



## RESOURCES FOR A SUSTAINABLE HEALTHY LIFESTYLE in Detroit!



### Healthy Food Markets

#### **Peaches and Greens**

(313) 870-9210  
8838 3rd St, Detroit, MI 48202

#### **Eastern Market**

(313) 833-9300  
2934 Russell St, Detroit, MI 48207  
Saturdays (year round), 6am - 4pm  
Tuesdays (June-Sept) 9am-3pm  
Sundays (June-Sept) 10am-4pm

#### **Detroit Whole Foods Market**

(313) 576-5300  
115 Mack Ave, Detroit, MI 48202

#### **Harbortown Market**

(313) 259-9400  
3472 E. Jefferson Ave  
Detroit, MI 48207

#### **Corktown Farmer's Market**

(313) 571-0937  
May 18-June 29  
Thursdays 4pm-7pm  
1701 Trumbull  
Detroit, MI 48216

#### **Islandview Farmers Market**

(313) 571-0937  
7200 Mack Avenue  
Detroit, MI 48214  
SE corner of W. Grand Blvd.  
Wednesdays 4pm-7pm

#### **Northwest Detroit Farmers' Market**

(313) 387-GRDC (4732) Ext. 103  
18445 Scarsdale Street  
Detroit, MI 48223  
Thursdays, June 1 – October 12  
4pm-8pm

#### **Nature's Remedy**

(313)568-3663  
1429 Gratiot Ave, Detroit, MI

#### **Honey Bee Market La Colmena**

(313) 237-0295  
2443 Bagley Ave  
Detroit, MI 48216

#### **Joe Randazzo's Market**

(313) 892 - 0093  
5240 East Outer Drive  
Detroit, MI 48234

#### **E&L Supermercado**

(313) 554-2140  
6000 W. Vernor  
Detroit, MI 48209

#### **Goodwells Natural Foods**

(313) 831-2130  
418 W Willis St, Detroit, MI

#### **Oakland Avenue Farmers Market**

(313) 649-7756  
9354 Oakland Avenue  
Detroit, MI 48211  
June 3-October 14  
11am-3:30pm

#### **Meldrum Fresh Market**

(313) 579-2100 Ext. 204  
1264 Meldrum Street  
Detroit, MI 48207  
Thursdays, May-November  
11am-2pm

## Getting Active in the D!

#### **S.A.Y. Detroit Play Center**

(313) 305-4728  
19320 Van Dyke Avenue  
Detroit, MI 48234

#### **Body Love Fit Camp**

RSVP Teena – (586) 909-9939  
Tuesdays 6pm-7pm  
Dequindre Cut/Franklin St  
Detroit, MI 48243

#### **Walk the Riverwalk**

Wednesdays, 11:30am-1:30pm  
[www.walkingworks.com](http://www.walkingworks.com)  
to register

#### **Tai Chi on the Riverfront**

Wednesdays, 10am-11am  
June 7-Aug 24 (except 6/20 & 6/27)  
Wetland area, Milliken State Park

#### **Yoga on the Riverfront**

Thursdays 6pm-7pm  
Fridays 10am-11am  
June 2-Aug 25 (except 6/20, 6/27)  
Wetland area, Milliken State Park

#### **Greater Health Community Walking Club, Palmer Park**

April-October  
Monday, Tuesday, and Thursday  
6pm-7:30pm  
910 Merrill Plaisance(Splash Park)  
Detroit, MI 48203  
(313) 451-1278

#### **Quicken Loans Sports Zone**

Daily, 9am-9pm  
Cadillac Square

#### **Bikes and Yoga**

Cindy Spires  
[Detroitcommunityyoga@gmail.com](mailto:Detroitcommunityyoga@gmail.com)

#### **Mercy Primary Care Center**

Enhance Fitness –Mon/Wed 6-7pm  
Tai Chi-Wednesday 1-2pm  
Yoga Tuesday 2-3pm  
5555 Conner Ave. Det, MI 48213  
\*18 and older

#### **Chandler Park Walking Club**

Monday/Wednesday/Friday  
8:30am-9:30am  
Samaritan Center Ford Wellness Center  
Yvette – (313) 264-1414

**\* All above are FREE activities\***

