

NORTH END WELLNESS NEWS

HEALTHY LIVING IN NORTHERN GRAND RAPIDS MAY-JUNE 2015

HEALTHY LIFESTYLES

Heart Healthy Class

This class offers education and support for those who are interested in managing or preventing chronic diseases, with an emphasis on diabetes. Join us in June for this four-week course.

Dates are TBD in June. Sessions are one hour long at Catherine's Health Center, 1211 Lafayette Ave NE.

For more information contact Jess Eglinton, (616) 336-8800 x207 or email jeglinton@catherineshc.org.

Stroke Prevention and Treatment Seminar

Stroke is the fifth leading cause of death in America and the leading cause of adult disability. Did you know that up to 80 percent of strokes are preventable? Meet Metro Health neurologist Kevin Altman, MD and learn what you can do to prevent stroke and learn about new advancements in the treatment of stroke.

Monday May 18, 6:30 PM. Session is one hour long at Metro Health Conference Center, 2225 Main St. SW, Wyoming.

To register visit www.metrohealth.net/livehealthy, call (616) 252-7117 or email livehealthy@metrogr.org.

Knitting Ministry

Saint Andrew's Episcopal invites you to join us in making a variety of items for those who are being baptized or are ill. These articles are not limited to members of St. Andrew's but can be shared with others significant to the knitting ministry's members. Patterns are available for those wishing to work at home.

We meet the fourth Wednesday of each month at 10:30 AM in the lounge at St. Andrew's, 1025 Three Mile Road NE.

For more information call Jacqueline Brayman at (616) 334-6539

Cooking with the Cardiologist

Join interventional cardiologist Dr. Larry Diaz and Metro Health's executive chef Ryan Reynolds on Thursday, May 14 at 6:30 PM as they team up to create delicious and heart-healthy recipes that you can make at home! The menu will feature some Dr. Diaz's favorite Latino dishes. Snack on samples and learn about the heart health benefits of good nutrition.

Thursday May 14, 6:30 PM. Session is one hour long at Metro Health Conference Center, 2225 Main St. SW, Wyoming.

To register visit www.metrohealth.net/livehealthy, call (616) 252-7117 or email livehealthy@metrogr.org.

Metro Health Farm Market

The weekly market focuses on locally grown foods and handmade products from local farmers and artisans. It features family-fun activities, community health screenings and more throughout the season.

We accept all major credit cards, Project FRESH, Double Up Food Bucks and Bridge Card. See the Metro Health Information Tent to redeem and for more information.

Thursdays May 7 - October 8, starting at 9 AM at Metro Health Village in Wyoming.

For more information visit www.metrohealth.net/livehealthy, call (616) 252-7117 or email livehealthy@metrogr.org.

HEALTHY LESSONS

Gentle Yoga Class

Learn to reduce stress and introduce yourself to yoga! This class is excellent for those wanting a soft, nurturing, slow-paced, and relaxing experience adapted to individual needs. Please bring a yoga mat.

Wednesdays at 4:40 PM through May 20. Sessions are one hour per week at Saint Andrew's Episcopal Church, 1025 Three Mile Road NE.

For more information please call Jacqueline Brayman at (616) 334-6539

Reiki Lessons

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. It has a positive effect on all forms of illness, and works in harmony with conventional medical or psychological treatment. Reiki lessons are offered at no charge through Saint Andrew's Episcopal Church.

For more information or to make an appointment call Carlynn at (616) 453-2355.

Meditation for Stress Reduction

Stress affects all of us and chronic stress can have many health consequences, and meditation can help. Please join reverend Sokuzan and Metro Health neurologist Dr. Kipp Chillag as we engage in guided meditation and discuss its potential health benefits. These classes are interactive so please bring your questions along with a yoga mat or blanket.

Tuesday, June 16 and 23 at 6:30 PM. Sessions are one hour long at Metro Health Conference Center, 2225 Main St. SW, Wyoming.

Please register at www.metrohealth.net/livehealthy, call (616) 252-7117 or email livehealthy@metrogr.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.

OUTDOOR ACTIVITIES

Annual Native and Perennial Exchange

Come share and trade your extra plants. Experienced gardeners will be on hand to answer questions and give information on native plants.

We will meet in Aberdeen Park (on Eastern between Knapp and Three Mile) on Thursday, May 28 from 6:00 to 8:00 PM.

For more information contact Linda at (616) 364-9724.

Briggs Park Clean-up

The first step to maintaining a clean and healthy neighborhood is in its parks! Work with your neighbors to keep Creston beautiful! Please bring work gloves and wear shoes and clothes that you don't mind getting dirty.

Meet us on Saturday, May 16 from 9:30 AM to noon at Briggs Park (south of Knapp Street between Oakwood and Lafayette Avenues).

For more information contact the Creston Neighborhood Association at (616) 454-7900.

SUPPORT GROUPS

Menopause Support Group

Have questions, concerns, or advice about menopause? This group meets twice a month and is a safe space for women to share stories and receive support, guidance, and education.

Dates TBD. Sessions are 90 minutes long, twice per month at Catherine's Health Center, 1211 Lafayette Ave NE.

For more information contact Jess Eglinton, (616) 336-8800 x207 or email jeglinton@catherineshc.org.

Caregiver's Support Group

Do you spend much of your time caring for a loved one and/or helping them take care of themselves? Catherine's Health Center is looking to start a group where you can process your experience, learn more about taking care of yourself and others, and relax for an hour or two.

Dates TBD, one hour per month at Catherine's Health Center, 1211 Lafayette Ave NE.

For more information contact Jess Eglinton, (616) 336-8800 x207 or email jeglinton@catherineshc.org.

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