



## **Gentle Yoga**

Join St. Andrew's Episcopal Church for Gentle Yoga! Instructors Jeff Brown (on Tuesdays) and Angel Hayden (on Thursdays) 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 & Thursdays from 6-7pm at St. Andrew's Episcopal Church (1025 Three Mile Rd NE).

## **PREDIABETES — Could it be YOU?**

The numbers don't lie – 1 in 3 American adults has prediabetes. With healthy lifestyle changes, it often can be reversed. The YMCA's Diabetes Prevention Program focuses on gradual, measurable lifestyle changes that can reduce your risk of developing type 2 diabetes. The program emphasizes healthier eating, physical activity and moderate weight loss. A Lifestyle Coach leads a small group and offers you motivation and support on your journey. For more program details and upcoming class information, call the YMCA at (616) 855.9687.

## **Adult Healthy Living Group**

This is a 12-week cycle of meetings designed for adults struggling with depression, anxiety or mood regulation problems. Every Tuesday from 9-10:30am, you can learn and practice new skills to improve your health and prevent relapse. If interested, talk to your Pine Rest case manager or therapist to set up an orientation meeting, or call the Pine Rest Northeast Clinic at (616) 364-1500. This group meets at Pine Rest Northeast Clinic, 3225 N. Evergreen Drive NE.

## **Community Health Expo**

Join St. Alphonsus Parish for a Community Health Expo on Wednesday, Nov. 8<sup>th</sup> from 6-8pm for an interactive and fun evening. There will be a healthy dinner provided along with informational talks and demonstrations to get folks up and moving! Attendees will enjoy the opportunity to receive a 10-minute massage, engage in Tai Chi, Pickle Ball, Enhance Fitness, and Good Form Walking while also learning about Disability Advocates and EncourAge. Contact St. Alphonsus Church with questions at (616)-913-4419 or (616)-451-3043.

## **Resources for Seniors: EncourAge Program and Good Form Walking**

Come learn about great programs and resources for seniors in our community! On Monday, December 4<sup>th</sup> at 1:30pm you'll hear from Margie Witbeck at Spectrum Health about the EncourAge Program, a program for seniors. Following this will be an interactive presentation on "Good Form Walking" from Penny Murray at AARP. You'll learn to improve your stride and get the most out of every step. The presentations will take place at St. Alphonsus Parish Center, 224 Carrier NE. Please contact Virginia for questions or to RSVP at (616) 913-4419 or vscholten18@gmail.com.

## **Adolescent Healthy Living Group**

This is a 12-week cycle of meetings designed for teens 13 years and older who are struggling with depression, anxiety or mood regulation problems. If interested, talk to your Pine Rest case manager or therapist to set up an orientation meeting, or call the Christian Counseling Center at (616) 956-1122. This group meets every Tuesday from 5-6:30pm at Pine Rest Christian Counseling Center, 1870 Leonard NE.

# North End Wellness News

Nov-Dec 2017

## Free Community Walking Program

Join your neighbors at Catherine's Health Center's free community Walking Program! On most Monday and Thursday evenings from 5-7pm you can walk indoors throughout the hallways of Kent Hills Elementary school. It's a free, fun, and safe space to walk and stay active during the winter months! Walkers come and go throughout the evening, so stop by and walk as you're able to. You don't need to call ahead, but if you have questions please contact Ally at (616) 336-8800 ext. 208.

## Postpartum Depression: Reducing Your Risk

Postpartum depression and other related illnesses are the most common complications of pregnancy and childbirth affecting 1 in 5 women. You can reduce your risk! This free workshop will help you and your support person learn the warning signs, identify and strengthen your resources, and learn actions to increase health and reduce risk. To register or for more information, please call (616) 364-1500.

Monday, Dec. 11th from 6-8pm  
Located at Pine Rest Northwest Clinic,  
3225 N. Evergreen Drive NE

## 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](mailto:jeglinton@catherineshc.org) for more information.

## 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:** Are you a medical professional looking to volunteer your time? Connect with us at Catherine's! We provide high quality, affordable and compassionate health care to the underserved in our community. We would love to have you join in our mission. For more information contact Jess E. at (616) 336-8800 ext. 204 or [jeglinton@catherineshc.org](mailto:jeglinton@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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