

# NORTH END WELLNESS NEWS

HEALTHY LIVING IN NORTHERN GRAND RAPIDS JULY-AUGUST 2015

## HEALTHY LESSONS

### **Metro Health Hospital Pre-diabetes Class**

This is a class for those that have been told they are on the verge or suspected of having pre-diabetes. Our certified diabetes educators provide up-to-date information on how to identify pre-diabetes and teach about healthy lifestyle changes that could improve health and reduce risk.

The class meets at Metro Health Southwest, 2215 44th Street SW, on Wednesday, August 5 from 6:30-8:30 PM. It is a free class but registration is required. For more information or to register, call (616) 252-8339.

### **Honeybees: Their Food, Our Food**

Honeybees are disappearing quickly, which affects our environment, your garden and our food supply. Learn how you can help save the bees by attracting them to your garden.

This free seminar takes place at the Metro Health Teaching Garden, 5900 Bryon Center Ave SW (behind the hospital), on Monday, July 20 from 6:00-7:00 PM. Please come dressed to practice your garden skills.

For more information or to register, visit [metro-health.net](http://metro-health.net) or call (616) 252-7117.

### **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.

### **Gentle Stretch & Flex Class**

This class focuses on play and laughter, deep breathing and gentle movement to encourage flexibility. All levels of ability welcomed; all equipment is available for participants' use. No competition.

The class is led by Mary Morgan Greer, a career fitness instructor (RN) who specializes in working with seniors and vets at the Vets Home. It meets Mondays and Wednesdays, 9:00-10:00 AM, through the end of August, at North Park Presbyterian, 500 N Park St NE.

A goodwill offering is suggested of up to \$2.

For more information: call North Park Presbyterian Church at (616) 363-6864.

## SUPPORT GROUPS

### **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](mailto:jeglinton@catherineshc.org).

### **Metro Health Diabetes Support Group**

Meet others facing similar life challenges with diabetes. Individuals with diabetes or pre-diabetes are welcomed as well as their spouses and supporters.

The group meets Tuesdays, July 14 and August 11, at Metro Health Southwest, 2215 44th Street SW. For more information or to register, call (616) 252-8839.

# OUTDOOR ACTIVITIES

## **GR Run / Walk Against Hunger**

The second annual GR Run / Walk Against Hunger will be held Saturday, July 11 starting at 9:00 am at Cornerstone University. This is another great opportunity to enjoy the outdoors with family and friends, including Fr. Mike Fedewa of St Andrew's Episcopal Church, who is celebrating a healthy 60th birthday by running! Get some exercise and support the North End Community Ministries (NECM) food ministry. For details and to register online, visit [www.grrunagainsthunger.org](http://www.grrunagainsthunger.org).

## **Health and Wellness Day at Metro Health**

Come out to the 5th Annual Health and Wellness Day! This year's event takes place from 9:00 AM to 2:00 PM on July 30 in front of Metro Health Hospital. Shop at the market, take advantage of our free health screens and stay for our popular Chef Cook-off event, starting at 11 AM! This annual event puts local chefs to the test, using fresh produce from the market. Come hungry: samples will be available!

For more information: visit [metrohealth.net/livehealthy](http://metrohealth.net/livehealthy) or call 616-252-7117.

## **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](http://www.metrohealth.net/livehealthy), call (616) 252-7117 or email [livehealthy@metrogr.org](mailto:livehealthy@metrogr.org).

## **Metro Way 5K Family Fun Run 2015**

Get your family off the couch, try a new exercise challenge or beat your personal time. The Metro Way 5K is a family-friendly fun run that welcomes people of all ages and abilities. The run is at 6:00 PM on July 30, and runs through Metro Health Village and surrounding areas. Group and employee discounts available. Get a free T-shirt if you register by July 15.

For more information or to register, visit [Metrohealth.net/5k](http://Metrohealth.net/5k).

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).