



# NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids  
November-December 2016

## **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)

## **YMCA Healthy Living Hubs**

The YMCA's Healthy Living Hubs offer FREE group fitness classes led by YMCA-certified instructors. Offering fun, high energy classes such as Zumba, Kickboxing, Sit & Be Fit, and basketball that provide people of all ages with the opportunity to improve their health. Classes are open to all fitness levels! Most classes last one hour. The class schedule can be found attached to this newsletter.

## **Cooking with the Cardiologist**

Join Metro Heart and Vascular Interventional Cardiologist Dr. Larry Diaz as he teams with Zach Zost, Metro Health's executive chef, to prepare some of his heart-healthy pasta alternatives. Dr. Diaz will explain why the dishes are healthy and then you get to sample them for yourself!

This class will be on Wednesday, November 9 from 6:30-7:30pm at Metro Health Professional Building—The Grand Conference Room. To register or for more information, please call (616) 252-7117 or visit [metrohealth.net](http://metrohealth.net).

## **Making Creston & Belknap Neighborhoods a Healthy Place for All**

Catherine's Health Center and the Calvin College Nursing Program would like to hear from you about your thoughts and experiences with obesity and exercise. Any resident of the Creston or Belknap neighborhoods who is age 18-65 is welcome to participate! The focus group will be on Tues, November 15th from 6:30-8pm at Catherine's Health Center (1211 Lafayette Ave NE). All participants will receive a \$20 gift card after the group discussion.

Space is limited, so call to reserve your spot and find out more details today! Call Jesse at (616) 526-6178 or email Gail at [gzandee@calvin.edu](mailto:gzandee@calvin.edu).

## **YMCA Veggie Van**

The YMCA Veggie Van is West Michigan's first and only mobile farmer's market. The Veggie Van makes daily stops in urban neighborhoods throughout Grand Rapids, offering locally grown, top-quality fruits and vegetables at reduced prices. SNAP and Senior Project Fresh/Market FRESH benefits are accepted. The Veggie Van schedule can be found attached to this newsletter.

## **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!

The class, Healthy Cooking on a Shoestring Budget, will be taught on Wednesday December 7th from 11am-12:30pm at St. Alphonsus Parish (224 Carrier St NE). Please bring a \$3 donation to cover the cost of food. Classes are open to anyone, but spots are limited. Contact Virginia at (616) 913-4419 today!

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### **FREE! Metro Health Memory Screen**

This free Memory Screen is for anyone concerned about memory loss or experiencing the warning signs of dementia. Get a free confidential memory screen—a simple and safe screen that checks memory and other thinking skills. The results can help indicate whether a full medical evaluation is needed. Each memory screen takes approximately 10 minutes, then you will see a Neurologist to discuss the results.

Memory screens are available on Thursday, November 3 from 9am-12pm and 1-3pm at Metro Health Conference Center (2225 Main St. Wyoming, MI 49519). They are offered on a first come, first served basis, in partnership with Pine Rest and Metro Health Neurology. If you have any questions, please call (616) 252-7117 or visit metro-health.net

### **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. 7, 10, 17, & 24 and December 12 through January 9.

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

### **Trauma Impact Workshop**

Do you have questions about how trauma affects your health and relationships? Join Network 180 for a free workshop on trauma and its effects. The workshop is on Friday, November 4th from 10am-12pm at Family Outreach Center (255 Colrain SW Suite 2).

For more details, contact Family Outreach Center at (616) 988-1479.

### **Health Insurance Assistance**

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

### **Holiday Assistance**

Registration has opened for holiday programs including Toys for Tots, Holiday Gift Baskets, and Santa Claus Girls. Please note that the deadline for some programs is as early as November 12. You can find out more information or register for a program by calling 2-1-1!



*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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