

Creston Healthy

A publication of the North End Wellness Coalition, June 2021

WORKING TOGETHER FOR HEALTH

We are eager to meet and learn with you in supporting healthy lifestyles in the neighborhood! Let us know of your interest at northendwellnesscoalition@gmail.com. View meeting information at northendwellness.org/meetings/

CELEBRATE HEALTH WITH THE NEW CITY NEIGHBORS!



Tour Our New Farmhouse This Summer



Our mission is to empower youth to reach their full potential as we take up radical hospitality in our neighborhood.

We can't wait to share our next steps with you! We are hosting a farmhouse tour (a fundraiser) that will allow supporters to walk through our new space on Leonard NE and learn about our plans moving forward. Included in the tour are historical points of the property and exciting opportunities to contribute to our work.

[Visit our website and sign up for a tour!](#)

EAT WELL

FULTON STREET FARMERS MARKET

May 1 - October 30

Wednesday, Friday, Saturday | 8AM-2PM

Learn More: fultonstreetmarket.org

YMCA VEGGIE VAN

Last Wednesday of each month

St. Alphonsus parking lot, 3:30pm to 4:30pm

STAY ACTIVE

YOUNG AT HEART PICKLEBALL

Tuesdays from 9:30am to 11am [Learn More](#)

SUNSHINE CHURCH WALKING CLUB

Wednesdays at 6:45pm, meet in the church parking lot. Contact glammers@sunshinechurch.org for more information.

GENTLE YOGA OUTDOORS

Tuesdays at 6pm with Jeff Brown at St. Andrew's Episcopal Church. [Learn More](#)

SENIOR NEIGHBORS ARTHRITIS EXERCISE

Multiple Times, to register and learn more email jlake@seniorneighbors.org or call 616-233-0283.

BE HAPPY

MINDFULNESS FOR BETTER LIVING LUNCH AND LEARNS

Wednesdays from 12-1 PM

June 9: What is Anger

June 16: Calming Down

June 23: Six Principles of Problem Solving

June 30: Forgiving and Letting Go

Register online: <http://bit.ly/3tyZZ96>

YOU BELONG HERE

MSU EXTENSION FINANCIAL SEMINARS

Multiple topics and dates. Visit the [NEWC Calendar](#) to learn more.

GET CONNECTED TO YOUR COMMUNITY

As the pandemic slowly comes to an end, some older adults are eager to safely return to their communities and engage with others. To help seniors who are isolated, the following agencies are offering assistance in meals, transportation, and senior center access.

-Kent Community Action | accesskent.com/Departments/ | 616-632-7950 | kccainfo@kentcountymi.gov

-Senior Neighbors | seniorneighbors.org | 616-459-6019 | info@seniorneighbors.org

-United Methodist Community House | umchousegr.org | 616-452-3226 | seniors@umchousegr.org

FIND A VACCINATION

Moderna, Pfizer, or Johnson and Johnson - your choice!

<https://www.vaccines.gov/search>



HEALTH
DEPARTMENT
Caring today for a healthy tomorrow

[Click here to view the latest data and information from Kent County!](#)

We'd like to thank our partners and sponsors!

Trailblazers

[Stonestrow](#)

[Kingma's Market](#)

[Discount Home Improvement](#)

[Dox Design](#)

[Culver Group](#)

[Lions and Rabbits](#)

Pathfinders

[Lucy's Cafe](#)

[Kent County Credit Union](#)

[Members First Credit Union](#)

[Teter Orthotic and Prosthetics, Inc.](#)

[City of Grand Rapids](#)

[Grand Rapids North Rotary](#)

MEMBER SPOTLIGHT

AGE FRIENDLY GRAND RAPIDS

In 2016 the City of Grand Rapids partnered with AARP, an affiliate of World Health Organization, to pursue and obtain accreditation as an Age-Friendly Community. The initiative aspires to: improve communities, sustain economic growth, and make for happier healthier residents of all ages . Age Friendly partners with NEWC in their shared work on communication and outdoor spaces.

grandrapidsmi.gov/Government/Programs-and-Initiatives/Age-Friendly-Grand-Rapids
616-456-4100 | planning@grcity.us

