apr. 3, 4-8pm, 5720 SW 21st. Food and local bands.

**FIRST SATURDAY & SUNDAY MARKET & EGG HUNT** – Apr. 4 & 5, Woodshed Event Ctr. 1901 N. Kansas Ave. Inflatables, food trucks, free comic book & stickers + Vendors. Egg Hunts start at noon.

**EASTER FOOD GIVEAWAY** – Apr. 4, 9am, New Hope Food Pantry, 404 SW Polk. Giving away hams, sides, and other goodies to those in need.

**EASTER MORNING BREAKFAST** – Apr. 5, 8:30-9:30am, Worship service at 10am, Shawnee Heights Baptist, 4335 SE 29th St

**EASTER BUNNY FREE PICS** – Apr. 4, Noon, 909 S, Kansas Ave at Cosmos Court. Decorate a Cosmic Cookie for \$5! Bring the Family for the Saturday Family Feast. Large Pizza, 2 small salad bars and 4 build your own ice cream sundaes for just \$30!

**EGGSTRAVAGANZA** – Apr. 4, 9am-3pm, Topeka Zoo. Visitors can watch as some of their favorite animals participate in their version of an Egg Hunt with 'eggs' made out of paper mache

**EASTER EGG HUNT** - Apr. 4, 11am, First Christian, 1880 Gage. An Easter egg hunt for the community on our lawn. We will have three egg hunts: toddler, preschool and pre-K, and kindergarten to fifth grade. We will have over 4000 eggs for kids to hunt. The Easter Bunny will be in attendance and hot-dogs and chips will be served. Everyone is welcome!

**EASTER SERVICES** – Apr. 5, 8 & 10:30am, Christ Lutheran Church, 3509 SW Burlingame.

**EASTER SUNRISE SERVICE & BREAKFAST** – Apr. 5, 8am, First Baptist, 3033 SW MacVicar. Breakfast at 8:30, Sunday School for all ages at 9:15 with Egg Hunt for kids, Easter Worship at 10:30

**EASTER SERVICES** – Apr. 5, 10:30, Breakfast & activities at 9am, Beautiful Savior Lutheran, 5905 SW 10th.

**EASTER SERVICES** – Apr. 5, 11am, Fellowship Hi-Crest, 455 SE Golf Park Blvd. Easter is about God choosing to be present with us, not only in moments of joy or certainty, but in everyday life, unanswered questions, ordinary spaces, and complicated stories. We'll explore what it means to receive presence as a gift, and how being present with God shapes the way we show up for one another. It's a conversation about attention, connection, and hope that doesn't require you to have everything figured out.

**BLOCKFEST** – Apr. 9, 5:30-7pm, Public Library

**C5Alive "POWER" LUNCHEON** – Apr. 9, 11:30-1, at Celtic Fox. Featuring Shelley Robertson, speaking about Special Projects at Boys & Girls Clubs of Topeka, including the new Adventure Oasis Playground and the proposed Workforce Development and Learning Center. Free admission. Meals available from menu if desired. Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org) so we know how many to expect. Open to the public - bring a friend!

**SAVE THE DATE: C5 POWER Luncheon**, May 14, 11:30-1.

**WEST RIDGE LIVE** – every Thursday from 6:30-8:30, food court at Westridge Mall. 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.

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

**FRIDAY FLICKS** – Apr. 10, 7-10pm. Every Plaza. Jurassic Park.

**TULIPS AT TWILIGHT** - Every evening April 10-26, Wed. – Sun., 7–10pm. Family fun! A luminary walk & electric light show. Experience the Ward-Meade botanical garden and Old Prairie Town's historic buildings at night with hand-crafted electric light displays. Admission is \$5 with children 5 and under free. No pets allowed. Located at Old Prairie Town & Ward-Meade Park, 1st & Clay St. Old Prairie Town buildings open for touring.

**WAMEGO TULIP FESTIVAL** – Apr. 11-12. Wamego City Park will again be filled with over 200 craft vendors. Food trucks, a beer and wine garden, playground and inflatables for the kids, and 2 days of live music and entertainment.

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

**YOUR COMMUNITY CARES** – Apr. 11, 12:30-3:30, Every Plaza. Bring a blanket or lawn chair for music, recovery panelist, bereaved panelist, community resources, games, face painting, food

**CORNER MARKET** – Apr. 11 & all 2nd Saturdays. 29th & Adams. 50+ Vendors, food trucks, music, kids activities,

**AD ASTRA SPACE CELEBRATION** – Apr. 11, 1-4pm, Stoffer Science Hall, Washburn Campus, 17th & Washburn

**LIVE AT LUNCH** – Apr. 15, 11-1, Every Plaza. Ryan Manuel, food trucks

**ING NETWORKING GROUP** – Apr. 15, 11:30am at Big Biscuit. All welcome, free to attend, order from menu if desired.

**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](http://www.topekafc.org/event/comedy_cafe) or call the YFC office at 785-232-8296

**HOLISTIC SPIRIT MIND BODY EXPO** – Apr. 17-19, Ramada Inn. Fri. 2-7, Sat. 10-6, Sun 11-5. Raffles, Food, Fun, Readers, Practitioners. \$5 at the door.

**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](mailto:Lindsay.hubbard@hhhstopeka.org); [helpinghands@hhhstopeka.org](mailto:helpinghands@hhhstopeka.org)

**LIVE AT LUNCH** – Apr. 22, 11-1, Every Plaza. Odyssey, food trucks

**CLASSIC CAR SHOW** – Apr. 25, 3-7, 1321 SW 10th, Penwell Gabel. Cars, trucks, bikes, live music, food

truck, vendors

**RANDY STONEHILL CONCERT** – Apr. 25, 6:30pm, Seaman Community Church, 2036 NW Taylor. Free event

**K9 EDITION CAR SHOW** – Apr. 26, 12:15-4:15pm, Dugout, 1545 SW Fairlawn. Door prizes, mobile DJ, raffles.

**LIVE AT LUNCH** – Apr. 29, 11-1, Every Plaza. Mathew Mulnix, food trucks

**LIVE AT LUNCH** – May 5, 11-1, Every Plaza. Colin Nichols, food trucks

**ING NETWORKING GROUP** – May 6, 11:30am at IHOP North. All welcome, free to attend, order from menu if desired.

## ONGOING EVENTS / MEETINGS

**SK8AWAY LEARNERS SESSIONS** - Every Saturday morning 11-1, Sk8away, 815 Fairlawn Family fun environment and the best deal in town, \$8 per person but an adult skates for free with paid child! [sk8away.net](http://sk8away.net); 785-272-0303; [manager@sk8away.net](mailto:manager@sk8away.net)

**PARKINSON'S SUPPORT GROUP** meets 1st Thursday every month at 5:30 pm, Midland Hospice House, 200 SW Frazier. Jean Barton 785-478-9045.

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

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

**THE HEAT** – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. [www.flocritkansans.org](http://www.flocritkansans.org)



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

**Apr. 9, 11:30-1: "POWER" Luncheon at Celtic Fox. Shelley Robertson will speak on New Adventure Oasis at Topeka Boys & Girls Clubs**

Free Admission. Order lunch from menu if desired.  
Open to the public. RSVP to [info@C5Alive.org](mailto:info@C5Alive.org)



Save the Dates!

- May 14: POWER Luncheon, 11:30-1
- June 11: POWER Luncheon, 11:30-1
- July 9: POWER Luncheon, 11:30-1

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

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

**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 highlandheightscc.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.naranon-midwest.org

**SEX TRAFFICKING INFORMATION** - 785-230-8237

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

**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 hhhstopek.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](mailto:info@TopekaHealthandWellness.com)

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

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# Health & Wellness Marketplace

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

## MEDICAL

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

## MENTAL HEALTH - ADDICTION

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

## OFFICE SPACE FOR RENT

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

## FINANCIAL HEALTH



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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.tsopl.org](http://www.tsopl.org)

## HEALTH-CENTERED EVENTS

### Holistic Spirit Mind Body Expo

3 Days of Holistic Wellness to nurture your mind, body & spirit.  
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