north end TOGETHER

It's how we get and stay healthy.

NORTH END
WELLNESS COALITION

Join the neighborhood shift to healthy living. Give us a shout at northendwellnesscoalition@gmail.com.

NORTH END WALKS

STARTS APRIL 10

WED 12 PM

205 CARRIER STREET

50 minutes (or as long as you choose)
Gift cards for you at each walk through May. Bring a friend and get two gift cards! $25 raffle in June.

1511 PLAINFIELD NE

Walk .9 or 1.8 mile loops on the North Quarter Pathways. Gift cards for you at each walk through May. $25 raffle in June.

WED 6:15 PM

WED 5:15 PM

PALMER WALK

Limited to Palmer families and Catherine's Health Center clients (bring a map from Catherine's). Indoors or outdoors weather permitting.

YOUNG AT HEART

Walks are at various parks around the city for those 55+. Learn more at youngatheartgr.org.

SAT AM

MOTHER'S DAY COMMUNITY WALK AND PANCAKE BRUNCH

Saturday, May 11 at 11:30. Meet at 1540 Plainfield.

Honor your mom! Bring her for a free brunch (10-11:30 a.m.) and a hike in the neighborhood from 11:30am to 12:00pm.

EAT WELL

LIFESTYLE MEDICINE

By April D. Beresford, FNP-C, DipACLM

This month we will learn more about the health benefits of BEANS!

Fun fact: Like peanuts, beans are a type of legume. They are usually a pod with a seed in it, and the seed is the part that we eat!

There are nearly 400 types of beans in the world, all with different tastes and textures. New to eating beans? Try a few different types!

Visit northendwellness.org/creston-lifestyle-articles/ to read the full article and get this month's recipe!

WALK FOR GOOD FOOD

This is Cole. He is a competitive athlete and does what he can to enhance his performance on the athletic field---so he eats lots of fruits and vegetables while limiting sugar. He knows that is good for everyone! Please join him in participating in this year's Walk for Good Food. #WFGF

Friends of Lisa Knight
Grand Rapids Second Ward Commissioner

GR City Commissioner, Lisa Knight, shares happenings in the 2nd Ward. Visit friendsoflisaknight.com/newsletter for more info.

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