



Join the neighborhood shift to healthy living. Give us a shout at [northendwellnesscoalition@gmail.com](mailto:northendwellnesscoalition@gmail.com).

## HAPPY BIRTHDAY NEWC!

It's a new year with a new name!

In January of 2024 the North End Wellness Coalition celebrates its 9th year of promoting the health and wellness of the north end neighborhoods. Together with the Creston Neighborhood Association and Neighbors of Belknap Lookout Association, we provide resources and opportunities so that all residents can thrive physically, mentally, and emotionally.



We salute our members who generously volunteer their knowledge and resources. They represent the organizations found [here](#). Also listed here are our affiliates who host our newsletters and/or website. They take the message to their own members of the importance of wellness in everything we do.

We have big goals for 2024!

- Developing a farm stand so all of us have access to affordable fresh produce
- Continuing our walking program for fun, friendship and fitness
- Hosting a series of community coffees emphasizing neighborhood safety and socialization with our local police representative and city commissioner
- Working with local restaurants to encourage healthy eating
- Working with the City of GR to support residents' mental health

We each are stronger when we advocate for our own health. And we are much healthier when our community



places a value on health and wellness, when we work together to be healthy. For that reason we changed the name of this newsletter to "Together"---that's where the power for well-being lies.

It has been my privilege to facilitate this group since its beginning. I enthusiastically invite you to join this effort in support of your own and neighbors' wellness. Please contact me at

[northendwellnesscoalition@gmail.com](mailto:northendwellnesscoalition@gmail.com).

Let's talk about what we can do together.

Be Well, Jacqueline Brayman, Ed.D.



# STAY ACTIVE

## CRESTON WALKS!

We walk for fun, friendship and fitness every Wednesday from 205 Carrier NE. Walk as fast and far as you would like. The group usually walks for 50-60 minutes, but you can tailor the walk to fit what you want to do. Walk twice in one month to be entered in a drawing for a \$25 gift card!

## YOUNG AT HEART TAI CHI

Tai Chi is a wonderful way to connect to the natural energy within your body to help you relax, become more stable and healthier overall. Suggested donation: \$3.00. No one is turned away. This class is offered Monday and Wednesdays, with Chair Tai Chi at 10:45am and Standing Tai Chi at noon. See [youngatheartgr.org](http://youngatheartgr.org) for more information.

# YOU BELONG

## MSU EXTENSION: Early Warning Signs and Suicide Prevention Best Practices in Children and Youth

Attendees will learn strategies, interventions, accommodations and modifications to help students flourish emotionally and socially in school settings and in the community. Learn more [here](#).

# EAT WELL

## VEGGIE VAN

Veggie Van changed location to New City Community Room, 214 Spencer NE. The van brings you fresh produce at reasonable prices the second Tuesday of every month. January's date is the 9th from 10 a.m. to 11 a.m. Save money and eat nutritiously.

## LIFESTYLE MEDICINE: Spotlight on Broccoli

By April D. Beresford, FNP-C, DipACLM

So many diets. So much information about diet. What should we believe? What should we eat? No matter what we read, one piece of advice seems to ring true for all: EAT MORE FRUITS AND VEGETABLES! To make this easier and doable, we share one veggie a month with a

delectable dish to please our palate and our waistlines.



[Click here to view the full article and get this month's recipe!](#)

And while you're doing good things for yourself and family, [enroll in the Plant Powered Challenge sponsored by Corewell Health](#). It's a free cooking class that promises healthy living for your future.

## THANKS TO OUR SPONSORS FOR SUPPORTING OUR HEALTH!

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GR City Commissioner, Lisa Knight, shares happenings in the 2nd Ward. Visit [friendsoflisaknight.com/newsletter](http://friendsoflisaknight.com/newsletter) for more info.

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