



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, & Silver Sneakers
- Stress-Reduction Activities, Music, & Art
- Brain Health Activities
- Free prizes & giveaways while supplies last

**Contact Craig Glover at**

**561-388-4084 or cglover@northendrise.org**

**to see if you qualify to receive support.**

## In partnership with

