

# Creston Healthy

A publication of the North End Wellness Coalition, February 2022

## SUPPORTING HEALTHY LIFESTYLES IN OUR NEIGHBORHOOD

Let us know of your interest at [northendwellnesscoalition@gmail.com](mailto:northendwellnesscoalition@gmail.com).

## CELEBRATE HEALTH



NEWC is excited and grateful to announce our new partner: Health Net of West Michigan. Health Net supports clients' basic needs such as housing, employment, food access, transportation, utility payment, early childhood and pregnancy services, and others. Their kind help is open to anyone regardless of insurance status. Health Net does not just refer clients to a resource; they walk right along with clients to ensure they are able to access and receive the resources they need.

[SERVICE INFO \(ENGLISH\)](#) | [SERVICE INFO \(ESPAÑOL\)](#)

"We ensure our community members are connected to the resources they deserve to live healthier lives. We work alongside our clients from an empowerment perspective to provide tools for problem-solving and advocacy to reduce barriers they might be facing."

When in need, give them a call: 616-726-8204.

## YOU BELONG

### PLAY CARDS WITH YOUNG AT HEART

Get to know new people by playing Euchre, Knitting, Woodworking, and more! [Learn more](#).

### GRPS FAMILY AND COMMUNITY

Take a look at their most recent [newsletter](#)!

## IMPORTANT LINKS!

[OUR WEBSITE](#) | [FACEBOOK](#) | [INSTAGRAM](#)

## BE HAPPY

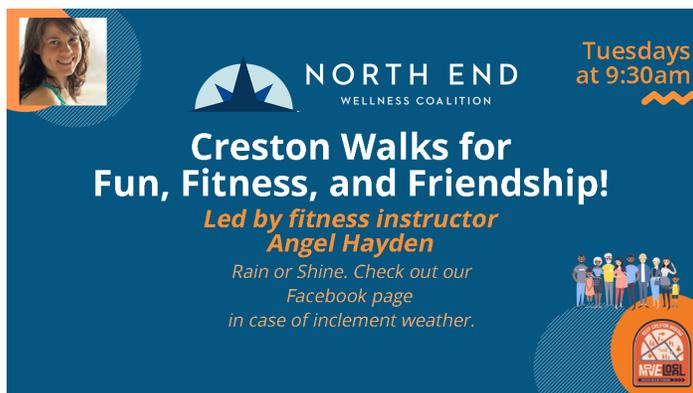
### MSU EXTENSION: ALTERNATIVE TO ANGER

How people handle their anger affects them and everyone around them. Alternatives to Anger is a four-part educational series designed to help adults, parents and caregivers increase their knowledge about anger issues and put anger management and healthy relationship skills into practice. [Learn More](#).

# STAY ACTIVE

## WALK WITH NEIGHBORS AND AN ANGEL

Put some pep in your step and a gift card in your pocket (\$5.00 to Kay's Pharmacy) on Tuesdays at 9:30 a.m. Until 3/15 we are walking indoors at St. Alphonsus (meet at the doors at the end of the white ramp off driveway). If Grand Rapids Public Schools cancels due to weather, we will, too. You may also check our Facebook post for cancellation.



## SENIOR NEIGHBORS

Joint friendly stretching and strengthening exercises suitable for anyone with arthritis, and is effective for those without arthritis also! This program also includes a little cardio to get your heart rate up! [Learn More](#)

## BLOOD DRIVE

Join Bereans Baptist Church for a blood drive on February 6. [Learn more.](#)

# MEMBER SPOTLIGHT

## NEWC FOUNDING MEMBER CHURCHES

We thank six churches for starting the North End Wellness Coalition. They work to distribute "Creston Healthy" (this newsletter) and other healthy announcements. Some have linked NEWC's website to theirs to ensure parishioners have access to a multitude of resources for well being. You and your organization can, too. Contact us at

[northendwellnesscoalition@gmail.com](mailto:northendwellnesscoalition@gmail.com) and we will help get you set up!

## FOUNDING MEMBER CHURCHES

- [St. Jude's Catholic Church](#)
- [Northlawn United Methodist](#)
- [St. Andrew's Episcopal Church](#)
- [North Park Presbyterian Church](#)
- [St. Luke's Lutheran Church](#)
- [Second Congregational UCC](#)

# EAT WELL



## THANKS TO OUR SPONSORS FOR SUPPORTING OUR HEALTH!

### Trailblazers

- [Stonethrow](#) | [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](#) | [Teters Orthotic and Prosthetic](#) | [City of Grand Rapids](#) |