

SJPS SELF-CARE SERIES

Issue 6- May 2019

HEALTH & WELLNESS...

As we come to the end of another busy school year, we'd like to encourage you and your family to take time for self care during the summer. There are a lot of wonderful resources in our community and we'd like to highlight a few:

SJ Today

<https://www.stjoetoday.com/>

Check out the extensive list of events happening in & around St. Joseph

Southwest Michigan *In & Around St. Joseph*

<https://swmichigan.org/home3/843-benton-harbor-arts-district.html>

Exercise benefits mind, body, and soul. Consider participating in outdoor activities around the area such as...

walking, biking, hiking, kayaking, paddle boarding, golfing, swimming or try an exercise class on the beach; below are a few that do this.

Yoga Life

<https://www.yogalifemichigan.com/>

Maddog 5/1

<http://maddog51.com/>

Kathleen Belonga

<https://kathleenbelonga.com/>



Or try a local 5K for a cause...



Alex's Duck Duck Run

June 15th - childhood cancer

<https://runsignup.com/Race/Mi/SaintJoseph/AlexsDuckDuckRun>



Presented by Chemical Bank BH/SJ YMCA -July 20th

<https://localraces.com/events/st-joseph-mi/race-for-ymca-presented-by-chemical-bank>



Mike Wagner Memorial 5K

August 3rd - mental health awareness & suicide prevention

For more local races this summer...

<https://localraces.com/berrien-spring-mi>



Courses, Workshops and Entertainment...

Try something new or enjoy a hobby.

Maud Preston Memorial Library

<http://www.youseemore.com/maudpreston/>

Box Factory

<https://boxfactoryforthearts.org/calendar/>

Turquoise Top Hat

<https://www.turquoisetophat.com/>

Krasl Art Center

<https://krasl.org/art-fair/event-information/>

Urban Garage Market

<https://www.urbangaragemarket.com/book-online>

Water Street Glass Arts

<https://waterstreetglassworks.org/>



Our county parks and nature centers offer a variety of activities that families can enjoy...

Sarrett Nature Center

<http://sarrett.com/>

Love Creek Nature Center

<https://berriencounty.org/1299/Love-Creek-County-Park>

Fernwood Botanical Garden:

<http://www.fernwoodbotanical.org/>

Berrien County Youth Fair

<https://bcyf.us/> August 12-17th.

Camp Hope (M. Wagner Memorial)

Summer camp for HS students -

June 21-23rd-contact

TWagner@sjschools.org



Volunteering can provide benefits to both physical and mental health. Consider getting involved...

United Way of SW Michigan:

<https://www.uwsm.org/volunteer>

Lakeland Health Volunteer Opportunities:

<https://www.lakelandhealth.org/how-we-compare/volunteer/becoming-a-volunteer>

Or if you have a love for animals check out the: Humane Society, Animal Aid or Berrien County Animal Control.



For additional support check out the following:

Well of Grace

<http://www.wellofgraceministries.com/>

Out Center

<https://www.lgbtcenters.org/LGBTCenters/Center/6648/OutCenter-of-Southwest-Michigan>

Lory's Place

<https://www.lakelandhealth.org/lorys-place/lorys-place>

