



# NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids  
September—October 2017

## Age Friendly Listening Tour Event

Do you have ideas on how to make Grand Rapids friendlier for all ages? The City of Grand Rapids Planning Department is hosting a meeting to seek how to best support older adults in leading active and healthy lives as they continue living in their homes and neighborhoods. Community conversations will focus on housing, transportation, outdoor spaces and buildings, employment, volunteerism, social events, communication, respect and inter-generational inclusion and health and community services.

Join this event on Wednesday, Sept. 27th from 1-2:30pm at St. Alphonsus Parish Center (228 Carrier St NE). Lunch and a goodwill donation will occur before the event at 11:30am-12:30pm. If you have questions please reach Virginia at (616) 913-4418 or vscholten18@gmail.com

## Make Healthy Lifestyle Changes

Did you know that 1 in 3 adults has prediabetes? That's 84.1 million people! The YMCA's Diabetes Prevention Program is offered to adults who have been diagnosed with prediabetes and who want to prevent their risk of developing Type 2 Diabetes. We focus on small, measurable changes over the course of 25 classes. Change is tough—we can help you! For more information contact the YMCA at (616) 855-9687.

New classes starting:

- Thursday, Sept. 14 5-6pm at Visser Family YMCA (3540 Fairlanes SW in Grandville)
- Wednesday, Sept. 20 6-7pm at NHBP Northern (311 State St SE)

## Community Heirloom Wheat Planting

Be part of Plainsong Farm's Community Planting Day of heirloom, organic wheat on Saturday Sept. 23rd from 10am-1:30pm (lunch provided). Learn the history, nutritional value and agricultural principles of these grains. Next summer the wheat will be milled and distributed to participating congregations and non-profits.

All ages are welcome. Plainsong Farm is located at 6677 12 Mile Rd NE in Rockford. The event costs \$15, and registration is required. Contact [nurya@plainsongfarm.com](mailto:nurya@plainsongfarm.com) for registration details.

## Free Saturday Morning Yoga

Join Nick with Yogabreak for an outdoor yoga class in September! Classes are vinyasa-based, which focuses on linking breath and movement. All experience levels are welcome, and please bring your own yoga mat.

Classes will be held on Saturdays, Sept 9, 16, 23, and 30 from 9:30-10:30am in Briggs Park under the trees near the tennis courts. For more information contact Nick at [nick@yogabreakgr.com](mailto:nick@yogabreakgr.com).

## Postpartum Depression: Reducing Your Risk

Postpartum depression and anxiety are the most common complications of childbirth. Pine Rest staff will help you and your support person learn warning signs of postpartum depression, identify and strengthen your resources, learn actions to increase health and reduce risk.

Wednesday, Sept. 13th from 1-3pm  
Located at Spectrum Healthier Communities (665 Seward Ave NW, Suite 110)

Tuesday, Oct. 10th 5:30-7:30pm  
Located at Pine Rest Northwest Clinic (2118 Three Mile Rd NW)

To register please call (616) 222-3720.



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### Farm to Altar Table Workshop

This workshop makes the connection between the bread on the altar table to what arises from the soil; linking farmers, farm practices and food-production practices to the communion bread we eat. We'll explore impacts such as landrace and modern wheats, the impact of farming conventional wheat on the environment, and we'll discuss why Jesus asked us to remember him by sharing bread and what that means for our lives.

Join the Food & Faith Collaborative at the Dominican Center at Marywood (2025 Fulton St E) on Sunday, Sept. 24th from 2-3:30pm. Donations are welcome but not required.

### Informational Presentations with St. Al's Young at Heart Senior Program

Steepletown's Elderly Services  
Monday, Sept. 18 from 1:30-2:15pm

Easter Seals' Senior Reach Program  
Monday, Sept. 18 from 2:15-3pm

Join us to learn about these great services at St. Alphonsus Parish Center Lounge (228 Carrier St NE).

### Gentle Yoga

Join St. Andrew's Episcopal Church for Gentle Yoga! Instructors Jeff Brown (on Tuesdays) and Angel Hayden (on Thursdays) 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.

Classes are on Tuesdays & Thursdays from 6-7pm at St. Andrew's Episcopal Church (1025 Three Mile Rd NE).

### St. Alphonsus Blood Drive

Join us for our annual fall blood drive and help save a life! Walk-ins are welcome the day of the drive, which is Sunday, Oct. 1st from 7:30am-12:30pm at St. Alphonsus Parish Center Cafeteria (former school building at 228 Carrier St NE). Park near the circle drive in between the church and the school and follow the handicap ramp to the parish center doors. To schedule an appointment, call AJ at (616) 913-4415.

### 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:** Help us provide a free, safe space for community members to walk during the colder months! We're looking for Walking Program greeters on Mon & Thurs evenings from 5-7pm starting Sept. 18. For more information contact Jess E. at (616) 336-8800 ext. 207 or [jeglinton@catherineshc.org](mailto:jeglinton@catherineshc.org).

**New City Neighbors:** On Tues, Weds, and Thurs beginning Oct. 10th New City Afterschool needs tutors for elementary school students from 4-5pm. Volunteers can come 1-3 times per week. For more information contact Holly Hetherington at [hollyh@newcityneighbors.org](mailto:hollyh@newcityneighbors.org) or (616) 301-4768.



*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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