





Healthy Babies

Community Baby Shower



Healthy Babies

Community Baby Shower



Healthy Babies Community Baby Shower

OH BABY.....

Shawnee County Resource Guide
for Expectant Mothers

**Guide
Available
at:**

www.shawnee-countyecc.org/new-and-expectant-mothers-guide/



HEALTHY BABIES

WORKGROUP



Routes and Detours (effective 8/1/15)

Fares

Contact Info / Customer Service

Riding

2015 Holiday Schedule

2016 Holiday Schedule

Hours of Operation

Quincy Street Station

Buy passes, tickets, or ride cards

Paratransit

Other Transportation Options

Bike & Bus

视频: 如何乘坐公交车

Access & Knowledge of Health Care Transportation Directory

[Routes and Detours \(effective 8/1/15\)](#)[Fares](#)[Contact Info / Customer Service](#)[Riding](#)

Other Local and Regional Transportation Options

These are other options for transportation in Topeka. [Click here to download a directory](#) with all of the community transportation options. These were last updated 10/9/15.

General Transportation Services

All the local options for general transportation, from Amtrak to Yellow Cab.

Medical Transportation Services

Medical transportation service providers in Topeka and Shawnee County.

Topeka Metro Bikes

Topeka Metro Bikes is the city's bikeshare system, with 100 bicycles and 10+ stations throughout Topeka! Check out the website for more information. Download a list of the approved bike racks / hubs here: [Bike Racks](#)



Healthy Eating Active Living
Safe Routes to School

Healthy Eating Active Living

Farmer's Market Directory

Find a Farmers Market in Shawnee County, KS



View each market on the map at
heartlandhealthyneighborhoods.org

A Farmers Market is a venue at which farmers sell agricultural products and food directly to the general public. Interest in farmers' markets is growing across Kansas, with the number of markets increasing more than four-fold in the past 20 years. Consumers get to build unique relationships directly with the people that grow our foods. You can't get that from a traditional grocery store.

Heartland Healthy Neighborhood recognizes that community design features- like farmers markets, sidewalks, bike lanes, and healthy food retail-makes it easier to be healthy in Shawnee County and we support our farmers and local farmers markets.

For more information on Heartland Healthy Neighborhoods, or for up-to-date community health resources visit our website heartlandhealthyneighborhoods.org or like us on Facebook.

Updated 6/29/2015
Suggestions to Lissa estaley@tscpl.org
HHN Health Eating, Active Living Co-Chair



Capitol Midweek Farmers Market

Corner of Jackson and 10th Avenue, South
Capital Lawn, Topeka, KS 66612
Wednesdays 7:30 a.m. – 12:00 p.m.
May – October

Downtown Topeka Farmers Market, Inc.

12th and Harrison South of Judicial Building,
Topeka, KS 66612
Saturdays 7:30 a.m. – 12:00 p.m.
April – November

Friday Farmers Market @ KNI/ 21st Street

Kansas Neurological Institute/ SW 21st and
Oakley
3107 SW 21st St., Topeka, KS 66604
Fridays 7:30 a.m. – 12:00 p.m.
June – October

Monday Market @ Your Library

Topeka and Shawnee County Public Library
1515 SW 10th Avenue, Topeka, KS
66604
Mondays 8:00 a.m. – 11:30 a.m.
May - October

Silver Lake Farmers Market

Silver Lake Public Library
203 Railroad Street, Silver Lake, KS 66539
Tuesdays 6:00 p.m. – 8:00 p.m.
May – September

East Topeka Farmers Market

2010 SE California – Topeka Housing Authority
Topeka, KS 66607
1st and 3rd Tuesdays 4:00-6:00p

Orscheln Farm and Home Farmers Market

1133 SW Wannamaker Rd Suite 100
Topeka, KS 66604
Thursdays 4:00-7:00p
June-September

Mother Teresa's Farmers Market

Mother Teresa of Calcutta Catholic Church:
2014 NW 46th St., Topeka, KS 66618
Saturdays: 8:30-11:30am



Complete Streets

\$13,500 to Bike Education Program



Complete Streets
\$16,500 to Bikeways Signage

**WorkWell
Shawnee
County**



**Bike
for
Discounts**



www.workwellsc.weebly.com

WorkWell Shawnee County



LIVEWORKCOOKwell



WorkWell Shawnee County

National Walk at Lunch Day





Coming together is a

BEGINNING

Keeping together is

PROGRESS

Working together is

SUCCESS

- Henry Ford