

# NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids

January-February 2017

## **New Year's Resolution Rewind**

Are you ready to discover your personal vision for improved health and well-being? Join Spectrum Health Healthier Communities for this free, interactive class to rekindle your commitment and energy for better health. Make this the year your New Year's resolutions stick!

This class will take place on Thurs, January 5th from 6-7pm at 655 Seward Ave NW Suite 110. Free parking is available on site. Registration is required, so reserve your spot by calling (616) 276-2626 option 4.

## **Physical Wellness: Develop Lifestyle & Behavior Changes**

Metro Health is offering an ongoing speaker series to discuss the 7 Dimensions of Wellness. For the free seminar in January, join Alex Fairfield and Terence Reuben as they discuss intuitive eating, fad dieting and portion control, the importance of physical activity and how to find physical fitness activities that work for your life.

This seminar will be held at Metro Health Professional Building's Grand Conference Room on Wed, January 18th from 6-7:45pm. Register by calling (616) 252-7117 or visiting [metrohealth.net/events](http://metrohealth.net/events).

## **Healthy Corner Store: Creston Heights Market**

The YMCA Healthy Corner Store Initiative is part of a comprehensive effort to connect small scale growers and distributors with urban corner stores to increase the fresh fruits and vegetables available to families in Grand Rapids. One of these Healthy Corner Stores is right in our community! If you're looking for fresh produce nearby, visit, shop, and support Creston Heights Market at 1403 Plainfield Ave NE.

## **St. Alphonsus Cooking Classes**

Looking for a way to cook and eat healthy on a budget? Attend St. Alphonsus Parish's upcoming cooking class led by an instructor from the Kent County Health Department!

Healthy Cooking on a Shoestring Budget  
Wed, January 18th 11am-12:30pm

Soup's On! 101  
Wed, February 15th 11am-12:30pm

Please bring a \$3 donation to cover the cost of food for each class. Classes take place in St. Alphonsus' cafeteria and are open to anyone, but spots are limited. Contact Virginia at (616) 913-4419 or [vscholten18@gmail.com](mailto:vscholten18@gmail.com) today!

## **Adult Healthy Living Group**

The Healthy Living Group is a program offered through Pine Rest designed to meet the needs of individuals who are struggling with depression, anxiety or mood regulation problems. This group meets on Tuesdays from 9-10:30am at the Pine Rest Northeast Clinic (3225 N. Evergreen Drive NE, Suite 301).

Group therapy is a covered service for most insurance providers. Financial assistance may be available for those who qualify.

Call (866) 852-4001 for more details or to schedule an orientation session.

## **Health Insurance Assistance**

Looking for someone to assist you with finding affordable insurance? Contact a Navigator at Catherine's Health Center today at (616) 336-8800.

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## 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!

If you'd like more information ahead of time, please contact Monica at (616) 336-8800 x216 or [mjendrusina@catherineshc.org](mailto:mjendrusina@catherineshc.org).

## Cooking with the Cardiologist

Join Metro Heart and Vascular's Interventional Cardiologist Larry Diaz, MD and Metro Health Executive Chef Zach Zost to discuss modern heart-healthy grains including quinoa, barley, bulgur, buckwheat and more. Watch as they create heart healthy dishes using some of these ingredients and taste them for yourself. Free samples will be provided.

This class will be on Wed, February 8th from 6-7pm at Metro Health Professional Building—The Grand Conference Room. To register or for more information, please call (616) 252-7117 or visit [metrohealth.net/events](http://metrohealth.net/events).

## North End Wellness Volunteer Opportunities

One way to practice wellness is to give back to your community. If you find yourself with spare time, skills, and a willingness to help out, please check out the volunteer opportunities below!

**Catherine's Health Center:** Medical Provider, Social Media Specialist, Vegetable Garden Mentor  
For more information, contact Jess E. at (616) 336-8800 ext. 207 or [jejlinton@catherineshc.org](mailto:jejlinton@catherineshc.org)



North End  
Wellness  
Coalition

*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).*

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## Health Equity & Social Justice Dialogue Workshops

The Kent County Health Department in partnership with Strong Beginnings and Healthy Kent are offering workshops to help engage the workforce and the community in dialogue to improve health. Workshops will address oppression and privilege, cultural identity and multicultural self-awareness, the historical role that public health and human services have played in promoting social change, social determinants of health and the root causes of health inequities.

Workshops are coming in 2017! Contact Karyn Pelon to learn more at (616) 632-7216 or [karyn.pelon@kentcountymi.gov](mailto:karyn.pelon@kentcountymi.gov).

## LGBT Friends and Family Support Group

If you have a loved one that identifies as LGBT, you may have questions about how you can best support and understand their needs and experiences.

This free weekly support group is meant to be a place for parents, grandparents, aunts, uncles, siblings, friends, partners and spouses to join together to learn about and process their experiences as allies to their LGBT loved ones. All are welcome to attend, so long as you are 18 or older.

This group meets at Pine Rest Northeast Clinic on Mondays from 5:15-6:15pm except around holidays. Please RSVP by calling (616) 364-1500.