

# NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids  
July-August 2018

## Free Yoga at Lookout Park

Add some relaxation to your day at these free outdoor community yoga sessions. Begin with gentle stretching and move to flowing through and holding poses. Classes are held at Lookout Park (801 Fairview Ave NE) at 7pm on July 5, 12, 19, 26, and August 2, 6, 16, and 23. No registration is required, simply drop in! If you have further questions, please contact Downtown Grand Rapids Inc. at (616) 719-4610 or [info@downtowngr.org](mailto:info@downtowngr.org).

## Tai Chi Classes

St. Alphonsus Community Center offers a Beginner's Tai Chi class on Mondays from 10:15-11:15am, and an Advanced class afterward from 11:45am-12:45pm. The Intermediate class is on Wednesdays at 9:30am. Suggested donation is \$3, but no one is turned away. Tai Chi is exceptionally helpful if you wish to strengthen core and use intentional movements to help you slow down and feel more balanced in life. If interested, please contact Virginia at (616) 913-4419 or email [vscholten18@gmail.com](mailto:vscholten18@gmail.com).

## Learn to Play Pickleball

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton, and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join the GR Pickleball Club at Belknap Park (30 Coldbrook NE) on Mondays at 6pm. For more information visit [www.grpickleball.com](http://www.grpickleball.com).

## Enhance Fitness

This fun fitness class is developed for anyone 60 years or older. This award-winning program is safe and effective for all fitness levels! The class focuses on strengthening, conditioning, balance and flexibility. Participants are encouraged to go at their own pace. Comfortable clothes and good shoes are all you need. A \$3.00/class suggested donation is accepted, but no one is turned away.

Classes take place in St. Alphonsus Community Center (224 Carrier St NE) on Mondays at 10:30am and Wednesdays at 9:30am. For more information, contact Julie at (616) 233-0283 or Virginia at (616) 913-4419.

## Gentle Yoga

Join us for Gentle Yoga at St. Andrew's Episcopal Church! Highly trained instructors lead classes on Tuesdays at St Andrew's (1025 Three Mile Rd NE) from 6-7pm. 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.

## 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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## Diabetes PATH Classes

In this fun and interactive 6-session diabetes management workshop, you will learn ways to: use medication, check your blood sugar, eat healthy, exercise, talk to your doctor and deal with symptoms and emotions of diabetes to improve your health. Food and refreshments are provided.

Classes meet weekly on Mondays, beginning August 6 through September 17 from 10am to 12:30pm at St. Alphonsus Parish Center 1st floor. Cost: FREE. Call Anna at (616)-336.8800 x216 to sign-up today!

## Cooking Matters

The Cooking Matters series is a hands-on cooking class where you'll learn to cook healthy meals and shop well on a budget. After each class you'll go home with a bag of free groceries to practice cooking healthy meals at home. This class is available for each person only once.

Classes meet weekly on Tuesdays, beginning August 7 through September 11 from 11:30am to 1:30pm at St. Alphonsus Parish Center main floor. Cost: FREE. Registration is required. Call Virginia at (616) 913-4419 or Anna at (616)-336-8800 x216 to sign-up.

## 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, please check out the volunteer opportunities below!

**Catherine's Health Center:** We're looking for volunteers to assist us with the following roles. Days and hours are flexible depending on the volunteer position. For more information please contact Jess E. at (616) 336-8800 ext. 204 or [jeglinton@catherineshc.org](mailto:jeglinton@catherineshc.org).

- Medical assistants for volunteer providers
- Medical providers, including physicians, optometrists, pharmacists, and other specialists
- Organizational/administrative projects

## 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](mailto:jeglinton@catherineshc.org) for more information.



*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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