

TOPEKA

JULY 2026

Health & Wellness

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MAGAZINE

**SUMMER SAFETY
TIPS FOR STAYING
HEALTHY**



**Veganic Farming:
The Future of
Clean Food?**



Hidden Sugar Creates Hidden Heart Risk
Birth and Wellness Center offers personalized care

5 Simple Tips for Fitness Success
NNO activities help keep neighborhoods safe

Helping Topekans Live Happier, Healthier Lives Since 2015!

SUMMER IS FUN BUT HOT! KNOW YOUR HEAT SAFETY TIPS!

SYMPTOMS

TREATMENT / FIRST AID

HEAT CRAMPS

- > Irritability, loss of appetite
- > Prickly heat rash, nausea
- > Muscle spasms/ twitching, moist cool skin
- > Painful muscle cramps (limbs and abdomen)

- > Drink more water
- > Have a cold shower or bath
- > Lay in cool place with legs supported and slightly elevated
- > Massage limbs gently to ease spasms or firmly if cramped, then apply ice packs and drink electrolyte replacement solutions
- > Do not give salt tablets or high sodium solutions

HEAT EXHAUSTION

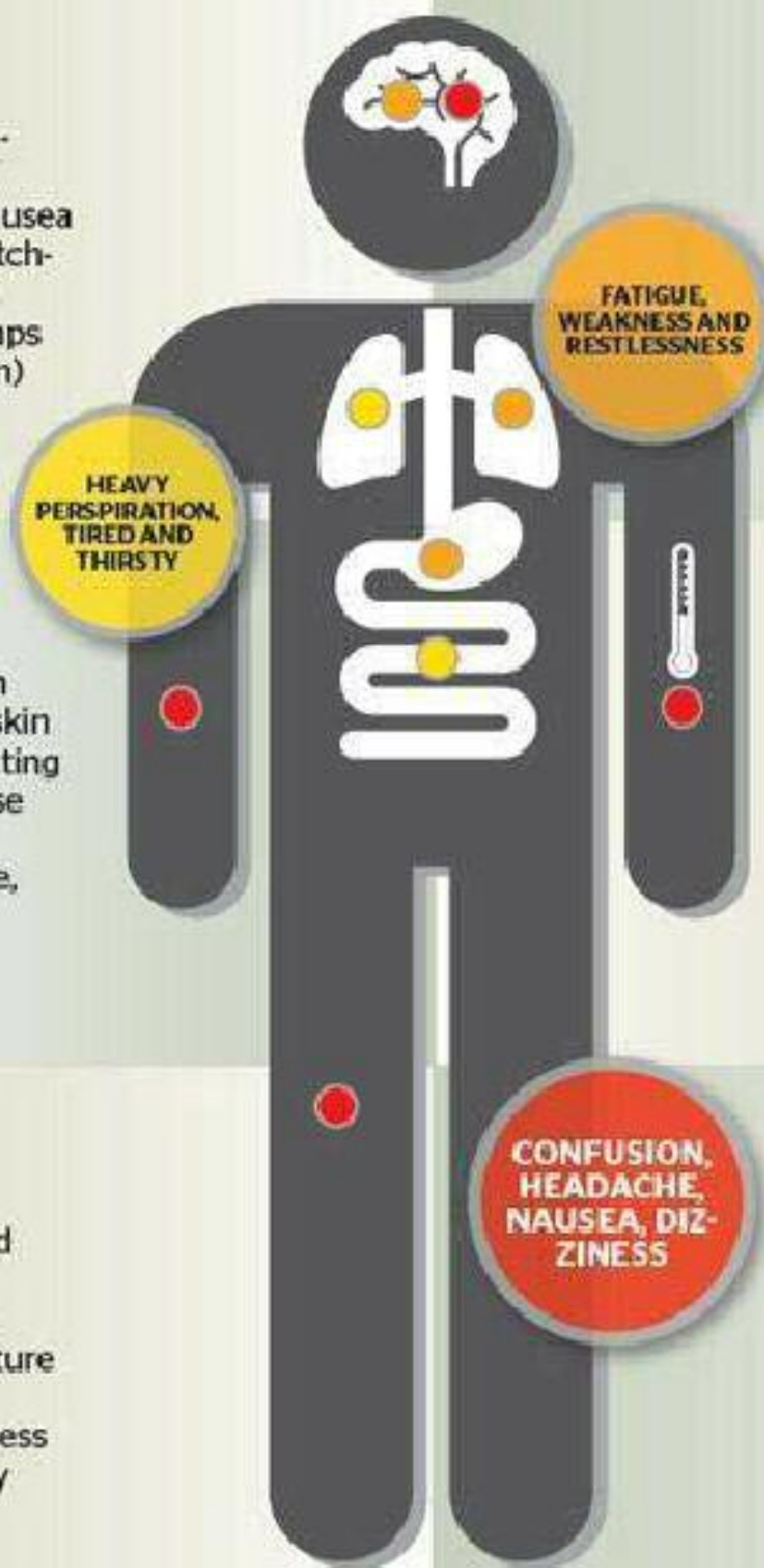
- > Profuse perspiration
- > Cold, clammy, pale skin
- > Headache and vomiting
- > Weak, but rapid pulse
- > Poor coordination
- > Normal temperature, but faintness

- > Lay victim down in a cool place as for heat cramps.
- > Loosen clothing and apply wet clothes to head and body.
- > Fan the victim, or move them to an air conditioned environment
- > Give sips of cold water or electrolyte drink
- > If vomiting continues, seek medical assistance immediately

HEAT STROKE

- > Skin flushed, hot and unusually dry
- > Dry swollen tongue
- > High body temperature (more than 40°C)
- > Deep unconsciousness may develop rapidly

- > Seek medical assistance urgently
- > In the meantime:
- > Lay victim in a cool place and remove outer clothing
- > If unconscious, check airway and breathing
- > Cool victim quickly by applying cold water or wrap in a wet sheet and fan them (keep the sheet wet)
- > When conscious, give sips of water





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ON THE COVER:

Our cover this month features a family having summer fun in the park while taking steps to keep everyone healthy.

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

Advertisers: ask how you can be featured on our cover!

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

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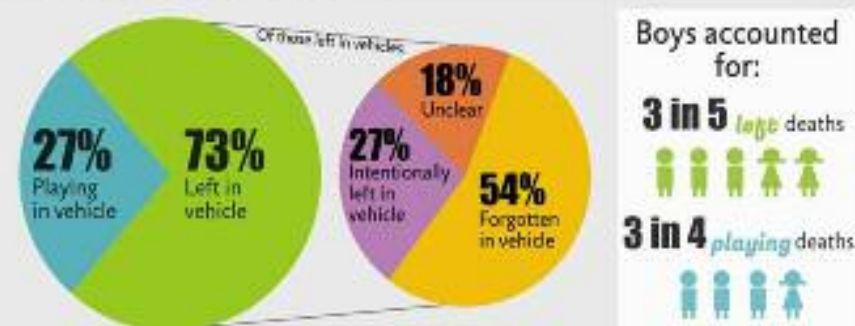


Heatstroke Deaths of Children in Vehicles

BY THE NUMBERS NHTSA (2012)

- 10** the minutes it takes for a car to reach deadly temperatures on an 80 degree day
- 38** the average number of children who die from vehicular heatstroke in the US each year
- 57** the lowest known outside temperature at which heatstroke can occur

BY CIRCUMSTANCE Guard (2005)



BY AGE Guard (2005)



TIPS NHTSA (2012)

Never leave children in a vehicle unattended, even with the windows cracked, even "for a minute"

Always check the backseat when exiting the vehicle (put your phone or your purse in the backseat to create a reminder system)

Always keep vehicle doors and trunks locked and keys out of reach

Make an agreement with your childcare provider to always call you when your child is absent

Call 911 if you see a child alone in a vehicle

For detailed sources and resources: ChildrensSafetyNetwork.org/publications/heatstrokeinfographic
For NHTSA's Look Before You Lock Campaign: safercar.gov/parents/heat-involved.htm

CSN
Children's Safety Network

www.ChildrensSafetyNetwork.org

July 2013

Heatstroke: Hot cars can quickly become deadly for children

On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car. TFI Family Services, Inc reminds caregivers to never leave children alone in a vehicle, and if you see a child alone in a car, call 911.

Heatstroke, also known as hyperthermia, is the leading cause of non-crash, vehicle-related deaths for children. It occurs when the body can't cool itself quickly enough and the body temperature rises to dangerous levels. Young children are particularly at risk as their bodies heat up three to five times faster than an adult's. Since 1998, more than 790 children across the United States have died from heatstroke when alone in a vehicle.

"A car can heat up 19 degrees in 10 minutes. And cracking a window doesn't help," said Rachelle Roo-



sevelt, TFI Family Services, Inc. "Heatstroke can happen anytime, anywhere. We don't want to see this happen to any family. That's why Safe Kids is asking everyone to help protect kids from this very preventable tragedy by never leaving a child alone in a car, not even for a minute."

Together, we can cut down the number of deaths and

near misses by remembering to ACT.

- **A: Avoid** heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.
- **C: Create** reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place your phone, briefcase, or purse in the back seat when traveling with your child.
- **T: Take** action. If you see a child alone in a car, call 911. Emergency personnel are trained to respond to these situations. One call could save a life.

For more information on preventing child heatstroke deaths, visit www.safekids.org/heatstroke.

Sunscreens: Not All Are Safe

Whether you're lighter-skinned, darker-skinned, or somewhere in the middle, protecting your skin from the sun is important. Skin cancer is the most common type of cancer. One in five Americans will develop it by the age of 70 and more than two people die from skin cancer every hour.

Using sunscreen is one of the best ways to protect yourself. Always look for broad-spectrum sunscreens that protect you from both UVA and UVB rays. Also aim for a sunscreen with at least 30 SPF. However, that's not all you need to look

for. It turns out, some of the ingredients in sunscreen can cause cancer.

Recent studies show some popular sunscreen brands contain toxic chemicals such as oxybenzone, homosalate, and octocrylene. These chemicals can disrupt hormones in the body and can lead to reproductive problems and cancer. These chemicals can be detected on the skin and in the blood weeks after being used.



mend using mineral-based sunscreens that use zinc oxide or titanium dioxide as the active ingredient.

The environmental working group keeps a close watch on sunscreens and puts out the best and worst list each year. You can check out ewg.org to see if your favorite sunscreen is safe.

Remember, no sunscreen is waterproof or sweat proof. This is why you should re-apply every two hours or after getting out of the water.

Also remember the teaspoon and shot glass rule. Use a teaspoon of sunscreen to cover your face and a shot glass full to cover the rest of your body.

—Ivanhoe Newswire

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Also, try to avoid the chemical benzene. When researchers tested sunscreen from more than five dozen manufacturers, they found that 27 percent of them contained the carcinogen, even though benzene was not a listed ingredient. Experts recom-

NNO activities help keep neighborhoods safe

National Night Out is observed every year on the first Tuesday of August. This annual event, which falls on August 4 this year, brings neighborhoods together to connect with one another and local law enforcement. The simple act of getting to know your neighbors is the best form of crime prevention.



In Shawnee County, neighborhoods are encouraged to hold individual events on August 4. Neighborhoods' activities vary – some may host an ice-cream social, cook-out, potluck dinner, or a pool party. Some events are smaller with around 25 people, and others are larger with more than 300 attending.



The City of Topeka invites all residents to join in on the fun at this year's National Night Out celebration, hosted

on Saturday, August 8, from 12:00 to 5:00 p.m. at Agriculture Hall, 1 Expocentre Drive.

This free community event brings neighbors together for a day of connection, entertainment, and family fun. The celebration will feature Touch-a-Trucks, a car show, a talent show, resource fair, face painting, food trucks and so much more!



"National Night Out is a great opportunity for our city to come together and celebrate what makes Topeka strong, our people," said City Manager Dr. Robert Perez.



"It's about building safer neighborhoods through community partnerships, and I encourage everyone to stop by and enjoy the day with us."

Hosted each year in cities across the nation, National Night Out promotes police-community partnerships and neighborhood camaraderie to make communities safer, more caring places to live.



"This event is truly about inclusion, connection, and joy," said Monique Glaudé, Director of the Office of Inclusive Communities. "Whether you're new to your neighborhood or have lived in Topeka your whole life, National Night Out is a chance to meet your neighbors, learn about local resources, and celebrate the strength of our community."



All ages are welcome, and no registration is required. Join us for a day filled with activities, music, food, and community spirit!

To sign up your neighborhood or to find out if your neighborhood has National Night Out plans, visit www.natw.org. You don't have to have a neighborhood organization to host an event, so contact your neighbors and get involved today!

TRUE Revival vs. FALSE Revivals

CHRIST OUR RIGHTEOUSNESS MINISTRY - (720) 318-3771- Free Book

Wherever the **word of God** has been **faithfully preached**, results have followed that attested its **divine origin**. The **Spirit of God** accompanied the message of His servants, & **the word** was with **POWER**. **Sinners** felt their **consciences accelerated**. The **"light which lighteth every man that cometh into the world"** **John 1:9-13**, illumined the secret chambers of their souls, & the hidden things of darkness were made manifest. **Deep conviction** took hold upon their minds & hearts. They were convinced of **sin** & of **righteousness** & of **judgment to come**. They had a sense of the righteousness of **Jehovah** & felt the **terror** of appearing, in their **guilt** & **uncleanness**, before the **Searcher of hearts**. In anguish they **cried out**: **"Who shall deliver me from the body of this death"** **Romans 7:24-25**? As the **cross of Calvary**, with its **infinite sacrifice** for the **sins** of men, **was revealed**, they saw that **nothing** but the **merits of Christ** could suffice to atone for their **transgressions**; this alone could reunite man to God. With **faith** & **humility**, they **ACCEPTED** the **Lamb of God**, that **taketh away** the **sin** of the world. Through the **blood** of Jesus, they had **"remission of sins"**.

But far too many of the revivals of **MODERN TIMES** have presented a marked contrast to those manifestations of **divine grace**. It is true that a **widespread interest** is kindled, **many profess conversion**, & there are large accessions to the churches; nevertheless, the **RESULTS** are **not such as to warrant the belief** that there has been a corresponding **increase of real spiritual life**. The light which **flames up** for a time, **SOON DIES OUT**, leaving the **darkness denser** than before.

Popular revivals are too often carried by appeals to the **IMAGINATION**, by **EXCITING** the emotions, by **GRATIFYING** the *love for what is new & surprising*. Converts thus **gained** have **LITTLE DESIRE** to listen to **Bible truth**, **LITTLE INTEREST** in the testimony of prophets & apostles. **Unless** a religious service has something of a **sensational character**, it has **no attractions for them**. A message which **APPEALS TO unimpassioned reason** awakens **no response**. The plain warnings of **God's word**, relating *directly to their eternal interests*, are **unheeded**.

With every **truly converted soul** the relation to God & to eternal things will be the **great topic of life**. But where, in the *popular churches of today*, is the **SPIRIT OF CONSECRATION TO GOD**? The converts do **not renounce** their **PRIDE** & **LOVE OF THE WORLD**. They are **NO** more willing to **deny self**, to **take up the cross**, & **follow the meek & lowly Jesus**, *than before their conversion*. Religion has become the sport of **infidels** [unbelievers] & **skeptics** [doubters] because so many who bear its name are **ignorant of its principles**.

BEFORE the **final visitation** of God's judgments upon the earth, there will be among the people of the Lord such **A REVIVAL OF PRIMITIVE GODLINESS** as has **NOT** been witnessed since *apostolic times*. The **Spirit** & **power of God** will be **poured-out** upon His children. **WHO** are **God's children** at this time? **"... the remnant of her seed, which keep the commandments of God..."** **Revelation 12:17**. At **that time** many will **separate themselves** from those churches in which **THE LOVE OF THIS WORLD** has **REPLACED** love for God & His word. **MANY**, both of **ministers** & **people**, will **gladly accept those great truths** which God has caused to be proclaimed at **this time** to **PREPARE A PEOPLE** for the **Lord's 2nd-coming**.

True sanctification is a Bible doctrine. The Bible **clearly teaches** what sanctification is & how it is to be achieved. The Saviour prayed: **"Sanctify them through Thy truth: Thy word is truth"** **John 17:17**. What is the work of the Holy Spirit? Jesus said: **"When He, the Spirit of truth, is come, He will guide you into all truth"** **John 16:13**. David says: **"Thy law is the truth"** **Psalms 119:142**. And since **the law of God** is **"holy, & just, & good,"** a **copy of the divine perfection**, it follows that a **character formed by obedience to that law** will be holy. **This is Bible sanctification**.

Birth and Wellness Center offers personalized care

Offering holistic care to locals wanting a natural birth, Lawrence Birth and Wellness gives mothers a central location to find prenatal, labor, birth and postpartum services – and more – says Jodie Mayfield, certified nurse midwife and founder of the center.

“Our mission is to empower families with personalized support, comprehensive services, and a welcoming space where you feel seen, heard, and celebrated,” Mayfield said. She is also an Advanced Practice Registered Nurse (APRN).

Lawrence Birth and Wellness, located at 515 Rockledge Road in Lawrence, is a full scope midwifery clinic – holistic birth practitioners who aim to provide more individualized care that’s flexible through the process.

“We are an out-of-hospital birth facility for those desiring natural birth, including water birth, to all low-risk people,” Mayfield said. “We also partner with Stormont Vail in Topeka to offer in-hospital birth options.”



Jodie Mayfield

In addition to care surrounding an expected birth, Mayfield’s practice offers breast exams, menopause management, contraception, comprehensive exams, labs and assessment, as well as PAP smears. Labs can include thyroid,



cholesterol, diabetes screening, and anemia. Mammograms and ultrasound can be ordered



as needed. Also, the center is in network with BCBS and Aetna.

Resolving problems like abnormal bleeding, cycle issues, menopause issues, hormone and fertility concerns are also part of the services offered, including IUD insertion/removal, Nexplanon insertion/removal and contraception education.

Mayfield has worked in many maternity settings over the last 20 years. She’s originally from the UK where she started her midwifery career and has been in the US since 2013. While continuing her midwifery career in the US, she qualified with a master’s degree from Philadelphia University in 2017 and has experience in high risk and low risk birth settings.



Lawrence Birth and Wellness also has a Topeka clinic, located at 1109 SW Topeka Blvd.

Hours at both locations are 9:00 AM to 4:00PM Monday through Friday.

For more information, call 785-856-0017, or email info@lawrencebirthandwellness.com



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We deliver at Stormont Vail or the birth center

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(785) 856-0017 • info@lawrencebirthandwellness.com

www.LawrenceBirthandWellness.com • Office hours 9-5

5 Simple Tips for Fitness Success

Congratulations on taking a forward step to get in shape and feel great. Many people are guilty of wishing they could get a sculpted body from eating junk food and watching TV all day. But that is just not going to happen. Even though getting in shape sounds like a long, time-wasting process, the effort put towards being in shape has many positive effects. If you want to start your journey to having a better body and feeling great, here are some tips:

1. Exercise Daily

Exercise daily for at least an hour. You do not have to kill yourself from running, jogging, etc., but you should have some sort of moderate physical activity in your everyday life. If you're looking to shed a few pounds fast, do a higher-level intensity workout. For example, go on a walk at a brisk pace for an hour. Or, you can jog and set certain intervals to sprint during that hour.



Make sure you're not in severe pain during your workout. Just a warning, your muscles will ache after a high intensity workout. It may be irritating, but that means your body is changing for the better. Be sure to stay hydrated, stretch, and eat foods with a decent amount of protein after each workout. The protein will help keep your muscles, not fat, rebuilding.

2. Eat the Right Foods and Portion Each Meal

No matter how bad your stomach is telling you to go for candy over healthy food, try to stay away from sweets. Sugar from candy will not help you

get in shape. Even if it's just a single candy bar, one will eventually lead to another. Fruits and vegetables are the best thing to eat when getting into shape. Apples, for example, do a good job at making the stomach feel full for up to 3 to 4 hours. Green vegetables such as green beans and broccoli keep the digestive system clean and running. Also, stick to lean meats like turkey and chicken.



Seafood, such as shrimp, and tilapia are also great alternatives. These foods are full of protein and healthy nutrients to help keep muscles fit and ready for workouts. In addition, be sure to portion what you eat. Having a good metabolism comes from portioning meals. Try to plan out eating six times a day and setting smaller portions, rather than having three large meals throughout the day. This will also help you find yourself breathing smoother when working out rather than huffing and puffing for air. This is because you will have less food in your digestive system, which means more energy is used toward your exercise.

3. Keep Track of Calories and Food Intake

Keeping track of how many calories you eat in a day will be helpful in planning out your physical exercising. Ever wonder why body builders' body masses are so big? That's because they plan out their meals and take in more (healthy) calories than the average person. On the other hand, losing weight and striving for a skinnier physique will involve more physical exercise than calories you ingest.

4. Be Sure to Get Sleep

Even though most of us have eight-hour jobs dur-



ing the day or night, it is crucial to get enough sleep to recharge the body's batteries. Six to eight hours of sleep will keep the body going throughout the day, but if you happen to feel tired at any point after coming home from work, by all means take a small nap before exercising. You should only nap for about a half hour. This will prevent you from staying up later in the night.

5. Stay Motivated

An important key to being in shape is to set goals and keep a positive mindset. Give yourself a small



reward when you reach a goal. If you stay positive, you will be able to push yourself to get that fit body you've always wanted.

—active.com

Why Veganic Farming Is the Future of Truly Clean Food

For decades, organic agriculture has been promoted as the gold standard for healthy food and environmental stewardship. Those seeking to avoid synthetic chemicals, and to support more sustainable farming practices buy or grow organic, believing they are supporting a better food system. While organic farming represents a significant improvement over conventional agriculture, the reality is that organic is simply not enough.

If you truly value clean food, clean soil, clean air, and clean water, then veganic agriculture is the way to go.

Veganic farming takes the principles of organic agriculture a step further by eliminating animal-based inputs such as manure, blood meal, bone meal, fish emulsion, feather meal, and other livestock byproducts. Instead, veganic growers build fertility through plant-based composts, cover crops, mulches, and natural ecological processes.



The fact is, almost every major food-born illness outbreak we've ever seen in the news, had its origins in the body of a cow, pig, or bird, that was being raised for the purpose of killing and eating it. This causes about 50 million cases of illness a year, resulting in about 128,000 hospitalizations and 3000 US deaths annually. Those animal pathogens find their way to our fruits and vegetables, via the poop of those animals. Often because their manures are used as fertilizer, or else leak from farm yards into water ways or run-off.

But reducing everyone's exposure to animal diseases, is not the only reason to choose veganic. Chicken farmer Joel Salatin – the darling of the regenerative animal agricultural community, inadvertently made a case for veganic growing in a recent interview he posted to YouTube titled, "Saurkraut Breaks Down Glyphosate?" Where the scientist he was interviewing explained how an organic farm fertilizing with animal manure was found to have such high levels of glyphosate in their vegetables that they wouldn't ferment properly.

Many consumers are surprised to learn that organic cer-



tification allows the use of large quantities of animal waste and slaughterhouse byproducts. While these materials may be approved under organic standards, they often come from industrial livestock operations that contribute significantly to pollution, greenhouse gas emissions, deforestation, and water contamination. In other words, food can be certified organic while still relying on systems that have serious environmental consequences.

Veganic farming addresses this contradiction by focusing on soil health through the use of cover crops, crop rotations, composted plant materials, and biodiversity-focused management. Veganic farmers create fertile, living soils that naturally support plant growth. These practices increase organic matter, improve water retention, reduce erosion, and encourage thriving populations of beneficial microorganisms, without exposing everyone to the diseases naturally found in animals and the bioaccumulation of toxins that results from eating higher on the food chain.

The environmental benefits extend beyond the soil. Animal agriculture is one of the largest contributors to methane emissions, nutrient runoff, and water pollution worldwide. By reducing reliance on animal-derived fertilizers, veganic systems help decrease demand for these environmentally intensive industries. Cleaner waterways,



healthier ecosystems, and lower greenhouse gas emissions become achievable goals rather than distant aspirations.

Critics sometimes argue that farming without animal inputs is impractical. Yet an increasing number of successful veganic farms and gardens around the world are demonstrating otherwise. All the photos you see on this page are from my own veganic gardens.

The future of sustainable agriculture requires more than simply replacing synthetic chemicals with approved organic alternatives. It requires rethinking how fertility is created and how food production impacts the broader environment. Organic farming was an important step forward, but it is not the final destination.



If we genuinely care about clean food, clean soil, clean air, and clean water, then we must look beyond organic labels and support agricultural systems that address environmental challenges at their roots. Veganic farming offers a vision of agriculture that nourishes people while restoring the planet—a vision whose time has come.

Veganic farmers will be part of the line-up at the Vibrant Vegan Fest Sept 10-14 near Kansas City, if you'd like to learn more: VibrantVeganFest.com

-By JoAnn Farb

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



JoAnn Farb

TOTAL DIET APPROACH TO

HEALTHY EATING

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

DIETARY GUIDELINES FOR AMERICANS (DGA)

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

82%	DON'T WANT TO GIVE UP FOODS THEY LIKE in order to eat healthier
68%	DON'T EAT FRUITS OR VEGETABLES at least twice per day
62%	HAVE NO TIME TO TRACK THEIR DIET in order to eat healthier
60%	JUGGLE BOTH WORK & FAMILY; PREFER to prep meals in 15 min.
36%	HAVE NO LEISURE-TIME PHYSICAL ACTIVITY

FACTORS THAT INFLUENCE EATING PRACTICES:

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

SUPPORT FOR THE TOTAL DIET APPROACH

DASH

- Dietary Approaches to Stop Hypertension (DASH)
- Eating plan consists of healthful food choices over time
- Endorsed by U.S. Department of Health and Human Services

USDA

- The U.S. Department of Agriculture (USDA)
- MyPlate Food Guidance System features a SuperTracker that creates a personalized plan with total diet and physical activity

LET'S MOVE

- Campaign launched by the White House
- Aims to reduce child obesity by improving the overall quality of children's diets and increasing physical activity

These programs encourage Americans to choose nutrient-dense foods and beverages, and reduce intake of saturated and trans fats, added sugars, sodium and alcohol.

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



Pool and Beach Safety Steps for Summer

Summer 2015 is here and many will spend at least part of the long summer days either in a pool or at a beach. The American Red Cross wants you to be safe and has some steps you can follow to safely enjoy your summer water fun:

- POOL SAFETY** Ideally, you should learn to swim before enjoying the water. While at the pool:
- Swim in designated areas supervised by lifeguards. Always swim with a buddy; do not allow anyone to swim alone.
 - Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
 - Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
 - Know how and when to call 9-1-1 or the local emergency number.

- With children, constant supervision is key:
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
 - Never leave a young child unattended near water, and do not trust a child's life to another child; teach children to always ask permission to go near water.
 - Avoid distractions when supervising children around water.
 - If a child is missing, check the water first. Seconds count in preventing death or disability.

BEACH SAFETY Swimming in the ocean takes different skills, so before you get your feet wet, it's best to learn how to swim in the surf. You should also swim only at a lifeguard-protected beach, within the designated swimming area. Obey all instructions and orders from lifeguards. While you're enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you're confident in your swimming skills, make sure you have enough energy to swim back to shore.

- Other tips to keep in mind:
- No one should use a floatation device unless they are able to swim. The only exception is a person wearing a Coast Guard-approved life jacket.
 - Don't dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.
 - Pay close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.
 - Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.

- RIP CURRENTS** Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. For your safety, be aware of the danger of rip currents and remember the following:
- If you are caught in a rip current, swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
 - Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

As the temperatures soar, more and more of us will take to the water for some summer fun. For more on how to keep you and your loved ones safe this summer, visit the swimming and water safety information on our web site.

What is Weekly Mileage Needed to Train for a Half Marathon?

Whether it's your first or tenth half marathon, approaching training with a weekly mileage goal in mind can help you better balance running with cross-training and life obligations. Plus, focusing on increasing single-run distance may help you build up to actually covering 13.1 miles, but just one long effort per week won't cancel out hardly running the rest of the days.

"One long run per week can't compensate for low overall volume because the body adapts better to frequent exposure to running stress," Justine Williams Roper, PT, DPT, RRCA-certified run coach and founder of InHer Physique Pelvic Therapy and Wellness, tells Runner's World. That's because one big run creates a spike in load your body isn't used to, but running frequently while building up that long run helps you safely build endurance, strength, and resilience.

**If you're new to running or to half marathons...
Aim for at least 15 miles per week**

If you have some shorter races under your belt but this is your first half marathon or you're new to running in general, a plan focused on minimum mileage should build up to about 15 to 25 miles per week.

Lea Genders, an RRCA-certified run coach and

NASM-certified personal trainer, recommends true beginners start by running three days a week, eventually building to four throughout the course of training with the majority (about 80 percent) of your runs completed at an easy pace. Your week should include easy runs, one lightly structured run (for example, a gentle progression run or fartlek), and one long run, Genders says. And you should follow a plan that's at least 14 weeks, but even better if you have 16 to 20 weeks to prepare.

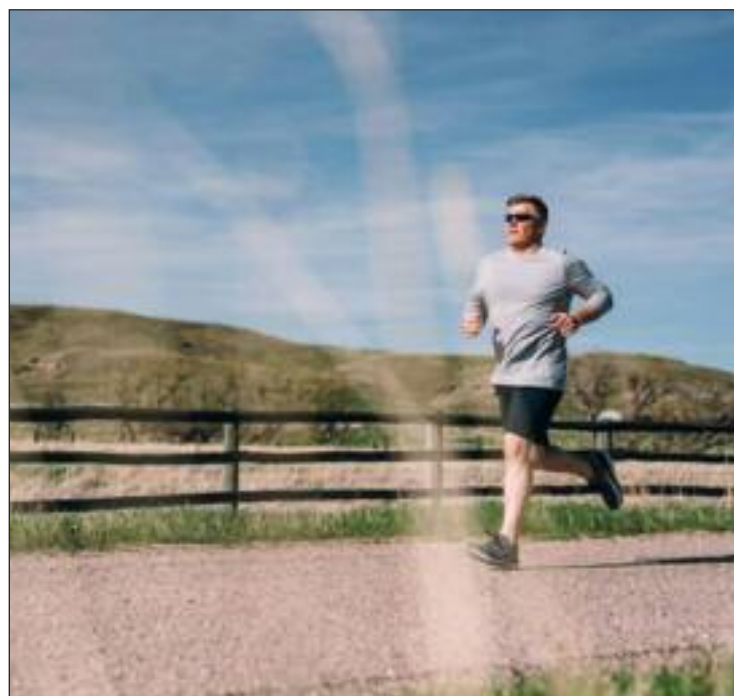
The key is making sure you don't run too much too soon to decrease your risk for injury. "You have to respect the distance and your individual recovery while putting in the miles," Genders says. The longer the plan, the more time you have to gradually build up your long run and your weekly mileage.

As for the minimum miles you should aim for in your longest long run, it comes down to your experience and confidence, Genders says. While you can likely get away with eight or nine miles as your longest effort before race day, hitting 10 miles is usually the turning point where the half marathon starts to feel real and doable for runners Genders has worked with.

If you're running just 15 to 20 miles per week total, be careful with just how far you're going on your long runs. Make sure your longest run doesn't make up more than 50 percent of your total weekly mileage—this gives your body time to adapt to training to avoid overuse injuries, Genders explains. Shorter runs during the week help build up your connective tissues, joints, and ligaments, so by putting too much of your weekly mileage into just one day, you're asking your body to handle a massive increase that it might not be ready for yet.

**If you've run a half marathon before and have a time goal...
Aim for at least 20 miles per week**

For runners who've already completed a half marathon, and might have their sights set on goals like improving time or feeling stronger



throughout the race, the minimum mileage will increase a bit. Runners in this category should aim for 20 to 25 miles per week, or up to 30, with runs spread over four to five days. Depending on your existing aerobic base, a 10- to 12-week plan can work here. If you already have endurance and durability, you need that time to adjust to half marathon pacing and intensity, Roper says.

Genders recommends experienced half marathoners with a solid base add in quality miles, like sprinkling in hill repeats or speed work once a week or every 10 days. How often you add intensity depends on how well you are recovering. (Soreness, poor sleep, nagging aches, or total exhaustion are a few ways to tell you need more recovery time.) "It's personal," Genders says. "More is not better here, if you don't recover you don't improve. And you risk injury."

You should still run at a mostly conversational pace, but one workout per week can be more purposeful, Roper says. "The biggest mistake intermediate runners make is pushing their easy days too hard and then wondering why they do not see the progress show up in their fitness data," she says. Roper recommends making your longest long run 11 miles, as long as your weekly mileage has been consistent, which means running regularly week to week without big swings in mileage.

—By Jordan Smith

**A Modern Way to Serve
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Summer Safety Tips for Staying Healthy

Summer is a great time to get outside, spend time with friends, explore the community, and enjoy new experiences. Whether you're attending community events, exercising outdoors, volunteering, or relaxing in the sunshine, it's important to take steps to stay safe and healthy during the warmer months.

People with intellectual and developmental disabilities can enjoy all that summer has to offer while practicing simple habits that support health, wellness, and independence.

Stay Hydrated

One of the most important things you can do during hot weather is drink plenty of water.

When temperatures rise, our bodies lose fluids more quickly through sweating. Drinking water throughout the day helps prevent dehydration and keeps your body functioning properly.



Hydration Tips

- Carry a reusable water bottle
- Drink water regularly, even if you don't feel thirsty
- Choose water over sugary drinks when possible
- Drink extra water when spending time outdoors or exercising

Signs of dehydration may include:

- Feeling thirsty
- Dry mouth
- Headache
- Dizziness
- Fatigue



If you start feeling unwell, move to a cool place and let a staff member, family member, or trusted person know.

Remember that even cloudy days can result in sunburn.

Protect Yourself from the Sun

Spending time outdoors is one of the best parts of summer, but too much sun exposure can lead to sunburn and heat-related illness.

Sun Safety Tips

- Wear sunscreen with SPF 30 or higher
- Reapply sunscreen every two hours when outdoors
- Wear sunglasses to protect your eyes
- Wear a hat with a brim when possible
- Seek shade during the hottest parts of the day



Dress for the Weather

Lightweight, breathable clothing can help keep you cool and comfortable.

Consider Wearing:

- Light-colored clothing
- Loose-fitting shirts and pants
- Comfortable walking shoes
- A hat or visor when outdoors

Choosing the right clothing can make outdoor activities much more enjoyable.



Know the Signs of Heat Exhaustion

Hot weather can sometimes become dangerous if your body overheats.

Signs of Heat Exhaustion Include:

- Heavy sweating
- Weakness
- Dizziness
- Nausea
- Headache
- Muscle cramps



If you notice these symptoms:

- Move to a cool or air-conditioned space
- Drink water slowly
- Rest and avoid physical activity
- Tell a staff member, family member, or trusted support person

Seek medical attention if symptoms become severe or do not improve.

Stay Active Safely

Summer is a great time to walk, visit parks, exercise, and participate in community activities.

Healthy Activity Tips

- Exercise during cooler parts of the day
- Take breaks when needed
- Bring water with you
- Listen to your body
- Don't overdo it in extreme heat



Activities like walking, swimming, fitness classes, and community outings can help support both physical and mental health.

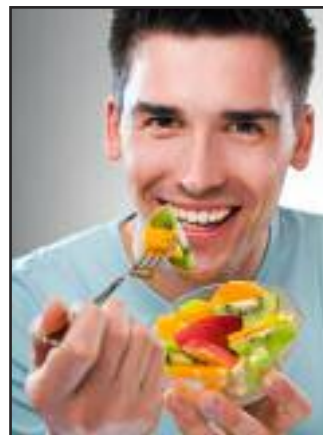
Practice Food Safety

Picnics, cookouts, and outdoor gatherings are common during the summer.

Food Safety Reminders

- Wash your hands before eating
- Keep cold foods cold
- Avoid leaving food in the sun for long periods
- Throw away food that has been sitting out too long

Safe food handling helps prevent illness.



Stay Safe During Community Outings

Summer often means more opportunities to explore the community, attend events, and travel to new places.

Community Safety Tips

- Travel with a buddy or support person when needed
- Keep emergency contact information with you
- Charge your phone before leaving home
- Know where to go if you need help
- Follow pedestrian and traffic safety rules
- Stay aware of your surroundings

Programs like Route Ready Travel Training help people build confidence and safety skills while navigating the community.



Take Care of Your Mental Health

Summer should be fun, but it's also important to take care of your emotional well-being.

Support Your Mental Wellness By:

- Spending time with friends and family
- Participating in activities you enjoy
- Taking breaks when needed
- Getting enough sleep
- Talking to someone you trust if you're feeling stressed or overwhelmed

Staying socially connected and engaged in your community can help support overall wellness.

Make Summer Memorable

Summer is full of opportunities to learn, grow, connect, and have fun. By staying hydrated, protecting yourself from the sun, practicing safety skills, and taking care of your health, you can enjoy everything the season has to offer.

Everyone deserves the opportunity to participate fully in their community and enjoy meaningful experiences throughout the year.

What's on Your Summer Adventure List?

Whether it's visiting a new park, attending a community event, volunteering, exercising, or spending time with friends, make this summer a safe, healthy, and memorable one.

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Open to the public. RSVP to info@C5Alive.org



Save the Dates!

- Aug. 13: POWER Luncheon, 11:30-1: John "Iron Man" Cantrell
- Sep. 10: POWER Luncheon, 11:30-1: Chad Parks, S.H. Coach
- Oct. 8: POWER Luncheon, 11:30-1

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BEFORE



AFTER

CRACKS IN THE BASEMENT?

Healthy Recipes for the Summertime

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

Healthier Orange Chicken



Make your own healthy version of this classic Chinese takeout dish right at home.

Ingredients

1/2 tsp. orange zest
1/3 cup fresh orange juice
1/4 cup water
3 tbsp. honey
3 tbsp. reduced-sodium soy sauce
2 tbsp. rice vinegar
1 1/2 tbsp. cornstarch
2 cloves garlic, minced
1 tsp. grated fresh ginger
1/4 tsp. crushed red pepper
1 tbsp. canola oil
1 lb. skinless, boneless chicken breast, cut into bite-size pieces
1 cup bite-size strips red bell pepper
1 cup snow pea pods, halved diagonally
2 cups hot cooked brown rice
1/4 cup thinly sliced green onions
4 orange slices for serving (optional)

Directions

For sauce, in a small bowl stir together orange zest, orange juice, the water, honey, soy sauce, vinegar, cornstarch, garlic, ginger, and crushed red pepper.

In an extra-large nonstick skillet or wok heat oil over medium-high. Add chicken, pepper strips, and pea pods. Cook and stir about 5 minutes or until chicken is no longer pink. Stir sauce mixture and add to skillet. Cook and stir 1 to 2 minutes or until thickened and bubbly. Serve over rice; top with green onions and, if desired, orange slices and additional orange zest.

Nutrition Information (Servings: 4)

380 calories, 8 g fat (1 g saturated), 212 mg sodium, 3 g fiber, 18 g sugar, 30 g protein

-Source: eatthis.com

Spicy-Cool Southwest Turkey Burger



The recipe developed as a healthy option for Hardee's restaurants.

Ingredients

2 Tbsp olive oil mayonnaise
1 Tbsp chipotle puree
1 Tbsp lime juice
1 lb ground turkey
1 Tbsp Magic Blackening Rub (1 Tbsp paprika, 1 Tbsp salt, 2 tsp black pepper, 2 tsp ground cumin, 2 tsp garlic powder, 2 tsp onion powder, 1 tsp dried oregano, and 1/2 tsp cayenne pepper)
Salt and black pepper to taste
4 slices pepper Jack or Monterey Jack cheese
4 English muffins or potato rolls, lightly toasted
1 avocado, pitted, peeled, and thinly sliced
1/2 cup Pico de Gallo (make your own, or buy pre-made)

Directions

In a mixing bowl, combine the mayo, chipotle puree, and lime juice. Reserve.

Preheat a grill, grill pan, or cast-iron skillet over medium heat.

Gently form the turkey into 4 equal patties (being careful not to overwork the meat, which makes for dense, tough burgers).

Season both sides of the burgers with the blackening rub, plus salt and black pepper.

Cook the burgers on the grill for about 4 minutes, until a nice dark crust has formed on the bottoms.

Flip and immediately cover with the cheese.

Continue cooking for about 4 minutes longer, until the cheese is melted and the burger is just firm to the touch.

Top 4 English muffin halves with the avocado slices and Pico de Gallo, then place a burger on top of each.

Spoon the chipotle mayo over the burgers and serve.

Nutrition Information (Servings: 4)

470 calories, 26 g fat (7 g saturated), 520 mg sodium

-Source: eatthis.com

Cloud Bread Cinnamon Pancakes



Turning cloud bread into delicious cinnamon pancakes! Yes, cinnamon pancakes can be a healthy and filling way to start your day.

Ingredients

1 cup (237 ml) egg whites
1 tbsp. (8 g) cornstarch, almond flour, or arrowroot starch
2 tbsp. (25 g) monk fruit sugar substitute or 2 packets of stevia
1/2 tbsp (4.5 g) cinnamon
1/3 tsp. (2 g) salt
1/4 tsp. (1.5 ml) vanilla extract
1 tsp. (5 g) butter, ghee, or coconut oil
1/2 tsp (1.3 g) powdered sugar

Directions

Beat 1 cup (237 ml) egg whites until big and cloud-like.

Add in 1/2 tsp (8 g) cornstarch, almond flour, or arrowroot.

Add in 1/4 tsp monk fruit sweetener or one packet of stevia, cinnamon, salt, and vanilla extract to the raw egg white batter.

Beat again.

Grease a skillet with butter or oil and bring to medium heat. Spoon 1/3 cup (80 ml) cloud bread "pancake batter" into the pan in the same way as you would cook pancakes. After 2 to 3 minutes, flip and cook for an additional 2 to 3 minutes on the other side.

Top with cinnamon or optional powdered sugar (or another sweetener) and enjoy.

Pairs well with fruit as a complete breakfast!

-Source: eatthis.com

Hidden Sugar Creates Hidden Heart Risk



(Ivanhoe Newswire) —

Experts say one heart risk factor often flies under the radar: blood sugar swings. Nearly 98 million American adults have prediabetes, and more than 80 percent don't know it. Many people associate blood sugar with diabetes, but doctors say repeated spikes and crashes can affect anyone, increasing inflammation and raising heart disease risk. Experts say millions may be stressing their hearts simply by choosing the wrong "healthy" foods.

537 million adults worldwide are living with diabetes, and experts warn the damage often starts years before a diagnosis.

"If your blood sugar levels are spiking and spiking, often that is contributing to your risk of getting diabetes in the future," said Megan Ware, Registered Dietitian.

Experts say over time, chronic blood sugar spikes can damage blood vessels and increase the risk of heart disease which is why doctors pay close attention to blood sugar. For many people it starts with everyday food choices. Those bars you see at the counter? They may look healthy but many pack a sugar punch.

"Sometimes they have upwards of 40 grams of sugar in them or 60 grams of carbohydrates in them," explained Ware.



Experts say rapid blood sugar swings can lead to fatigue, brain fog, cravings, and energy crashes, even in people without diabetes.

Dried fruit is another culprit. If you find some that don't contain added sugar, they can still spike your blood sugar. These fruits have been dehydrated and may contain just as much sugar as a whole fruit but in a single bite. Potatoes can do it too. Their high carbohydrate content means they break down quickly, sending glucose rushing into the bloodstream. Even a short burst of movement after a meal can help lower the spike and stabilize blood sugar.

And what you pair your carbs with matters. Meat and fish, tofu, nuts, eggs, and cheese, can slow that flow of glucose and help stabilize blood sugar.

And one more favorite food to watch out for, breakfast cereal. Many are high in carbohydrates and low in fat or protein, which means they digest fast and can flood the bloodstream with glucose, causing a spike and a crash soon after.




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Celebrating You, your Family, and Friends in July

July is a warm and festive month that offers a perfect opportunity to celebrate life with family and friends. Celebrating together has profound health benefits that enhance our overall well-being and creates lasting bonds.



Rebecca Wharton

Physical Health Benefits

As you share meals with loved ones, share healthy recipes to support healthier eating habits. Preparing and enjoying nutritious dishes together fosters better dietary choices to physical health and well-being.



Positive social interactions also enhance your immune function through joy and laughter shared during celebrations. Less stress hormones increases the production of antibodies that help the body fend off illness.

Mental Health Benefits

Spending time with supportive family members and friends creates a sense of comfort and security that reduces stress and anxiety. The support of loved ones helps us navigate life's challenges with greater ease and resilience.

Celebrations are filled with joy and laughter, which boosts mood and increases levels of serotonin, the "feel-good" hormone. Laughter is a natural antidepressant that helps promote a more positive outlook on life.



Engaging in conversations and activities with others stimulates the brain, improving cognitive function and memory. Social interactions challenge the mind, keeping it active and sharp.

Emotional and Social Benefits

Celebrating together strengthens bonds with family and friends. These connections provide emotional support, fostering a sense of belonging and reducing feelings of loneliness.

Being part of a community or group celebration creates a sense of belonging. This feeling of connectedness enhances self-esteem and confidence, contributing to overall emotional well-being.

Celebrations create lasting memories that can be cherished for years to come. These shared experiences strengthen relationships and provide a sense of continuity and tradition.

Fostering a Sense of Oneness

Celebrations in July can be an opportunity to include everyone, regardless of background or beliefs. Embracing diversity and inclusivity fosters a sense of oneness and unity.

Working together to plan and execute celebrations can promote teamwork and cooperation. Collaboration creates a shared sense of purpose and achievement.

Celebrating with loved ones encourages gratitude and appreciation for the people in our

lives. Expressing gratitude can enhance relationships and promote a positive, supportive environment.



July is a wonderful time to celebrate life with family and friends, embracing the warmth and joy of togetherness. By fostering a sense of oneness, we can support each other and enhance our overall wellness.

Whether it's a simple gathering or a grand celebration, the connections we nurture this month can create lasting bonds and enrich our lives in countless ways. So, let's celebrate each other, cherish our relationships, and enjoy the many health benefits of togetherness!

—Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach offering one-on-one Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement. She can be reached at thefunctionalnursecoach@gmail.com or 913-298-1092.



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Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.¹

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

Early detection can prevent small problems from becoming expensive ones.

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

Previous dental work can wear out.

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

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

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

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

When you're comparing plans ...

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

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

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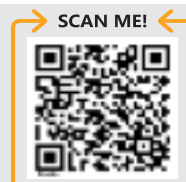
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Spiritual Wellness

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

Restored, so that...

For I will restore health to you and heal you of your wounds,' says the Lord.

Jeremiah 30:17 (NKJV)

Whether you are on a journey to get in better shape and improve your health or if you are battling a life-threatening illness, God wants to heal you.

Many people commit to getting healthy at the beginning of the year. Most New Year's resolutions include things like losing weight, eating better, and starting an exercise program.

Those are all great intentions, but when they stand alone, outside of the overall picture of your life, they are bound to fail.

God is our Creator and therefore He is our Help and our Healer. He is the one who knows how we need to live our lives, even how we eat and exercise, so that we can live our best lives.

Oftentimes, we set these goals because we want to look a different way, to look "better," to be accepted or to fit in. Sometimes we realize we need to set goals because we've failed to take care of ourselves, of the body God entrusted to us. Over time, people tend to fall into habits that aren't so good for them.

God wants to restore us. Not only does He want to restore our physical health but also our spiritual and mental health as well. He wants to restore us to a healthy version of ourselves so that we can live the life He's called us to live. It is difficult to ask the Lord,

"What's Next?" and be ready to obey when we lack energy and stamina, and when we don't feel good about ourselves.

I don't know where you are on your healthy living journey. But, if you feel like you've fallen off the wagon, so to speak, or gotten off track, God wants to restore you to health. He wants to restore you to health so that you are free to be who He created you to be. He has a plan and a purpose for you.

If you are fighting a battle of deteriorating health due to severe illness or disease, God is your healer. I don't know how He will choose to heal you, but I know He can and He will, in His way and in His time. He has a plan for you, and there is purpose in where you are right now.

No matter where you are today and what kind of healing or restoration you need, know that your Creator knows exactly what you need and is ready to heal and restore.

We serve a mighty God!

Action Step

Spend time with your Healer each day this week. Implement one new healthy habit and practice it daily, then get ready for Him to show you what's next.

—Marsha Apsley /
faithandfitness.net



New Health & Wellness Info at the Library

By Alex Henault

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

Body Electric: The Hidden Health Costs of the Digital Age and the New Science To Reclaim Your Well-Being – by Manoush Zomorodi; Flatiron Books; 2026 New Books 613.ZOM

From the award-winning journalist and TED Radio Hour host comes a timely investigation into how screens and sitting are reshaping our bodies-and how a simple shift can change everything. In today's world, a normal day means sitting in front of a screen for eight to ten hours. Meeting after meeting. Email after email. We leave our desks drained, overstimulated and unfocused, only to go home, sit down again, and scroll some more. The result? Headaches, back pain, restless sleep, and rising rates of preventable disease. We know technology is breaking us down--so why can't we break away? It's a question that Manoush Zomorodi has always wanted to answer. As the host of the TED Radio Hour, she has interviewed experts, conducted citizen experiments, and sought out research about how our digital lives are changing the way we think, learn, and feel. Now, in *Body Electric*, she presents an eye-opening investigation into the impact technology and sedentary living has had on our bodies and brains, from breath and eyesight to blood pressure, posture, and productivity, and shares what science (and tens of thousands of participants in a groundbreaking study with Columbia University Medical Center) have taught her--it's the small shifts, not the digital detoxes, that will make us healthier. Filled with perspective-shifting data and real-life applications and tools, *Body Electric* is the next must-read for fans of *Four Thousand Weeks* and *The Anxious Generation*, and anyone feeling trapped by their technology.

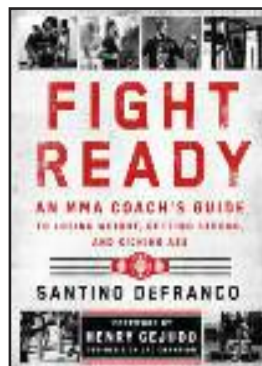
Fight Ready: An MMA Coach's Guide to Losing Weight, Getting Strong, And Kicking Ass – by Santino DeFranco; St. Martin's Griffin; 2026 New Books 613.7 DEF

The ultimate fitness guide by former high ranking fighter

and one of the top MMA trainers in the country, Santino DeFranco-with a foreword from the two-division UFC champion Henry Cejudo. To be "fight ready" is to exist in a state of optimal physical and mental preparedness that enables a fighter to execute and perform at a peak level at any moment. In *Fight Ready*, Santino DeFranco draws on his expertise from training world-class mixed martial artists and UFC fighters like Henry Cejudo, Tracy Cortez, Kamuela Kirk, and The Korean Zombie to show readers how to become fight ready inside and outside of the cage. Through healthy, gimmick-free, easy-to-understand techniques, *Fight Ready* helps readers learn how to lose weight and keep it off while improving their strength, endurance, and mental outlook towards their health. Highlighting successful and safe practices for readers at every stage of their fitness journey, *Fight Ready* simulates a customizable professional fight camp experience for readers to achieve their own diet and fitness goals-whether or not they ever intend to compete in MMA. In a market saturated by faux science and magic bullet diets, *Fight Ready* cuts through the noise to provide clear, practical diet and fitness advice that is actionable, sustainable, and battle-tested-all while offering VIP, behind-the-scenes access to the world of mixed martial arts and the Ultimate Fighting Championship. So, are you ready to become fight ready?

10-minute Chair Yoga Exercises for Seniors: 40 Poses To Build Strength And Flexibility For Fall Prevention – by April Hattori; Callisto Publishing; 2026 New Books 613.70446 HAT

Keeping ourselves in motion becomes even more important as we age. This guide for seniors makes it easy to stay stronger for longer with safe and simple chair yoga! Step-by-step instructions and helpful illustrations explain how to improve flexibility, strengthen balance, and help relieve aches and pains with poses and routines that you can do from a chair in just 10 minutes.

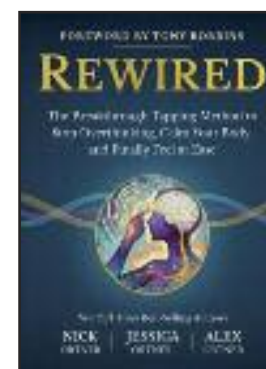
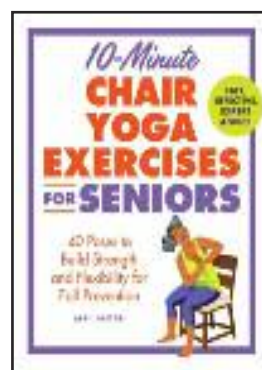


Walk: Rediscover The Most Natural Way To Boost Your Health And Longevity – One Step At a Time – Courtney Conley; Balance; 2026 New Books 613.7176

Did you know... * Your risk of falls and overall longevity can be measured by your foot health; * Your walking speed can predict your overall health status and risk of early death; * Increasing your walking cadence has been shown to help reduce knee, hip, and lower back pain; * The number of daily optimal steps is not 10,000 (spoiler alert: it's fewer!)? What James Nestor did for breathing, Christopher McDougall and Mark Cucuzzella did for running, and the Starretts have done for mobility, founder of Gait Happens Dr. Courtney Conley and Dr. Milica McDowell do for walking. Walking is as important to our health and longevity as sleep and proper breathing; it is the 6th vital sign. And yet we've almost engineered it out of our lives. *Walk* is an expert-driven, science-backed guide that not only underscores the power of movement to just about every aspect of our life, it restores walking to its rightful spot as one of the key pillars of health. With self-assessments; easy daily movement snacks to help with low back pain, foot pain, and "dead butt syndrome," and a full customizable program to enhance mobility and overall fitness, *Walk* gives you the keys to health and longevity--which you've been standing on all along.

Rewired: The Breakthrough Tapping Method to Stop Overthinking, Calm Your Body, And Finally Feel At Ease – Nick Ortner; Hay House LLC; 2026 New Books 615.851 ORT

Are stress and anxiety taking a toll on your life? Do you want a scientifically validated, practical tool for lasting emotional relief? Nick, Jessica, and Alex Ortner offer the answers you need to rewire your brain and regulate your nervous system. This transformative path to healing starts with the Emotional Freedom Techniques (EFT), or Tapping. Since the publication of the Ortner's first guide, *The Tapping Solution*, substantial



advancements have occurred in neuroscience, trauma research, and somatic therapy. This new book integrates these latest scientific breakthroughs, providing a deeper, evidence-based understanding of why and how Tapping works--in perfect timing, because in our current climate of global anxiety we need emotional resilience more than ever. Chapter by chapter, emotion by emotion, the Ortner's explain the neuroscience behind common ailments like frustration, overwhelm, and self-doubt, and guide you through tailored tapping practices to shift you out of these feelings at their roots. More than just a guide to Tapping, this is a user manual for reclaiming control of your emotional well-being, stop living on autopilot, and create a more resilient life.

The Unfragile Mind: A Physician's Call For Restoring Hope and Humanity to Mental Health Care – by Gavin Francis; The Experiment; 2026 New Books 616.89 FRA

According to the National Institute for Mental Health, over fifty-nine million adults and nearly a fifth of adolescents in the US have been diagnosed with some form of mental illness, with about 50 percent receiving treatment. But the explosion in diagnoses over the last ten years may be doing more harm than good: encouraging patients to define their identities in terms of their deficits, contributing to the overprescribing of pharmaceutical drugs, and saddling a generation with constricting labels that can linger long after symptoms have resolved. Drawing on thirty years of medical experience, Dr. Gavin Francis, a general practitioner, delves with subtle nuance into the tangled history of psychiatry and the problems that he addresses daily in his patients' lives: mood disorders, trauma, anxiety, and addiction. Expertly reckoning with the historical treatment of mental illness and today's realities, Dr. Francis examines how mental health care has evolved--and how a system built on diagnosing illness and prescribing medication too often forces patients into diagnostic boxes, with labels that too often become self-fulfilling prophecies. Including case studies and conversations with therapists, psychologists, and psychiatrists, Dr. Francis takes a multifaceted approach to the constantly shifting landscape of mental health to argue that the mind, far from being something rigid and fragile, is in fact dynamic and adaptive, best treated with compassion, flexibility, and curiosity.

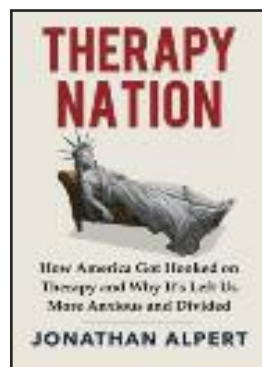
Therapy Nation: How America Got Hooked on Therapy and Why It's Left Us More Anxious And Divided – by Jonathan Boyd Alpert; Hanover Square Press; 2026 New

Books 616.8914 ALP

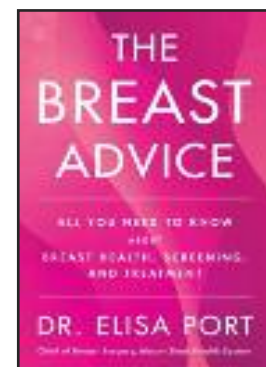
Psychotherapist Jonathan Alpert delivers a provocative look at how therapy culture has reshaped the way we live, speak, and relate to one another, and how it's changing the fabric of American life. In today's America, therapy is everywhere. Seeing a therapist is no longer taboo, and mental-health resources are more accessible than ever. Yet despite this positive progress, anxiety and depression among Americans are now at record highs, and the country feels more divided than ever. It's time to consider the possibility that we've become over-therapized, and examine how this practice, intended to heal, may be making us weaker instead of stronger. After twenty years as a practicing therapist and frequent commentator on mental health in national media, Alpert has come to an unsettling conclusion: his own profession is part of the problem. Concepts and buzzwords once confined to therapy sessions have infiltrated public discourse, where their meaning and purpose becomes distorted and weaponized -- sometimes intentionally. Therapy-speak terms like "toxic" and "narcissist" are now a feature of daily conversations, and feeling good has replaced getting better. A subtle but dangerous shift among therapy professionals in recent years has led many to trade accountability for affirmation, leaving patients stuck in cycles of self-focus and avoidance. In many cases, too much therapy, or the wrong kind, can have painful effects on individuals, families, communities and our nation. Drawing from case studies and broadening the lens to consider larger social forces beyond the therapist's office, Alpert examines how therapy culture helps drive the anxieties dividing America today. He makes the urgent case for his profession to heal itself -- so they can get back to healing us.

The Breast Advice: All You Need to Know About Breast Health, Screening, and Treatment – by Elisa Port; HarperOne; 2026 New Books 616.99449 POR

Breast cancer is the most common cancer affecting women in the United States. There are 300,000 women diagnosed in the United States each year, and of all cancers women get, one in three will be breast. Everyone has been touched by breast cancer in some way - as the more than 4 million breast cancer survivors in the US can attest. With misinformation flooding us from chat forums to wellness influencers, where can we turn for the truth? The Breast Advice offers a trustworthy resource as you navigate assessing your risk of breast cancer, navigate screening and prevention, and treatment, dispelling



myths and laying out the facts, including the latest innovations from AI to new screening techniques. Bringing in patients' wisdom together with her 25 years of experience as one of New York's most celebrated specialists, Mount Sinai's Chief of Breast Surgery Dr. Elisa Port has created a comprehensive guide to breast cancer risk, diagnosis, and treatment.



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estaley@tscpl.org
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Healthy Event Calendar for Greater Topeka

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

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

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

WOODSHED MARKET – Sundays 9-2, 1901 N. Kansas Ave.

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 4 thru Oct., 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

BREAD BASKET FARMERS MARKET – Every Saturday 7:30am-1pm in the West Ridge Mall parking lot, south end.

LAWRENCE FARMERS MARKET – Sat. 7:30 – 11:30am, 824 New Hampshire St

SATURDAY CRUISE NIGHTS – 5-9pm: 1st Sat: Spangles, 29th & Topeka Blvd (Cruise the Blvd!); 2nd Sat: Fairlawn Plaza; 3rd Sat: The Dugout, 17th & Fairlawn; 4th Sat: The Pad; 5th Sat: The Dugout.

FREEDOM FESTIVAL AT WAMEGO – June 30-July 4, 6-10pm, Wamego. Carnival. July 4: car show, antique tractor show, a parade at 6 p.m., a free concert at 7:30 pm & 10:30 pm. Spectators sitting in a full 360-degree circle around the fireworks performance

CELEBRATE AMERICA: A CAPITOL KANSAS CONCERT – July 2, 7 - 9 pm on the grounds of the Kansas Statehouse. The first hour will feature opening remarks, an invocation, an appearance by Kansas Poet Laureate Traci Brimhall and music by the Capital City Chorus. The Topeka Symphony Orchestra from 8 to 9 p.m. will perform a patriotic concert highlighting this nation's music and heritage, said a Visit Topeka press release. A lights and fountain show synchronized with music at Everygy Plaza follows. Bring chairs or blankets. Food trucks on-site, and a beer garden will be available in front of Celtic Fox

HHHS FOOD TRUCK NIGHT – Jul. 3, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals.

FIRST FRIDAY MUSIC IN REDBUD PARK - July 3, 6-9pm. Ginger Cat & the Dirt Road Dogs

LOPEZ/CRUZ FIREWORKS SHOW – July 3, 9pm, Sante Fe park

FIRST FRIDAY ART WALK BRIDGE ART DEDICATION – July 2, 4pm, under the Kansas Avenue Bridge. Ribbon cutting, acknowledgments, refreshments

SPIRIT OF KANSAS FIREWORKS & BLUES FESTIVAL - July 4, 9am-11pm, Lake Shawnee - Reynolds Lodge. Blues festival 11-8, kids activities, vendors, food trucks, car show 9-3, fireworks at 10pm.

WALNUT VIEW 4TH OF JULY PARADE – July 4, 10:30am parade & potluck, SE 34th Terr. & SE Burton.

INDEPENDENCE DAY CELEBRATION – July 4, 10am, Grace Cathedral

COLLINS PARK NEIGHBORHOOD JULY 4TH PARADE – July 4, 11am. 15th & Collins

OVERBROOK INDEPENDENCE DAY CELEBRATION – July 4, 6pm at Overbrook City Lake. Food Trucks • Snow Cones • Inflatable Water Slide & Basketball (free) • Free Watermelon & Glow Sticks • Face painting. DJ Dusty Workman. FIREWORKS 9:45pm

LIVE AT LUNCH – July 8, 11-1, Everygy Plaza. Savanna Chestnut, food trucks

OSAGE COUNTY FAIR – July 9-11, Osage City Fairgrounds. Carnival, exhibits, entertainment, and fun. See Osage County Fair Association on facebook for details.

C5Alive “POWER” LUNCHEON – July 9, 11:30-1, at Celtic Fox. Free admission. Meals available from menu if desired. Please RSVP to info@C5Alive.org so we know how many to expect. Open to the public - bring a friend!

SAVE THE DATE: C5 POWER Luncheon, Aug. 13, 11:30-1, Celtic Fox, featuring Sam Brownback

EATS AND BEATS – July 9, 6-9pm, Everygy Plaza. Atomic Cowboys opening for Undercover

FRIDAY FLICKS – Jul. 10, 7pm, Everygy Plaza. “Rocky IV” is showing. Food Trucks on hand: Hook & Que, Unique Treats, Kona Ice. Kids activities. Movie starts at 8pm.

CORNER MARKET – July 11 (2nd Saturdays) 29th & Adams. 20+ Vendors, food trucks, music, kids activities

CAR SEAT CHECK LANE – July 11, 9-12. YMCA, 3635 SW Chelsea Dr. Get your car seat installation checked by a certified technician quick, free.

SECOND SATURDAY CONCERT SERIES – July 11, 5:30pm, Downtown on SW 8th in front of Celtic Fox. The Bash

KANSAS AUG. 4TH PRIMARY REGISTRATION DEADLINE – July 14. sos.kansas.gov

EATS AND BEATS – July 14, 6-9pm, Everygy Plaza. Justin Fowler opening for Howard Mahan

FIESTA TOPEKA – July 14-18, Our Lady of Guadalupe Church, 201 NE Chandler. Great food, music, rides, and more

FIESTA TOPEKA PARADE – July 11, 10:30am, Downtown
LIVE AT LUNCH – July 15, 11-1, Everygy Plaza. Demitro Gonzalez, food trucks

SUMMERTIME BLUES – July 15, 6-9pm, Gage Park Amphitheatre. Velvet Blues Revue, Smoke This & Unique Treats Food Trucks. Free event.

FRIENDS OF THE LIBRARY BOOK & MEDIA SALE – July 18-19, 9-3, 1515 SW 10th Ave. Open to the public! Shop high-quality used books, DVDs, CDs, audio-books and records. On the 19th, fill a grocery bag for \$10

LIVE AT LUNCH – July 22, 11-1, Everygy Plaza. Rick McClettan, food trucks

EATS AND BEATS – July 23, 6-9pm, Everygy Plaza. Mike G opening for Stranded in the City

FOR THE CULTURE KS FEST – July 24-25, Everygy Plaza. Celebrate African American culture, featuring music artists, creatives, impactful speakers, businesses, vendors, and much more.

PANCAKE FEED AT SHAWNEE CO. FAIR – July 25, 7-11:30am, Stormont Vail Events Ctr. \$7 all you can eat.

SHAWNEE COUNTY FAIR - July 23-26, Stormont Vail Event Center. Find all the information on the fair at www.shawneecountyfair.org

GOLDEN CONNECTIONS RESOURCE FAIR – July 25, 9am, Ag Hall. Helping older adults stay engaged, supported, and inspired through meaningful connections—with services, resources, and with their community.

LIVE AT LUNCH – July 29, 11-1, Everygy Plaza. Jar-

rod Casner, food trucks

EATS AND BEATS – July 30, 6-9pm, Everygy Plaza. Evolution opening for Mikey Needleman Band

TOUCH A TRUCK – Aug. 1, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. Free snacks for all. Free book for first 100 kids.

ONGOING EVENTS / MEETINGS

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

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

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

THE HEAT – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. www.flocritkans.org

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

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.,



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

TOPEKA COSMOPOLITAN CLUB: The Club that fights Diabetes -- Meetings: first three Thursdays of every month, 12

TopekaHealthandWellness.com

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4TH ANNUAL
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- Craft & vendor fair
- Food trucks
- Kids games & activities
- Inflatables

- Petting zoo
- Face painting
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Volunteers Needed!

- Pet care services
- Carnival Games
- Cake Walk for kids
- Trunk or Treat
- Pumpkin decorating

HEALTH & WELLNESS FAIR PRESENTED BY HEALTH & WELLNESS MAGAZINE

- Health screenings
- Safety instructions & education
- Health & Wellness products & samples
- Health information & education

- Fitness information & demonstrations
- Gymnastics & Exercise demonstrations
- Personal Safety Items & Education
- Emotional & Mental Health Information

100+ VENDORS & SPONSORS FOR OUR MARKET, HEALTH FAIR, FOOD COURT, MUSIC STAGE & KIDS GAMES!

 Find us on Facebook: Topeka Fall Fest, or email info@C5Alive.org






















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

MENTAL HEALTH - ADDICTION

MENTAL HEALTH - ADDICTION TREATMENT - Adult Crisis Services
785-234-3300 www.astraks.org

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

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

Call 785-580-4400 or visit www.tscpl.org

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