

NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids

May—June 2019

Employment Opportunity

New City Neighbors is hiring a Kitchen Director to manage our Café Program. The applicant should love youth and love cooking quality food and baked goods for our pop-up café. To review the job description, visit newcityneighbors.org/wp-content/uploads/2019/03/NCN-Kitchen-Director-Job-Description-1.pdf.

Walking Wednesdays

Need more exercise? Start with a gentle walk once a week on the Carrier loop of the North End Pathway. 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 throughout May.

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

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 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.

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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. Classes will be hosted at St. Alphonsus Parish (224 Carrier St NE) on 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.

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) through the end of May. The class is adapted to the individual needs of participants. A \$8 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.