

# NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids

November-December 2018



## **Walking Wednesdays**

Need more exercise? Start with a gentle walk once a week on the Carrier loop of the North End Trails. This is a great opportunity for lunchtime networking and a chance to get some fresh air. The full loop is 1.5 miles, but you can loop back early if your time or stamina is limited. Walkers will meet in Catherine's Health Center parking lot (1211 Lafayette Ave NE) at 12pm on Wednesdays starting November 7. Be sure to dress for the weather! For more details please contact Elianna Bootzin at (616) 454-8413 or noblgr@gmail.com.

## **Community Soup Suppers**

St. Jude Parish (1120 4 Mile Rd NE) will host a free Community Soup Supper on Fridays November 2 and December 7 from 5-6:30pm. Several delicious soups are served, along with bread and dessert. Come and share a sense of community!

## **Free Evening Walking Program at Kent Hills Elementary School**

Join your neighbors at Catherine's Health Center's free community Walking Program! On most Monday and Thursday evenings from 5-7pm you can walk indoors throughout the hallways of Kent Hills Elementary School (1445 Emerald Ave NE). It's a free, fun, and safe space to walk and stay active as the weather turns cooler. Walkers come and go throughout the evening, so stop by and walk as you're able to. Volunteers will be present to offer optional blood pressure and pulse readings. You don't need to call ahead, but if you have questions please contact Trish at (616) 336-8800 ext. 208.

## **Basic Health Screenings and Foot Care Day at Berean Baptist Church**

Calvin nursing students will be providing basic health screenings (including blood pressure, pulse, and blood glucose) for area residents as part of their community wellness module. They will also provide feet cleaning and instruction for how to care for your feet on a regular basis. Attendees may choose either or both services. Join us at Berean Baptist Church (1574 Coit Ave NE) on Tuesday November 13 from 9-10:30am. There are no requirements to participate in this free event, simply show up!

## **Gentle Yoga**

Restore balance in your life with Gentle Yoga. Join your friends and neighbors each Tuesday evening\* at St. Andrew's Church (1025 3 Mile Rd NE). In this class we will gently warm and open the body and settle the mind. We will focus on safe alignment, and a mindfulness of the breath linking it to movement. We also will practice restorative poses. "It is a class that is good for the body, mind, and spirit." A \$5 donation is suggested but not required.

\*Want yoga 2 times a week? Stay tuned. We are working on it!

## **Nurturing Families Series**

Nurturing Families helps families strengthen parenting skills and improve overall family relationships. Join MSU Extension (775 Ball Ave NE) for this free class on Mondays October 29, November 5, 12, 19, and 26 from 3-4:30pm. This is a free class intended for interested adults, parents, caregivers, grandparents, and foster parents. For more information please contact Holly Tiret at (616) 632-7893 or tiret@msu.edu.

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### **Cooking Matters**

The Cooking Matters series is a free hands-on cooking class where you will learn how to cook healthy, delicious meals and shop well on a budget. After each class, you will go home with a bag of free groceries designed to get you practicing cooking healthy meals. This class is available to each person only once, but is available to anyone in the community.

Classes meet weekly on Tuesdays, beginning November 13 through December 18 from 5-7pm at the Creston Neighborhood Association's Community Room (205 Carrier St NE). Registration is required, so please call Trish at (616) 336-8800 ext. 208 to sign up!

### **RELAX: Alternatives to Anger**

This free series helps people learn to recognize and manage anger and stress and learn to use positive communication. It helps improve overall relationships with family members, co-workers, and friends. Join MSU Extension (775 Ball Ave NE) for classes on Mondays October 29, November 5, 12, and 19 from 10-11:30am. For more information please contact Holly Tiret at (616) 632-7893 or [tiret@msu.edu](mailto:tiret@msu.edu).

### **Need assistance?**

211 is your local Community Helpline & Crisis Hotline. Call 2-1-1 to speak with caring staff who provide crisis intervention, information, assessment and referral to available community resources and services. Calls to 211 are free, confidential and available 24/7 with multi-lingual capabilities. Full phone number: 1 (800) 887-1107.

### **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 St NE).

Please contact Elianna at (616) 454-8413 or [noblgr@gmail.com](mailto:noblgr@gmail.com) 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).*