



# NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids

May-June 2017

## Tour De Quarter

Join others in your community for this family friendly bike event to showcase the changing landscape of the North Quarter! The name Tour De Quarter is a play on words, blending the famous bike race Tour De France, and the North Quarter of Grand Rapids. At this event, you'll learn about rider safety, resources within the community, and much more!

This free community event will take place on Saturday, May 20th from 11am-3pm at City Middle/High School (1720 Plainfield Ave NE).

## Gentle Yoga

Join St. Andrew's Episcopal Church for Gentle Yoga! Instructor Jeff Brown will guide you through a calm, non-stressful exercise and meditative experience. Come as you are; there are no prerequisites other than an open heart, open mind, and a yoga mat. Please arrive 15 minutes early to your first class to fill out a waiver. The class is drop-in on a donation basis, with a suggested donation of \$5 per class.

Classes are on Tuesdays from 6-7pm at St. Andrew's Episcopal Church (1025 Three Mile Rd NE).

## YMCA's Diabetes Prevention Program

The YMCA's Diabetes Prevention Program focuses on small, measurable changes that can reduce your risk of developing type 2 diabetes. Get the skills you need and the support you deserve during this year-long program to make lasting healthy lifestyle changes. Change is tough—we can help! Reach the YMCA at (616) 855-9687.

Classes starting:

1. May 16, 12-1pm, Spartan Stores YMCA (5722 Metro Way in Wyoming)
2. Week of May 22— call (616) 855-9687 for info
3. Week of May 28— call (616) 855-9687 for info

## Eating for Maximum Performance

Come to this workshop to learn the proper methods of combining appropriate food groups for optimum digestion, maximum energy, and maybe even weight loss. It also uncovers the secrets to fueling your immune system and eating to decrease your risk of cancer!

Join the Wellness Champions for this event on Tuesday, May 9th at 6:30pm at Right Direction Nutrition (2300 Plainfield Ave NE Suite A).

## Stomp Out Stigma 5k Walk

The stigma associated with mental illness is one of the greatest barriers that prevent people from seeking help. This walk not only strives to raise awareness but encourages people to be mentally fit. All proceeds from this event benefit the education programs of the Mental Health Foundation of West Michigan.

The event begins on Saturday, May 20 at 8:15am.

For more details and to register online, visit [http://www.themhf.org/events/stomp\\_out\\_stigma](http://www.themhf.org/events/stomp_out_stigma).

## Postpartum Depression: Reducing Your Risk—Free Workshop

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 our staff help you and your support person learn warning signs, identify and strength your resources, and learn actions to increase health and reduce risk.

Join this workshop on Tuesday, May 16 from 10am -12pm at 655 Seward Ave NW Suite 110.

For more information or to register, call Pine Rest/Spectrum Healthier Communities at (616) 222-3720.



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## Nurturing Families

Nurturing Families is a free, evidence-based program designed to help parents and caregivers strengthen and build parenting skills that promote positive family relationships. Nurturing Families participants will learn about being a nurturing family and how to promote and grow positive relationships with children.

Classes are held at MSU Extension (775 Ball Ave NE). For more information about upcoming classes, call Holly Tired at (616) 632-7893.

## Smoking Cessation Class

You can be tobacco free! This 6-week program with 7 sessions provides support and teaches skills and techniques that will help you on your way to a tobacco free life!

Classes are held at Metro Health Community Clinic (781 36th St in Wyoming), on Tuesdays beginning May 23. To register, please call (616) 252-7117 or visit the metrohealth.net website and click on "Classes and Events."

## Mental Health and Substance Use Services

If you'd like to discuss your mental health or substance use habits, check out some of the resources below. Though sometimes it may feel like it, **you are never alone.**

- Arbor Circle (616) 456-6571
- Bethany Christian Services (616) 224-7550
- Cherry Health (616) 965-8200
- Claystone Clinical Associates, PLC (616) 949-7460
- Consumer Services Inc (616) 247-4580
- D.A. Blodgett Svc. For Children & Families (616) 451-2021
- Family Outreach Center (616) 247-3815
- Forest View Hospital (616) 942-9610
- HHS Health Options (616) 956-9440
- Hope Network Behavioral Health (616) 301-8000

- Hulst Psychology & Assessment Center (616) 803-0643
- InterAct of Michigan (616) 259-7900
- Leonard Street Counseling Center (616) 954-1991
- National Suicide Prevention Lifeline (800) 273-TALK
- Native American Community Services (616) 240-5864
- Pine Rest Christian Mental Health Services (616) 455-9200
- Wedgewood Christian Services (616) 942-2110
- YWCA of Grand Rapids (616) 459-4652

## 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:** Volunteer as a Medical Provider for the underserved in our community! For more information, contact Jess E. at (616) 336-8800 ext. 207 or [jeglinton@catherineshc.org](mailto:jeglinton@catherineshc.org).

**Pine Rest Christian Mental Health Services:** We're currently looking for a Mentor with Adolescent Programs, a Thrift Store Volunteer, and a Nursery Attendant. Visit <https://www.pinerest.org/join-our-team/volunteer-opportunities/> for more information and to apply.



*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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