

Healthy Living: July 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

Caregiver's Support Group

Do you spend much of your time caring for a loved one and helping them to take care of themselves?

Joining a support group can be a great way to process your experience and learn more about taking care of yourself and others. *For class dates and times, contact Jess at 616-336-8800 ext. 207*

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

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!

FREE FITNESS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER GRAND RAPIDS

475 Lake Michigan Dr. NW

2015

grymca.org/community-programs

THE YMCA OFFERS FREE FITNESS CLASSES AT OUR DESIGNATED HEALTHY LIVING HUBS. REGISTRATION REQUIRED.



Summer 2015 SCHEDULE

MONDAYS

6:00-7:00pm **Zumba** @ SECOM (1545 Buchanan Ave. SW)
6:00-7:00pm **Zumba** @ New Hope Baptist Church (130 Delaware SW)
5:15-6:00pm **Bootcamp** @ New Hope Baptist Church (130 Delaware SW)

TUESDAYS

6:00-7:00 **Zumba** @ Madison Square Church (1441 Madison Avenue SE)
7:00-8:00pm **Zumba** @ Alger Middle School held outside (921 Alger St. SE)
11:30AM-12:30pm **Cardio Dance** Roosevelt Park Lodge (1260 Grandville SW)

WEDNESDAYS

10:45—11:45 AM **Sit and Be Fit** @ Latin American Services (121 Franklin St. SE)
5:30-6:30pm **Kickboxing** @ New Hope Baptist Church (130 Delaware SW)
6:00-7:00pm **WERQ** @ SECOM (1545 Buchanan Ave. SW)
7:30-8:30pm **Zumba** @ First Christian Reformed Church (650 Bates Ave SE)

THURSDAYS

10:00—11:00 AM **Sit and Be Fit** @ Grand Rapids International Fellowship (3765 Kalamazoo Ave. SE)
5:30-6:30pm **Youth Basketball** @ Baxter Community Center (935 Baxter SE)
6:00-7:00pm **Zumba** @ Roosevelt Park Ministries (1530 Grandville SW)
7:00-9:00pm **Adult Basketball** @ Baxter Community Center (935 Baxter St. SE)

WHAT WE OFFER

Our Healthy Living Hubs serve as central locations where families living in Grand Rapids' Hope Zones come to participate in family-centered physical activity. Fitness classes at our Healthy Living Hubs are taught by YMCA instructors, and are offered free of cost to participants. Classes include Zumba, kick-boxing, basketball, sit and be fit, and yoga. Programs at these sites address the health disparities that disproportionately affect Latino and African American families living in urban Grand Rapids.

QUESTIONS?

Contact Yvette McCutchen at Ymccutchen@grymca.org or at 616.855.9688

