



NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids
July-August 2019

Free Tai Chi at Briggs Park

The City of Grand Rapids Parks & Recreation Department is bringing free community fitness to Grand Rapids this summer. Join us for evening Tai Chi, featuring a series of intentional movements and deep breathing to help you manage stress and increase vitality. No registration is required, simply drop in! Classes are every Friday in July & August ending Aug 23 from 7-7:45pm. Be aware, this event may be photographed.

North Park Kid's Shoe Bank

North Park Presbyterian Church (500 N Park St NE) is opening their new Shoe Bank on Monday July 22! Stop by during their open hours on Mondays through Thursdays 8am-12pm for free shoes for school age children. Contact us to confirm that we have your child's shoe size in stock at (616) 363-6864 or northparkshoebank@gmail.com.

Have new or gently used shoes to donate? Drop off at any of our open hours! See what's in high demand at wishlitr.com/north-park-shoe-bank

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.

Exercise Class at St. Al's

Personal Trainer Colleen Cleves from the Center for Physical Rehabilitation offers a dynamic class at St. Alphonsus Parish (228 Carrier St NE) each Monday & Wednesday from 9:30-10:30am. Come try out the new equipment! Get the endorphins pumping, with a focus on balance, core strength, and flexibility. A suggested donation for each class is \$3, but no one is turned away.

Powerful Tools for Caregivers – Free Series

Are you caring for an older adult with a chronic illness? Caregiving can cause stress on your physical and emotional health. Powerful Tools for Caregivers teaches you tools to help improve your caregiving experience. Powerful Tools for Caregivers is an educational program to help caregivers learn to take care of themselves. In this course you have the opportunity to learn to: reduce stress and improve your confidence, learn from your emotions, learn effective communication skills, improve your decision-making skills, and connect with resources. Classes meet for 90-minutes, once a week for six weeks. The course will be offered in person.

This offering is in connection with a research study (the Telehealth Powerful Tools for Caregivers Effectiveness Study) to examine the effectiveness of the delivering the Powerful Tools for Caregivers program online as compared to in person. Participation is voluntary and you may stop at any time.

Classes are on Wednesdays from 10:30am –12pm. (July 10, 17, 24, 31, Aug 7, & 14). Registration is required; please contact contact Holly Tiret at (616) 632-7893 or tiret@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.

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THE PATHWAYS

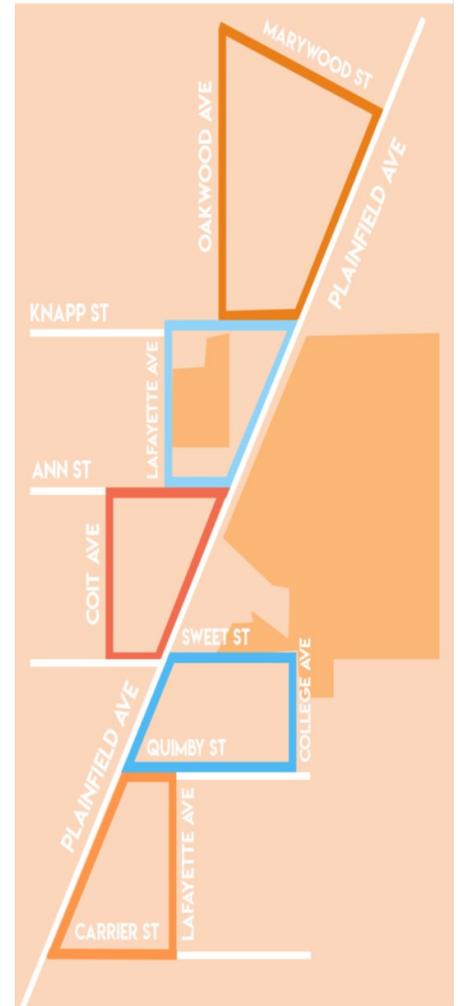


Grab a Pathway Map at Briggs Park, the VanBelkum Library or any participating business with a North Quarter Pathways window cling.

THE PATHWAY CALLS RESIDENTS TO “MOVE LOCAL” TOGETHER. WALK. BIKE. RUN.

“Walking has changed my life. I’m not in as much pain, and I’m more mobile. My blood pressure and everything was so high– I thought I was going to have a heart attack. I feel better about myself. I have lost weight (99 lbs)!”

- Laurie, NE Resident for 40 years



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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