



NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids
January–February 2018

Gentle Yoga

Gentle Yoga at St. Andrew's Episcopal Church is back by popular demand! Highly trained instructors lead classes on Tuesdays and Thursdays at St. Andrew's (1025 Three Mile Rd NE) from 6-7pm starting Feb 6. Instruction is individualized for your needs and is at the lowest price in town—a recommended \$5 donation. Stretch and find peace in this loving atmosphere.

Free Community Dinners at North Park Presbyterian Church

North Park Presbyterian Church invites everyone to our free community dinners on the fourth Saturday of the month (Jan 27, Feb 24, March 24) from 4:30-6pm. Join us for good food and good company at 500 North Park St. NE. Our menu varies, so please call our church office at (616) 363-6864 for menu details and any other questions.

East Smart, Live Strong

Join St. Alphonsus' Young at Heart group for an upcoming cooking education and demonstration class! MSU Extension will host Eat Smart, Live Strong at St. Alphonsus' Parish Center cafeteria (224 Carrier NE) on Feb 21, 28, March 7, and 14 from 10:30am-12pm.

Eat Smart, Live Strong is a fun, social and interactive 4-part class designed to improve fruit and vegetable consumption and physical activity among adult's age 55 and older. Throughout the sessions participants will gain the skills needed to promote healthy behavior changes to improve their overall health and wellbeing. Short cooking demonstrations will be provided at each class.

Participants must register by January 19th by calling (616) 913-4419 or emailing Virginia at vscholten18@gmail.com. Spots are limited!

Glaucoma Awareness Event

January is Glaucoma Awareness Month and physicians and technicians at Metro Health – University of Michigan Health Ophthalmology are offering a low cost screening event to test vision and eye pressure. (\$5 per person). The event will be on Tuesday, Jan 30 at the Metro Health Conference Center (2225 Main St in Wyoming) from 6-7:30pm for \$5 per person. Glaucoma is a group of eye disorders that lead to progressive damage to the optic nerve. People with glaucoma can lose nerve tissue, which can lead to vision loss. Risk factors for glaucoma include age, race, family history, physical injuries to the eye among others. Registration is not required but strongly suggested. Please call (616) 252-5710 or visit metrohealth.net with questions or to register.

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 heat, 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 at 1226 Union Ave NE. For more information contact Nick at (616) 540-3630 or nick@yogabreakgr.com.

Stretch & Flex Class

Come for exercise and fellowship with instructor Mary Greer every Monday and Wednesday from 9-10am at North Park Presbyterian Church (500 North Park St NE). All levels of ability are welcome—any needed equipment is available for your use. Focus is on play, laughter, deep breathing and gentle movement to encourage flexibility. The class is drop-in only, meaning no registration is required, and costs \$2 per session.

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Fire Safety

The Grand Rapids Fire Department wants you to be safe in your own home! The Residential Safety Program is designed to reduce the number and severity of fires in Grand Rapids, and offers the following:

- Free in-home fire safety assessments
- Free smoke alarm upgrades and installations
- One-on-one fire safety consultations specific to the residence
- A connection with our partners to assist with fire safety issues

Rentals do not qualify at this time. Homeowners can ensure their safety by scheduling an appointment. Contact the GRFD at 311.

Nurturing Families

Research shows that children who receive affection and nurture from their caregivers have the best opportunity for healthy development. Join this free five-week series from MSU Extension to learn what nurturing is and how to be a nurturing parent, how to enhance positive relationships with children, methods to handle stress and anger, and much more. Classes are hosted at MSU Extension (775 Ball Ave NE). Register by calling Georgina at (616_632-7884).

Upcoming series dates:

- Jan 8, 15, 22, 29, Feb 5
- Feb 12, 19, 26, March 5, 12
- March 19, 26, April 2, 9

What is the North End Wellness Coalition?

We are a group of individuals, churches, non-profits and community organizations who meet regularly to promote health and wellness within the Creston and Belknap neighborhoods. We share resources, learn together, and work to make the North End the healthiest it can be.

Join us! We meet on the third Thursday of every month from 9:30-10:45am in the Creston Neighborhood Association's community room (205 Carrier NE).

Please contact Jess E. at (616) 336-8800 ext. 204 or jeglinton@catherineshc.org for more information.

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!

New City Neighbors: Volunteer as a tutor with New City Afterschool! Work 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. Opportunities are available on Tuesdays, Wednesdays and Thursdays from 4-5pm. For more information contact Holly Hetherington, Program Director at 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.

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