

Healthy Living: June 2015

CATHERINE'S HEALTH CENTER

Why Healthy Living? When it comes to managing your health, the most important person involved in the process is you. When you make healthy choices in your day-to-day activities, you reduce your risk of chronic disease, better manage already existing chronic disease, improve life for your family, and just plain feel better! Browse our current Healthy Living opportunities and ask your doctor if one of them might be right for you.



Free Opportunities for Patients

Free Outdoor Fitness Classes in Downtown GR June-July:

In partnership with DGRI, Parks & Recreation is offering free outdoor fitness classes at various downtown locations. Any cancellations will be announced on the program cancellation line at 616-456-3699.

MONDAY (June 8-July 7)

Yoga at Ah Nab Awen Park

12:15-1:00pm

Zumba at Rosa Parks Circle

5:30-6:15pm

TUESDAY (June 9-July 28)

Sunrise Yoga at Rosa Parks Circle

6:30-7:15am

Zumba on Blue Bridge

5:30-6:15pm

WEDNESDAY (June 10-July 29)

Yoga at Ah Nab Awen Park

12:15-1:00pm

Yoga on Blue Bridge

5:30-6:15pm

THURSDAY (June 11-July 30)

Cardio Fitness on Blue Bridge

5:30-6:15pm

Yoga at Heartside Park

5:30-6:15pm

Debra Bossenbroek, NP is back at Catherine's!

Debra is a family practice nurse practitioner with a special interest in Women's Health. She is returning to us from Spectrum Health Medical Group. Appointments with Debra are available now! Call the front desk to schedule an appointment at 616-336-8800

Breast & Cervical Cancer Control Program

Are you female, age 40-64, without health insurance? You may qualify to receive free breast and cervical cancer screenings at Catherine's. *To learn more, call Mark at 616-336-8800*

Health Coverage Assistance

Catherine's Navigators are available to assist you with finding and applying for the affordable health coverage for which you're eligible! *For more information or to schedule an appointment, call a Navigator at 616-336-8800 ext. 214*

1211 Lafayette Ave NE
Grand Rapids, MI 49505
(616) 336-8800

www.CatherinesHC.org

Low-Cost Gyms in Kent County

Listed membership rates are for one adult (age 25-60), call locations for additional membership options

YMCA of Greater Grand Rapids

Locations throughout Kent County
616-855-9622

\$0 start-up fee, \$67 per month

Pool included in membership

Financial assistance available

Salvation Army Kroc Center

2500 Division Ave S

616-588-7200

\$75 start-up fee, \$35 per month

Pool included in membership

Financial scholarships available

Fitness 19

1243 Leonard St NE

616-454-1919

\$57 start-up fee, \$19 per month

Planet Fitness

4180 Plainfield Ave NE

Call 616-226-6701

\$49 start-up fee, \$10 per month

Funding provided for the Heart Smart Connections program by:

AstraZeneca HealthCare Foundation
Connections for Cardiovascular HealthSM

See reverse side for more FREE fitness classes around town!



YMCA Healthy Living Hub — June 2015 Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
1		2		3		4		5	6
New Hope Baptist Church Zumba 6-7pm (Marisa) <i>Site Coordinator Assistant</i> 4:45-7:30pm (Christiana) SECOM Zumba 6-7pm (Kristi) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Elizabeth)	Gerald R Ford Zumba 12:00-1:30pm (Kristi) Harrison Park Zumba Outdoors 4:30-5:30pm (Marisa)	Roosevelt Park Lodge Cardio Dance 11:30am-12:30pm (Torrey) Roosevelt Park Ministries (TBA) Zumba 6-7pm <i>Site Coordinator Assistant</i> 5:30-7:15pm (Guadalupe)	Madison Square Church Zumba 6:00-7:00pm (Kristi) Alger Middle Zumba Outdoors 7:00-8:00pm (Amber) <i>Site Coordinator Assistant</i> 6:30-8:15pm (Danielle)	SECOM WERQ 6-7pm (Elsie) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Elizabeth) First Christian Reformed Zumba 7:30-8:30pm (Marisa)	Latin American Services Sit & Be Fit 10:45-11:45 (Aliya) New Hope Baptist Church Kickboxing 5:30-6:30pm (Marisa) <i>Site Coordinator Assistant</i> 5-7pm (Danielle)	Burton Zumba 8:45am-9:45am (Kristi) Bethany CS: Grand Rapids Fellowship International Church Sit & Be Fit 10-11am (Aliya) Madison Square Church Zumba 6:00-7:00pm (Kristi)	Baxter Community Center Youth Basketball 5:30-6:30pm (Jaylin) Adult Basketball 7-9pm (Jaylin)		
8		9		10		11		12	13
New Hope Baptist Church Boot Camp 5:15-6pm (Stephanie) Zumba 6-7pm (Marisa) <i>Site Coordinator Assistant</i> 4:45-7:30pm (Christiana)	Harrison Park Zumba Outdoors 4:30-5:30pm (Marisa) SECOM Zumba 6-7pm (Kristi) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Elizabeth)	Roosevelt Park Lodge Cardio Dance 11:30am-12:30pm (Torrey) Roosevelt Park Ministries Zumba 6-7pm (TBA) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Guadalupe)	Madison Square Church Zumba 6:00-7:00pm (Kristi) Alger Middle Zumba Outdoors 7:00-8:00pm (Amber) <i>Site Coordinator Assistant</i> 6:30-8:15pm (Danielle)	SECOM WERQ 6-7pm (Elsie) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Elizabeth) First Christian Reformed Zumba 7:30-8:30pm (Marisa)	Latin American Services Sit & Be Fit 10:45-11:45 (Aliya) New Hope Baptist Church Kickboxing 5:30-6:30pm (Marisa) <i>Site Coordinator Assistant</i> 5-7pm (Danielle)	Bethany CS: Grand Rapids Fellowship International Church Sit & Be Fit 10-11am (Aliya) Madison Square Church Zumba 6:00-7:00pm (Kristi)	Baxter Community Center Youth Basketball 5:30-6:30pm (Jaylin) Adult Basketball 7-9pm (Jaylin)		



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<p>15</p> <p>New Hope Baptist Church Bootcamp 5:15-6pm (Stephanie) Zumba 6-7pm (Marisa) <i>Site Coordinator Assistant</i> 4:45-7:30pm (Christiana)</p> <p>Harrison Park Zumba Outdoors 4:30-5:30pm (Marisa) SECOM Zumba 6-7pm (Kristi) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Elizabeth)</p>	<p>16</p> <p>Roosevelt Park Lodge Cardio Dance 11:30am-12:30pm (Torrey)</p> <p>Roosevelt Park Ministries (TBA) Zumba 6-7pm <i>Site Coordinator Assistant</i> 5:30-7:15pm (Guadalupe)</p> <p>Madison Square Church Zumba 6:00-7:00pm (Kristi)</p> <p>Alger Middle Zumba Outdoors 7:00-8:00pm (Amber) <i>Site Coordinator Assistant</i> 6:30-8:15pm (Danielle)</p>	<p>17</p> <p>SECOM WERQ 6-7pm (Elsie) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Elizabeth)</p> <p>Latin American Services Sit & Be Fit 10:45-11:45 (Aliya)</p> <p>New Hope Baptist Church Kickboxing 5:30-6:30pm (Marisa) <i>Site Coordinator Assistant</i> 5-7pm (Danielle)</p> <p>First Christian Reformed Zumba 7:30-8:30pm (Marisa)</p>	<p>18</p> <p>Bethany CS: Grand Rapids Fellowship International Church Sit & Be Fit 10-11am (Aliya)</p> <p>Baxter Community Center Youth Basketball 5:30-6:30pm (Jaylin) Adult Basketball 7-9pm (Jaylin)</p> <p>Madison Square Church Zumba 6:00-7:00pm (Kristi)</p>	<p>19</p>	<p>20</p>
<p>22</p> <p>New Hope Baptist Church Bootcamp 5:15-6pm (Stephanie) Zumba 6-7pm (Marisa) <i>Site Coordinator Assistant</i> 4:45-7:30pm (Christiana)</p> <p>Harrison Park Zumba Outdoors 4:30-5:30pm (Marisa) SECOM Zumba 6-7pm (Kristi) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Elizabeth)</p>	<p>23</p> <p>Roosevelt Park Lodge Cardio Dance 11:30am-12:30pm (Torrey)</p> <p>Roosevelt Park Ministries (TBA) Zumba 6-7pm <i>Site Coordinator Assistant</i> 5:30-7:15pm (Guadalupe)</p> <p>Madison Square Church Zumba 6:00-7:00pm (Kristi)</p> <p>Alger Middle Zumba Outdoors 7:00-8:00pm (Amber) <i>Site Coordinator Assistant</i> 6:30-8:15pm (Danielle)</p>	<p>24</p> <p>SECOM WERQ 6-7pm (Elsie) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Elizabeth)</p> <p>Latin American Services Sit & Be Fit 10:45-11:45 (Aliya)</p> <p>New Hope Baptist Church Kickboxing 5:30-6:30pm (Marisa) <i>Site Coordinator Assistant</i> 5-7pm (Danielle)</p> <p>First Christian Reformed Zumba 7:30-8:30pm (Marisa)</p>	<p>25</p> <p>Bethany CS: Grand Rapids Fellowship International Church Sit & Be Fit 10-11am (Aliya)</p> <p>Baxter Community Center Youth Basketball 5:30-6:30pm (Jaylin) Adult Basketball 7-9pm (Jaylin)</p> <p>Madison Square Church Zumba 6:00-7:00pm (Kristi)</p>	<p>26</p>	<p>27</p>
<p>29</p> <p>New Hope Baptist Church Bootcamp 5:15-6pm (Stephanie) Zumba 6-7pm (Marisa) <i>Site Coordinator Assistant</i> 4:45-7:30pm (Christiana)</p> <p>Harrison Park Zumba Outdoors 4:30-5:30pm (Marisa) SECOM Zumba 6-7pm (Kristi) <i>Site Coordinator Assistant</i> 5:30-7:15pm (Elizabeth)</p>	<p>30</p> <p>Roosevelt Park Lodge Cardio Dance 11:30am-12:30pm (Torrey)</p> <p>Roosevelt Park Ministries (TBA) Zumba 6-7pm <i>Site Coordinator Assistant</i> 5:30-7:15pm (Guadalupe)</p> <p>Madison Square Church Zumba 6:00-7:00pm (Kristi)</p> <p>Alger Middle Zumba Outdoors 7:00-8:00pm (Amber) <i>Site Coordinator Assistant</i> 6:30-8:15pm (Danielle)</p>	<p>July 1</p>	<p>July 2</p>	<p>July 3</p>	<p>July 4 Holiday</p>