

Creston Healthy

SUPPORTING HEALTHY LIFESTYLES IN OUR NEIGHBORHOOD

Let us know of your interest at northendwellnesscoalition@gmail.com.

CELEBRATE HEALTH WITH THE BERGHUIS FAMILY!



Meet the Berghuis family! They are an active family of four that includes Mom—Ali, Dad—Gabe, and their children Fletcher and Clementine. Both Ali and Gabe work locally. Ali is a nurse and Gabe works in the technology industry.

All of the Berghuises enjoy going on bike rides as a family. On a sunny day they typically bike close to home around Cheshire Village. Bike riding has become a hobby of choice for Gabe and Ali who enjoy long bike rides on the many bike trails in our area.

To foster their own health, the family finds little ways to be active. They believe that exercise doesn't have to look like an epic bike ride or hike. Finding convenient and consistent ways to layer activity into everyday life adds up and helps create healthy rhythms.

Asked about their good nutritional practices, Gabe quipped, "Air fried chicken nuggets are healthy, right?" Actually, Berghuises work to keep meals healthy by keeping it simple with an emphasis on fruits and vegetables.

Gabe has encouraged many friends to bicycle and is initiating a community oriented biking team with Switchback. If you're interested in getting into biking, but aren't sure where to start, keep an eye out for weekly community rides posted on Meet Up, Next Door, [Facebook](#), or at Switchback once the weather gets nice.

STAY ACTIVE

PINTS AND PATHWAYS

urban walk with friends and neighbors

PINTS & PATHWAYS

FIRST TUESDAY OF EVERY MONTH
MEET OUTSIDE CRESTON BREWERY @ 5:30PM
PARTICIPANTS GET \$1 OFF A BEER!

Hosted by North End Wellness Coalition, Greater Grand Rapids Ski Club, and Creston Brewery

 **Mobile GR**

See you Tuesday, March 7 for a walk and a beer! City Commissioner Lisa Knight will be joining us as well.

YAH SATURDAY MORNING WALKING CLUB

Join fellow seniors for a weekly walk - Saturday mornings at a different park. Learn more at youngatheargr.org.

CRESTON WALKS!

Join us every Wednesday at noon at 205 Carrier to walk in the community. Walk twice in one month and you'll receive a \$10 Meijer gift card!

EAT WELL

YMCA VEGGIE VAN



The YMCA Veggie Van will be at the New City Church Fellowship Hall on March 7, April 4, and May 2 from 10am-11am (214 Spencer St NE Grand Rapids, MI 49505).

YOU BELONG

MARCH 23, 2023
12 - 1 PM

Every Penny Counts: Saving Tips



To register go to www.mimoneyhealth.org

MICHIGAN STATE UNIVERSITY Extension

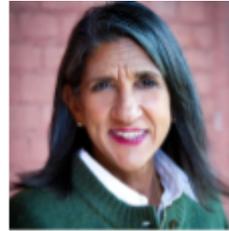
THANKS TO OUR SPONSORS FOR SUPPORTING OUR HEALTH!

Stonestrow | Kingma's Market | Discount Home Improvement Dox Design | Culver Group | Lions and Rabbits | Lucy's Cafe | InTandem Credit Union | Members First Credit Union | City of Grand Rapids

MEMBER SPOTLIGHT

benice

We continually read that our mental health has been sorely challenged by the Covid pandemic. Accordingly, we celebrate one of the North End Wellness Coalition's first

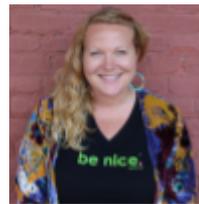


Christy Buck

members, the Mental Health Foundation of West Michigan, a.k.a. benice. Enthusiastically led by Christi Buck with colleagues Bella Buck and Cat Lanting, "benice" is known widely for its suicide prevention work and mental health strategies.

Given their direction and support we have implemented the "benice." program at City Middle/High School wherein students learn strategies to 1) notice if something seems to be awry with someone, 2) invite a conversation to explore their well-being, 3) challenge themselves to ask tough questions and 4) empower others to seek needed support.

The foundation has also provided our business community with some basic training to develop awareness of mental health issues and basic appropriate responses. Currently the foundation is working with NEWC to develop community-wide mental health interventions that are available to all. They are also gearing up for the annual Stomp Out Stigma Walk. For more information on their important work and their walk visit benice.org.



Cat Lanting



Bella Buck

NEWSLETTER SPONSORED BY



Blue Cross Complete of Michigan, LLC is an independent licensee of the Blue Cross and Blue Shield Association.