

NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids

March-April 2018

Tai Chi Classes

Starting Monday March 12th, St. Alphonsus Parish will be offering a Beginner's Tai Chi class from 10:15-11:15am, and an Advanced class on Mondays at 11:45am-12:45pm. The Intermediate class is on Wednesdays at 9:30am. Suggested donation is \$3, but no one is turned away. Tai Chi is exceptionally helpful if you wish to strengthen core and use intentional movements to help you slow down and feel more balanced in life. If interested, please contact Virginia at (616) 913-4419 or email vscholten18@gmail.com.

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, as a participant, 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). An information session will be held on Thursday March 1st from 5:30-6:30pm, with the first session starting on Thursday March 15th at 5:30pm. To register, contact Christi at (616) 632-7881 or demitzch@msu.edu.

Active Commute Week 2018: Coming Soon!

The Greater Grand Rapids Bicycle Coalition challenges you to think actively this spring and summer when considering transportation in Grand Rapids. During the Active Commute Challenge, the week of June 11-15, compete as an individual or as part of an Employer/Organizational Challenge Team. Awards and prizes will be given to winning participants!

Active commuting involves riding the bus, carpooling with a friend, or getting to your destination via bike, rollerblades, longboard, or walking.

Postpartum Depression: Reduce Your Risk

Perinatal Mood and Anxiety Disorders (PMADs) are the most common complication of childbirth, affecting 15-20% of women. You can reduce your risk by making a plan. Let Pine Rest staff help you and your support person learn warning signs of PMAD, identify and strengthen your resources, learn actions to increase health and reduce risk and get information on postpartum community resources.

The class will be held on Tuesday March 13th from 6-8pm at the Pine Rest Northeast Clinic (3225 N Evergreen Dr NE). The class is free, but please register by calling (616) 364-1500.

More information can be found at <https://www.pinerest.org/events/postpartum-depression-reducing-your-risk-northeast-clinic-2/>

Cook, Learn, Grow: Free Cooking Series

This six week course is designed to introduce adults to healthy eating and safe cooking. Learn healthy snack and beverage choices, the importance of whole grains, fruits and vegetables, and participate in hands-on cooking demonstrations and food tasting! The series is organized by Grand Rapids Parks and Recreation, and hosted at North Park Presbyterian (500 N Park St NE) on Thursdays March 1-April 12 from 9:30-11:30am. Reserve your spot by calling (616) 456-3696.

New City Farm Shares Available

New City Farm (1226 Union Ave NE) is getting ready for another season! You can now sign up for a 2018 CSA farm share, perfect for families looking to eat fresh and local while also supporting the neighborhood. We offer full, half, and quarter shares and accept EBT as a form of payment. Add a soup share and receive soup made in our farm to table cafe each week! To find out more visit our website at www.newcityfarm.org or contact Alaina at alainad@newcityneighbors.org or (616) 970-4817.



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Borderline Personality Disorder Family & Friends Class

Loving someone with Borderline Personality Disorder (BPD) can be confusing, intense and even painful. The Family and Friends Class is a brief, 4-session educational series offered through Pine Rest designed to increase understanding of the illness and equip family and friends with tools for coping effectively. Participants will learn about the symptoms and causes of BPD as well as coping tools. Weekly sessions will be a combination of education and discussion.

Who should attend:

This class is designed for family members, friends, or anyone who has a loved one diagnosed with BPD. Adolescents are allowed but must be 16 years of age or older. The Family and Friends class is not recommended for those with a family member in Dialectical Behavior Treatment (DBT) unless they are also diagnosed with BPD, since this class is specific to the BPD diagnosis and not DBT.

The series takes place on Wednesdays starting April 11th at 4:30-5:30pm at the Pine Rest Northwest Clinic (2118 Three Mile Rd NW). The series costs \$100; full payment is due at the first session, or it may be divided into two payments. For more information call (616) 222-3720.

Cooking and Health Promotion Class Series

Have you ever gotten a flu shot, mammogram, colonoscopy, or other screening test? Ever ask yourself, "Why is this important, and do I really need this?" Join Catherine's Health Center and MSU Medical Students from the American Medical Women's Association (AMWA) for a series of classes that will explore questions about preventive health screenings. Each class topic will be coupled with a cooking class where participants will enjoy a healthy meal and conversation! All are welcome.

Classes will take place on Mondays March 5, 19, April 2, and 16 from 6-7:30pm at St. Alphonsus Parish (224 Carrier St NE). For more information contact Anna at (616) 336-8800 ext. 216 or astrong@catherineshc.org.

Cooking Matters

Join Catherine's Health Center and the YMCA for a free six week hands-on cooking class! You'll learn about nutrition and healthy cooking on a budget while making healthy, delicious recipes every week. Participants receive a free bag of groceries after each class. Classes will be held at Catherine's Health Center (1211 Lafayette Ave NE) for six weeks on Tuesdays starting March 6, class from 11am-1pm. To reserve your spot contact Anna at (616) 336-8800 ext. 216 or astrong@catherineshc.org.

Enhance Fitness

This fun fitness class is developed for anyone 60 years or older. This award-winning program is safe and effective for all fitness levels! The class focuses on strengthening, conditioning, balance and flexibility. Participants are encouraged to go at their own pace. Comfortable clothes and good shoes are all you need. A \$3.00/class suggested donation is accepted, but no one is turned away.

Classes take place in St. Alphonsus Parish's gym (224 Carrier St NE) on Mondays and Wednesdays from 10:30-11:30am. For more information, contact Julie at Senior Neighbors at (616) 233-0283 or Virginia at St. Alphonsus Parish at (616) 913-4419.

Diabetes PATH (Personal Action Toward Health)

Catherine's Health Center, with support from the Area Agency on Aging, anticipates offering a Diabetes PATH class on Wednesdays, 5-7:30pm beginning in early to mid-March (date to be determined). This six-week workshop is fun and interactive. It is peer-led and aims to teach those living with diabetes how to deal with symptoms like fatigue, pain, and stress. Participants will learn to develop healthy eating habits, improve physical activity, use medication appropriately, understand emotions such as fear, anger, frustration and depression, and connect with others. Workshops are usually free or low-cost, and are hosted at Catherine's Health Center (1211 Lafayette Ave NE). For more information, contact Anna at (616) 336-8800 ext. 216 or astrong@catherineshc.org.



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Voters Not Politicians

What is gerrymander and redistricting? Why does it occur? Is it helpful or not? Who does it serve? Come join the conversation at St. Alphonsus Parish (224 Carrier St NE) on Monday April 9th from 1:30-3pm. Please RSVP for this event by calling Virginia at (616) 913-4419.

Pickleball

St. Alphonsus Parish is offering free Pickleball every Tuesday at 9:30-11am in the gym (224 Carrier St NE). All levels of experience are welcome. Pickleball is a cross between tennis and ping-pong, and it's a fun way to workout! For more information contact Virginia at (616) 913-4419 or email vscholten18@gmail.com.

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!

Active Commute Week Planning Team of the Greater Grand Rapids Bicycle Coalition: We're looking for volunteers to act as Active Commute Week Champions! These Champions will recruit Employer/Organizational Challenge Teams to compete in Active Commute Week. For more information please contact Tom at bultentom@gmail.com or (616) 450-9332.

Catherine's Health Center: We're looking for volunteers to assist us with the following roles. Days and hours are flexible depending on the volunteer position. For more information please contact Jess E. at (616) 336-8800 ext. 204 or jeglinton@catherineshc.org.

- Medical assistants for volunteer providers
- Medical providers, including physicians, optometrists, pharmacists, and other specialists
- Organizational/administrative projects
- Summer landscape maintenance

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 NE).

Please contact Jess E. at (616) 336-8800 ext. 204 or jeglinton@catherineshc.org 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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