



Northend RISE presents

TOGETHER WE RISE

For Community Wellness!

For residents of Northend,
Pleasant City, and Coleman Park

**ARE YOU LIVING WITH HEART DISEASE, HIGH
BLOOD PRESSURE, HIGH CHOLESTEROL, DIABETES
OR DO YOU NEED MENTAL HEALTH SUPPORT?**

- PROGRAM FEATURES AT NO COST TO YOU:**
- Educational Classes
 - Support Groups
 - Cooking Demos & Nutritious Meal Planning
 - Healthy Food Boxes
 - Community Garden & Healthy Pantry Access
 - Physical Activities like Zumba, Yoga and Silver Sneakers
 - Music and Art Stress-Reduction Activities
 - Brain Health Activities

Contact Craig Glover at 561-388-4084 or cglover@northendrise.org to see if you qualify to receive support.

In partnership with

