

Neighbor's Voices

What helps you stay healthy?

"I cannot afford a gym membership, but I can surely get out and walk!" – **Focus Group Response**

"Walking has changed my life. I'm not in as much pain, and I'm more mobile. My blood pressure and everything was so high- I thought I was going to have a heart attack. I feel better about myself. I have lost weight (99 lbs)!" – **Laurie, NE Resident for 40 yrs.**

"[Walking] There are so many benefits. It keeps my blood pressure more even, and I feel good when I walk." – **Barb, NE Resident for 24 yrs.**

"Being out and being social. It helps me get out and do things, off the couch!" – **Chris, NE Resident for 50 yrs.**

"I walk to keep my mind and body younger than my calendar age!" – **Maria, NE Resident for 49 yrs.**



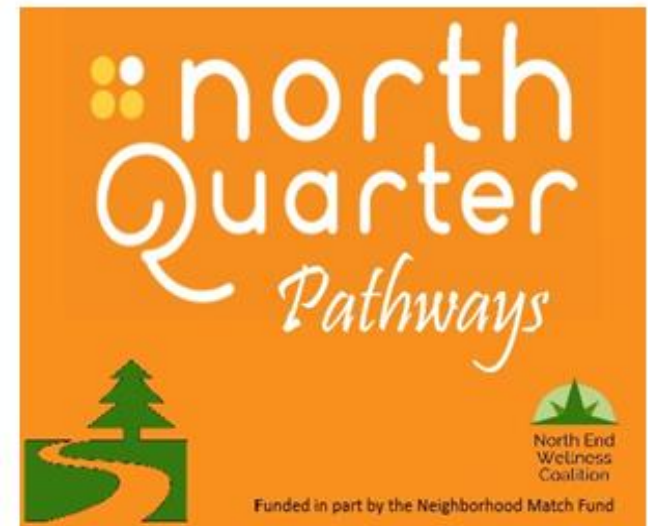
We are a dynamic team of community leaders, non-profit representatives, and businesses that support the health of the Creston and Belknap neighborhoods. Together we foster initiatives that prioritize healthy living behaviors and mental health needs. We know that to be truly healthy we need to value and support each other and our community.

Join us!

The third Thursday of each month,
9:30-10:45am
Creston Neighborhood Association's
Community Room (205 Carrier NE).

The NEWC Newsletter is emailed out semi-monthly with healthy activities and classes. To sign up and learn more, visit: <https://northendwellness.org/>

Please contact:
NEWC co-facilitator, Elianna Bootzin at 616-454-8413 or noblgr@gmail.com



The North End Wellness Coalition (NEWC) is seeking sponsors and partners of the north end side of Grand Rapids to bring **North Quarter Pathways** to the community. For nearly 2 years, the Wellness Coalition has collaborated to create a 6 mile multi-loop path for neighbors to walk, run, wheelchair and bike.

Our mission is to encourage everyone who lives, works, visits, and plays in the Creston & Belknap neighborhoods to “MOVE LOCAL” and enjoy the unique nature and urban views of the city. However, we need your support to make this dream a reality.

Please consider joining us in this work and invest in the health and wellness of our community by serving as a Compass, Pathfinder or Trailblazer sponsor!



North Quarter Pathways Milestones

2016

Calvin College Public Health 2016 focus group identified a walking trail as an opportunity to increase exercise and reduce obesity in the Creston/ Belknap neighborhoods

Summer 2018

North Quarter Pathways map developed and proposed by NEWC

Fall 2018

NEWC was awarded a City of Grand Rapids Neighborhood Match Fund of \$2,222

Winter 2018 and Spring 2019

NEWC currently seeking sponsors and donations from local business and community partners who have a desire to support the health and wellness of the Creston/ Belknap neighborhoods

Summer 2019 - Upcoming

Community Event – celebrating **North Quarter Pathways** and outreach to the Creston and Belknap community

Sponsorship

Compass --- \$100

Sponsor's name and logo featured on NEWC website and flyers. Sponsor will be provided 2 pathway t-shirts.

Pathfinder --- \$250

Sponsor's name and logo featured on community board, NEWC website and promotional materials. Sponsor will be provided 2 pathway t-shirts.

Trailblazer --- \$1000 + \$100 annual gift

A Pathway loop will be named after sponsor and custom yard signs created for assigned loop residents. Sponsors' name and logo featured on community board (along with promotional space), NEWC website, and all promotional paper materials. Sponsor will be provided 5 pathway t-shirts.

Note: \$100 annual gift will go towards pathway yearly maintenance.

Ready to donate?

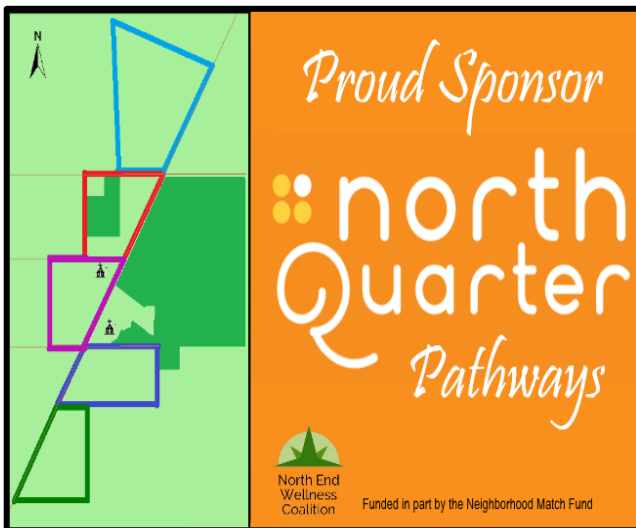
Make checks out to our fiduciary:

St. Andrew's Episcopal Church
1025 Three Mile Rd NE
Grand Rapids, MI 49505
Note: "NEWC NQ Pathways" in memo

Questions?

Contact NEWC co-facilitator, Elianna Bootzin at noblgr@gmail.com

Your support is greatly appreciated!



Please note: Promotional images are not finalized.