

NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids
March—April 2019

Diabetes Prevention Workshop

Join others who are at risk for developing diabetes and learn ways to eat healthier, be more physically active, and stay on track and achieve your healthier lifestyle goals. The 12-month program led by a trained lifestyle coach will meet for 16 weekly, 1-hour sessions, and then meet monthly for 6 months. Your goal will be to lose 5%-7% of your starting body weight and increase your physical activity to at least 150 minutes per week. Classes are held at MSU Extension (775 Ball Ave NE, Grand Rapids). An information session will be held on Monday, March 4 from 5:30-6:30pm, with the first session starting on Monday, March 11 at 5:30pm.

For more information or to register, contact Christi at (616) 632-7881 or demitzch@msu.edu.

Gentle Yoga

This is a time to nurture your body and your soul. Ahhhhhh! Stretch, relax, refresh. Join our seasoned instructor Jeff Brown every Tuesday from 6-7pm at St. Andrew's Episcopal Church (1025 3 Mile Rd NE). The class is adapted to the individual needs of participants. A \$5 donation is suggested but not required, and mats are available.

Registration is not required, but if you have questions please contact Jeff at (616) 361-7887.

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.

Walking Wednesdays

Need more exercise? Start with a gentle walk once a week on the Carrier loop of the North End Pathway. 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 March 6. Be sure to dress for the weather!

For more details, please contact Elianna Bootzin at (616) 454-8413 or noblgr@gmail.com.

A Matter of Balance

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. The program includes 8 2-hour sessions for a small group led by a trained facilitator. Classes will be hosted at St. Alphonsus Parish (224 Carrier St NE) on April 17, 24, May 1, 8, 15, 22, 29, and June 5 from 10:30am-12:30pm. There is a suggested donation of \$10 for the series.

For more information or to register, please contact Christi at (616) 632-7881 or demitzch@msu.edu.

Free Evening Walking Program at Kent Hills Elementary School

Stay active indoors at Catherine's Health Center's free community Walking Program! On most Monday and Thursday evenings from 5-7pm you can walk throughout the hallways of Kent Hills Elementary School (1445 Emerald Ave NE). It's a free, fun, and safe space. Walkers come and go throughout the evening, so stop by and walk as you're able to. For more information, please contact Trish at (616) 336-8800 ext. 208.



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Understanding Sexual Abuse: Protecting Our Loved Ones

Chief Programming Officer for the YWCA West Central MI, local and state educator on child sexual abuse, and qualified expert witness in 23 Michigan counties, Tom Cottrell, LMSW will offer an engaging presentation that defines sexual abuse and the impact on a child's worldview. You'll leave understanding the dynamics that make children vulnerable, the warning signs, and helpful ways we can intervene to prevent a tragedy that victimizes 1 in 3 girls and 1 in 6 boys. Misti DeVries, BS Community Advocate and "From Darkness to Light" educator from the Children's Advocacy Center and survivor Karen Grossman from "There's a Way Out" will be joining Mr. Cottrell.

Event hosted at St. Alphonsus Parish Center (228 Carrier NE) on the following dates:

- Tuesday, March 12 10-11:30am
- Thursday, March 14 6:30-8pm

Understanding Domestic and Dating Abuse: Protecting Our Loved Ones

Approximately 1 in 4 women and 1 in 10 men experience violence and/or stalking by an intimate partner, resulting in related consequences such as injury, missed work/school, and PTSD symptoms. Eileen McKeever, MSW – Program Director YWCA Domestic Violence Crisis Services and Mat Klemp, LMSW – YWCA Clinical Supervisor and Co-Facilitator for Men Choosing Alternatives to Violence, will be the presenters on this emotionally sensitive topic affecting many of those we know and love. You'll leave understanding the neurobiology of trauma and the impact on one's choices and behaviors, understanding the red flags of potentially abusive relationships, and ways that family, friends and co-workers can help stop this societal disease.

Event hosted at St. Alphonsus Parish Center (228 Carrier NE) on the following dates:

- Tuesday, March 26 10-11:30am
- Thursday, March 28 6:30-8pm

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 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.