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. 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.

Walking Program

Stay active during the colder months by attending the Walking Program at Kent Hills Elementary School! On most Monday & Thursday evenings from 5-7pm, the school is open to community members to walk in a free, safe space. Volunteers are present to measure your blood pressure and pulse throughout the evening. No need to call ahead, simply stop by!

The Walking Program will be closed Nov. 28, Dec. 23, 26, & 30.

If you’d like more information ahead of time, please contact Chioma at (616) 336-8800 x216.

Kick the Sick—Free Workshop

It’s the time of year when you start dreading the allergies, coughs and contagious sniffles that just never seem to go away. In this workshop, Dr. Dustin McIver will teach you what is happening from the inside out of your child’s immune system and you’ll be able to find out what actions you can take to get out of never-ending allergies and infections. Join us at Northside Chiropractic (2221 Plainfield Ave NE #109) on Tuesday, Nov. 19 at 10am.

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.

RELAX: Alternatives to Anger

Join MSU Extension instructor Holly Tiret for this series to learn positive ways to deal with anger. Classes will occur on Mondays Nov. 4, 18, and 25 from 5:30-7:30pm at MSU Extension (775 Ball Ave NE). Contact Holly to register at (616) 632-7893 or tiret@msu.edu.

Chronic Pain Seminar

Most of us will experience chronic pain in one form or another. Learn ways to help the brain manage this chronic stressor so you can enjoy life despite the pain. This class is good for those that suffer physical pain as well as conditions such as depression, anxiety and diabetes. The Kent County Senior Millage covers the cost of this seminar. This series takes place at Al’s Parish Center (228 Carrier St NE) from 1-3:30pm on Wednesdays Nov. 6, 13, and 20.

Please RSVP by contacting Young at Heart at (616) 913-4419 or email Virginia at vscholten18@gmail.com.
AFFORDABLE FARM MARKETS

Looking for good food at a very affordable rate? Stop into any of the five Affordable Farm Markets across Kent County. Michigan grown and produced vegetables, fruit, and other staples are sold year round at an affordable cost.

No referral or paperwork necessary to shop, stop in anytime during open hours.

**NORTH KENT connect**
10075 Northland Dr NE
Rockford, MI 49341
(616) 866-3478

Monday: 8am-6pm (Clients Only)
Tuesday-Friday: 9am-6pm
Saturday: 9am-3pm

**THE OTHER WAY MINISTRIES**
706 Fulton W
Grand Rapids, MI 49504
(616) 454-4011 ext. 5227

Tuesday, Thursday, Friday: 9am-4pm
1st & 3rd Saturday: 10am-2pm

**THE PANTRY**
4307 Kalamazoo Ave SE
Grand Rapids, MI 49508
(616) 455-9411

Monday & Wednesday:
8:30am-3pm
Thursday: 10am-2pm, 6pm-7:45pm

**SECOM RESOURCE CENTER**
1545 Buchanan Ave SW
Grand Rapids, MI 49507
(616) 452-7684 ext. 2

Monday, Tuesday, Wednesday:
9am-12pm, 1pm-3:45pm
2nd & 4th Thursday: Mobile Market
at Camelot Woods Apartments
Friday: 9am-12pm

**UCOM**
1311 Chicago Dr SW
Wyoming, MI 49509
(616) 241-4006, ext. 34

Monday, Tuesday, Wednesday:
9:30am-4:30pm
Thursday: 2pm-7pm

All markets accept SNAP/EBT and Double Up Food Bucks
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

Health Insurance Assistance

Catherine’s Health Center has health insurance Navigators to assist you with finding affordable health insurance through Michigan’s Medicaid program and the Federally-Facilitated Marketplace at Healthcare.gov. For more information or to schedule an appointment, contact a Navigator at (616) 336-8800 x214.

Tai Chi

Mary Kaiser offers Beginners and Advanced Tai Chi classes at St. Al’s Parish Center (228 Carrier St. NE) on [dates]. Tai chi is sure to strengthen your core and improve your balance. The slow, intentional moves are also calming and centering. A suggested donation of $3 is appreciated, but no one is turned away. Please RSVP for an upcoming class by calling Mary at (616) 454-0604.
FITNESS FREE TRIALS

3 fitness-filled evenings of class trials. All classes are drop-in, no registration necessary!
November 21, 25, and 26
201 Market Ave SW, Second Floor

THURSDAY
NOVEMBER 21
- 5:30 - POUND
  With Kristin
- 6:00 - Core Camp
  With Kristin
- 6:00 - Cycling
  With Julie
- 6:30 - Zumba
  With Bri
- 7:00 - Basic Yoga
  With Sara

MONDAY
NOVEMBER 25
- 5:30 - Pilates
  With Ziyah
- 6:00 - Kickboxing
  With Shannon
- 6:30 - Basic Yoga
  With Kaye
- 6:30 - Cycle & Strength
  With Julie
- 7:00 - Restorative Yoga
  With Kaye

TUESDAY
NOVEMBER 26
- 4:30 - Basic Yoga
  With Sara
- 5:00 - Zumba
  With Bri
- 5:30 - Cardio & Core
  With Ziyah
- 6:15 - Cycling
  With Steve
MSU Extension Dollar Works 2

Dollar Works 2 is a Personal Financial Education Program that provides participants with information and tools on how to manage their financial resources, achieve goals and increase their financial stability. This program will provide information on Making Money Decisions, Creating and Managing Spending Plans, the Importance of Saving and Investing, and Credit Use and Paying Off Debt.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Oct 2, 9, 16 - 2019</td>
<td>Wednesdays</td>
<td>9:00-11:00 am</td>
<td>Kent County MSU Extension 775 Ball Ave, NE, GR, MI 49503</td>
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<tr>
<td>Money Management: 3 Part Series</td>
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<tr>
<td>Oct 3 and 10 - 2019</td>
<td>Thursdays</td>
<td>2:00-4:00 pm</td>
<td>Kent County MSU Extension 775 Ball Ave, NE, GR, MI 49503</td>
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<tr>
<td>Homeownership Education - MSHDA</td>
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<tr>
<td>Nov 11 and 18 - 2019</td>
<td>Mondays</td>
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<tr>
<td>Lunch and Learn webinars: Spending Plans, Applying for Student Loans, Retirement Myths, etc.</td>
<td>See our website to register</td>
<td>Noon-1:00 pm</td>
<td>Visit <a href="http://www.mimoneyhealth.org">www.mimoneyhealth.org</a> for dates and registration details</td>
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</tbody>
</table>

*To register for Homeownership Education and Webinars visit [www.mimoneyhealth.org](http://www.mimoneyhealth.org)

For additional online financial programs in English and Spanish visit [www.mimoneyhealth.org](http://www.mimoneyhealth.org)

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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