



# NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids

September-October 2016

## **Gentle Yoga**

Join us again this fall for Gentle Yoga at St. Andrew's Episcopal Church, 1025 Three Mile Road NE, beginning Tuesday, Sept. 13th from 5:30-6:30pm. Gentle Yoga is a class for those who want a calm, non-stressful exercise and meditative experience. The class begins with a brief meditation, and continues with basic, gentle yoga moves that stretch and tone muscles while relaxing the entire body. Come as you are; there are no prerequisites. Please bring a yoga mat.

The fee for this 12 week class is \$89.00. Call Kathy at (616) 361-7887 by September 8th to register.

## **Chair Yoga**

In Chair Yoga, as with any yoga practice, we will expand our breath, stretch our muscles, lengthen our bodies, and calm our minds. There is so much movement, breath, and possibility when practicing from a chair! A chair provides a stable foundation and support for those with challenges that prevent them from participation in a traditional yoga class, but can be a great practice, especially for those who work at a desk.

This class begins Monday, Sept. 12th from 2-3pm at St. Andrew's Episcopal Church, 1025 Three Mile Rd NE.

The fee for this 12 week class is \$89.00. Call Kathy at 361-7887 by September 8th to register.

## **14th Annual Walking Program**

Kent Hills Elementary School offers a free, safe space to walk during the school year every Monday & Thursday evening from 5-7pm. Starting Monday, Sept. 19th, bring a friend and walk a few laps! 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 Emily J. at (616) 336-8800 x216 or [ejones@catherineshc.org](mailto:ejones@catherineshc.org).

## **ASA Eat Pray Run 2016**

All Saints Academy invites you to our 6th Annual Eat Pray Run 5k on Sunday, September 25, 2016. Eat Pray Run was created to celebrate our faith and our school with the community in a fun, healthy way! Proceeds from Eat Pray Run will support the EAGLE Fund to upgrade our school's facilities and tuition assistance!

5k Run/Walk, 1 Mile Fun-Run/Walk and 1/2 Mile Fun-Run/Walk to begin at 10:00am at the Riverbend Shelter in Riverside Park.

For more information about the schedule of events and how to register, email [jmatlak@asagr.org](mailto:jmatlak@asagr.org) or visit [facebook.com/asaeagles](https://www.facebook.com/asaeagles).



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## Caregiver’s Support Group

Do you spend much of your time caring for a loved one and/or helping them take care of themselves? Catherine’s Health Center has a group where you can process your experience, learn more about taking care of yourself and others, and relax for an hour or two.

Join us for our upcoming meetings on September 19th and October 10th from 4-5:30pm! The group meets at Catherine’s Health Center, 1211 Lafayette Ave NE, with entrance through the side door next to the parking lot.

Contact Jess for more information at (616) 336-8800 x207 or [jeglinton@catherineshc.org](mailto:jeglinton@catherineshc.org).

## Health Insurance Assistance

Catherine’s Navigators are available to assist you with determining what type of affordable health coverage you qualify for!

Whether it’s in regards to the Medicaid expansion, the Healthy Michigan Plan, or the federally-facilitated Marketplace on Healthcare.gov, our Navigators are able to answer questions, help with the application process, compare plans, and start enrollment or re-enrollment.

For more information or to schedule an appointment, contact a Navigator at (616) 336-8800 x214.

## Food Assistance Applications

Are you considering applying for food assistance through the State of Michigan? Catherine’s Health Center’s Navigators are available to assist you with the application process on the MI Bridges website.

For more information or to schedule an appointment, contact a Navigator at (616) 336-8800 x214.



*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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