



# NORTH END WELLNESS NEWS

## Healthy Living in Northern Grand Rapids

### March-April 2017

#### **PAD and Venous Screening**

Is leg pain cramping your lifestyle? If so, you may have PAD (peripheral artery disease) or venous problems that should not be ignored. This quick, painless, non-invasive screen determines if you are at risk. Risk factors include anyone over the age of 50 with diabetes, a history of smoking or heart disease, high blood pressure or cholesterol, obesity or a family history of PAD or varicose veins. Space is limited and registration is required.

The screening will be on Sat, April 15 from 8am to 12:30pm at the Metro Health Professional Building (2122 Health Drive, Wyoming, MI 49519). To register or for more information, please call (616) 242-4880.

#### **Gentle Yoga**

Join St. Andrew's Episcopal Church for Gentle Yoga! Instructor Jeff Brown will guide you through a calm, non-stressful exercise and meditative experience. Come as you are; there are no prerequisites other than an open heart, open mind, and a yoga mat. Please arrive 15 minutes early to your first class to fill out a waiver. The class is drop-in on a donation basis, with a suggested donation of \$5 per class. No class on April 4 due to spring break.

Classes are on Tuesdays from 6-7pm starting March 7 at 1025 Three Mile Rd NE.

#### **Adolescent Healthy Living Group**

This is a program offered through Pine Rest designed to meet the needs of teens 14 years and older who are struggling with depression, anxiety or mood regulation problems. Each session is \$56; insurance is accepted and financial assistance may be available.

Sessions are on Wednesdays from 5-6:30pm at the Christian Counseling Center (1870 Leonard NE). Call (866) 852-4001 to talk to your Pine Rest therapist, psychiatrist or care manager to schedule an orientation session today.

#### **Community Yoga**

Whether you are looking to build strength or relax after a long day, this class is for you! Join instructor Nick for this one hour vinyasa, or flowing, yoga class at Fourth Reformed Church. Classes consist of standing poses to build heart, and seated postures to stretch and unwind. Each class is \$5. You can bring your own mat or borrow one.

Classes are on Wednesdays at 6:45pm starting March 1 at 1226 Union Ave NE. For more information contact Nick at (616) 540-3630 or [nick@yogabreakgr.com](mailto:nick@yogabreakgr.com).

#### **Women's Group: Pep Talk Series**

Join the women of the American Medical Women's Association for hands-on cooking, to learn about women's health, enjoy refreshments, win gift cards and prizes, and have fun! We'll have classes every other Monday from 6:30-8pm alternating between Catherine's Health Center and St. Alphonsus Parish's kitchen.

March 13: Low Sodium/Heart Healthy Cooking  
March 27: Mental Illness and Behavioral Health  
April 10: Debunking Fad Diets Cooking Class  
April 24: Healthy Relationships

Classes are free and open to the public. Contact Monica at (616) 336-8800 ext. 216 for more details.

#### **Quick Soups Cooking Class**

Looking for a way to cook and eat healthy on a budget? Attend St. Alphonsus Parish's next cooking class led by Dawn, an instructor from the Kent County Health Department! Dawn will demonstrate ways to create delicious and healthy 30-minute soups. Many of the recipes will use leftovers or staples from your pantry.

Please bring a \$3 donation. Classes take place in St. Alphonsus' cafeteria and are open to anyone, but spots are limited. Contact Virginia at (616) 913-4419 or [vscholten18@gmail.com](mailto:vscholten18@gmail.com) today!

### Community Supported Agriculture

Have you heard the term 'Community Supported Agriculture' or 'CSA' in the community lately? This is a popular way for community members to buy local, seasonal food and support a local farm. By purchasing a share, you'll have season-long access to assorted fruits and vegetables which you'll pick up regularly from the farm or distribution location. While there are many great options for CSAs in our community, we wanted to highlight two North End options! See more information about New City Urban Farm and Plainsong Farm below:

#### **New City Urban Farm: Youth Employment & CSA Shares Available**

New City Farm (located at 1226 Union Ave NE) is getting ready for another season in 2017! We are on the lookout for neighborhood youth who are interested in a summer job/training experience. We are also selling shares in our CSA farm shares for families looking to eat fresh and local while also supporting the neighborhood. We offer full, half, and quarter shares and accept EBT as a form of payment. To find out more visit our website at [www.newcityfarm.org](http://www.newcityfarm.org) or email Farmer Lance at [lancek@newcityneighbors.org](mailto:lancek@newcityneighbors.org).

#### **Plainsong Farm: CSA Shares Available**

Plainsong Farm, a new community supported agriculture farm and charitable food ministry in Rockford, is working with North End Community Ministries to ensure all our neighbors have access to fresh fruits and vegetables throughout the growing season. You can support this ministry by joining the farm for yourself, purchasing a full share for donation or simply making a donation in support of this effort. To learn more, go to <http://plainsongfarm.com/>.

### North End Wellness Volunteer Opportunities

One way to practice wellness is to give back to your community. If you find yourself with spare time, skills, and a willingness to help out, please check out the volunteer opportunities below!

**Catherine's Health Center:** Volunteer as a Medical Provider, support us as a Social Media Specialist, or work one-on-one with participants in our gardening program as a Vegetable Garden Mentor! For more information, contact Jess E. at (616) 336-8800 ext. 207 or [jeglinton@catherineshc.org](mailto:jeglinton@catherineshc.org).

**New City Neighbors:** We're in need of afterschool tutors: volunteer one-on-one with a student or in a small group. Come alongside students as they complete homework and engage in academic activities. Help them stay on track with their education! Contact Holly Hetherington, Program Director for more information at [hollyh@newcityneighbors.org](mailto:hollyh@newcityneighbors.org)



*North End Wellness News is a service of the North End Wellness Coalition, a group of organizations dedicated to promoting healthful living in northern Grand Rapids.*

*Do you have a program you'd like to share with the North End Wellness Coalition? Please contact us at [info@catherineshc.org](mailto:info@catherineshc.org).*

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