



HealthyKansas Summits set for June

Governor Kathleen Sebelius' HealthyKansas program and the Kansas Recreation and Park Associations (KRPA) will be convening four regional summits in June to promote opportunities to encourage physical activity, healthy eating and avoiding tobacco in Kansas.

"This is a unique partnership between many organizations across the state that are committed to helping Kansans get more physical activity, eat healthy and avoid tobacco," Sebelius said. "We know that improving these three individual behaviors will have a positive lifetime impact on their health."

The summits are a Friday/Saturday event organized by HealthyKansas and KRPA in partnership with a host at the following locations:

- June 6-7, Johnson County Community College, Overland Park;
- June 13-14, Ft. Hays State University, Hays;
- June 20-21, Garden City Community College, Garden City; and
- June 27-28, Pittsburg State University, Pittsburg.

Friday is planned as a single-day workshop for professionals working in the region serving the three HealthyKansas target markets: children in schools, adults in the workplace and seniors in their community. Saturday will be a community health fair that will offer the public resources about making healthy choices in their lives, and include the opportunity to participate in the 'What's Your Mile?' walking fitness test.

Summit information and registration is available online at www.healthykansas.org. Cost for the Friday workshop is \$30 per person. Secretary Roderick L. Bremby, Kansas Department of Health and Environment, will be the keynote speaker at each of the regional summits. The Saturday community health fair is free.

HealthyKansas was started in 2004 by Governor Kathleen Sebelius to encourage children in schools, adults in the workplace and seniors to take more responsibility for improving their health by increasing their level of physical activity, eating a better diet and avoiding tobacco.

More information on HealthyKansas can be found at www.healthykansas.org.