

# Creston Healthy

A publication of the North End Wellness Coalition, March 2021

## MEETINGS

<https://northendwellness.org/meetings/>

We are eager to meet and learn with/from you in supporting healthy lifestyles in the neighborhood! Let us know of your interest at [northendwellnesscoalition@gmail.com](mailto:northendwellnesscoalition@gmail.com).

## CELEBRATE HEALTH WITH THE CARR-UREN FAMILY!



Carol, husband Steve, daughter Madeline (17) and son Auguste (9) along with their two very lazy but lovely cats, Millicent and Keegan.

Their favorite family activity is hiking! They love camping, canoeing, biking but during the pandemic they have done tons of walking and hiking and have found so many wonderful parks and trails all within 20 minutes of Creston!

Carol is enthused about all the healthy living opportunities in our neighborhoods: "It's SO easy to get out in Creston to walk, bike, row or ski. There are so many great opportunities right here in our neighborhood and very close by. We're lucky to live where we do!"

## EAT WELL

### DIABETES PREVENTION PROGRAM

A lifestyle change program for people at risk of developing diabetes information session: Wednesday, February 24 at 6 pm  
Register: <https://bit.ly/NDPPWed6PM>

### DIABETES PATH WORKSHOP—TWO OPTIONS

Each workshop is 6, 2 hour sessions  
Tuesday session from 5:30-7:30 pm starting March 2 – register here: <https://bit.ly/DPATHMar21Tues>  
Wednesday session from 1-3 pm starting March 3 – register here: <https://bit.ly/DPATHMar21Weds>

## STAY ACTIVE

### TAI CHI

To be resumed on March 1st. Due to COVID-19 restrictions, please contact the Young At Heart program, [vscholten18@gmail.com](mailto:vscholten18@gmail.com) for dates and availability.

### YOUNG AT HEART WALKING CLUB

For ages 55+ of all abilities. Walk safely in the gym, or join weekly walks of local interest. Contact [vscholten18@gmail.com](mailto:vscholten18@gmail.com) for dates and availability.

### GRAND RAPIDS PARK AND REC OPPORTUNITIES

<https://mailchi.mp/grcity/march-and-april-fitness-kicks-off-soon?e=74af38e7b7>

### YOGA AND STRECHING WITH SUNSHINE CHURCH

<https://yoga-stretchingatsunshine.pushpayevents.com/>

# BE HAPPY

## RELAX: ALTERNATIVES TO ANGER SERIES

Tuesdays from 1-2:30 PM

March 9, 16, 23, 30, 2021

Register online: <http://bit.ly/2Kw6IP2>

## MINDFULNESS FOR BETTER LIVING LUNCH AND LEARNS

Wednesdays from 12-1 PM

March 3, 2021 – Laughter is the Best Medicine

March 10, 2021 – Mindfulness for Parents and Caregivers

March 17, 2021 – RELAX: Alternatives to Anger for Parents and Caregivers

Register online: <https://bit.ly/39K3S3I>

# YOU BELONG HERE

## WEEKLY WITS WORKOUT FOR OLDER ADULTS—KEEPING OUR BRAINS FIT!

Mondays from 1-1:30 pm - Starting February 8 – register here: <https://bit.ly/WitsWorkoutMon>



## WALK FOR GOOD FOOD

Join the [NEWC Walk Team](#) for the Walk for Good Food and help us meet our group fundraising goal so no one goes hungry.

### NETWORK 180

Network180 connects adults, children and families to an array of services, resources and support for those experiencing mental illness, substance use issues, or an intellectual or developmental disability.

Our Access Center is available 24-hours/day, 365-days/year at (616) 336-3909. Whether an individual seeks a long-term care solution or is experiencing an immediate crisis, our clinicians are available to help.

## COMMUNITY VACCINATION CENTERS

Think of how wonderful it will be to connect with family and friends again. Register for your vaccination below.

### Currently eligible:

**Health care workers | Long-term care workers and staff | Residents age 65 and older**

**Essential workers (firefighters, police, correction workers, inspectors)**

**Child care and pre-K through high school staff**

**Congregate care facilities (homeless shelter, juvenile justice, child care staff)**

-Kent County, Spectrum Health and Mercy Health, and Vaccinate West Michigan's COVID-19 vaccine clinic at DeVos Place, 303 Monroe Avenue in Grand Rapids. Appointment only. Based on vaccine availability.

Register at: [www.wmvaccineclinic.org](http://www.wmvaccineclinic.org) or call: 833.755.0696

-The Kent County Health Department (KCHD)'s clinic for [Phase IA and Phase 1B](#) at 700 Fuller NE. If in these categories, please complete their [survey](#). Kent County Health Department will call as appointments become available.

-Meijer will be giving vaccinations as soon as the vaccine is available. Register at: <https://clinic.meijer.com>

Spectrum Health Registration: <https://www.spectrumhealth.org/covid19/covid-19-vaccine#Available>

### We'd like to thank our partners and sponsors!

#### Trailblazers

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[Kingma's Market](#)

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