

# Healthy Living: October 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

#### Heart Healthy Class

This class is for those who are interested in chronic condition prevention and management, with an emphasis on diabetes. Learn how to take the best care of yourself, set goals, and hear from others. Join us for four weeks on Thursdays from 6-7pm, starting Oct. 15th. *Contact: Emily, AmeriCorps VISTA at 616-336-8800 ext. 216*

#### Walking Program

The 13th Annual Walking Program is up and running! Kent Hills Elementary School offers a safe space to walk during the school year every Tuesday & Thursday evening from 5-7pm. Come walk a few laps and get your blood pressure and pulse measured by volunteer Nursing students! *Contact: Sheetal, AmeriCorps VISTA at 616-336-8800 ext. 208*

#### WISEWOMAN Program

Are you female, age 40-64, without health insurance? You may qualify to receive free health coaching and health screenings! *Contact: Jess, AmeriCorps VISTA at 616-336-8800 ext. 207*

#### Caregiver's Support Group

Join us for our next Caregiver's Support Group on Monday, Oct. 26th from 4-5:30pm. This group is for those who spend much of their time and energy caring for a loved one, and are looking for support, education, and a chance to relax. *Contact: Jess, AmeriCorps VISTA at 616-336-8800 ext. 207*

#### Health Insurance Marketplace Open Enrollment to Begin Nov. 1

In addition to Medicaid and Food Assistance applications, Catherine's Navigators are available to assist you with the application process, plan comparison, re-enrollment and initial enrollment in health coverage through the Federal Marketplace. Open Enrollment is from Nov. 1, 2015 through Jan. 31, 2016. For more information, call or schedule an appointment today! *Contact: One of our Navigators at 616-336-8800 ext. 214*

#### 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, \$70 per month  
Pool included in membership  
*Financial assistance available*

##### Salvation Army Kroc Center

2500 Division Ave S  
616-588-7200  
\$50 start-up fee, \$35 per month  
Pool included in membership  
*Financial scholarships available*

##### Fitness 19

1243 Leonard St NE  
616-454-1919  
\$59 start-up fee, \$19 per month

##### Planet Fitness

4180 Plainfield Ave NE  
Call 616-226-6701  
\$39 start-up fee, \$10 per month

*Funding provided for the Heart Smart Connections program by:*

AstraZeneca HealthCare Foundation  
**Connections for Cardiovascular Health<sup>SM</sup>**

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

*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

September - December 2015

[grymca.org/community-programs](http://grymca.org/community-programs)

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



## SEPT.-DEC. 2015 SCHEDULE

### MONDAYS

12:00-1:00pm **Kickboxing** @ Roosevelt Park Lodge (1260 Grandville SW)  
4:30-5:30pm **Zumba** @ Harrison Park (1441 Davis NW)  
5:00-6:00pm **Couch2-5K** @ New Hope Baptist Church (130 Delaware SW)  
6:00-7:00pm **Zumba** @ New Hope Baptist Church (130 Delaware SW)  
6:00-7:00pm **Zumba** @ SECOM (1545 Buchanan Ave. SW)  
6:00-7:00pm **Sit & Be Fit** @ John M. Burgess Wellness Center (550 Henry SE)

### TUESDAYS

11:30AM-12:30pm **Cardio Dance** @ Roosevelt Park Lodge (1260 Grandville Ave. SW)  
6:30-7:30pm **Zumba** @ Be Well Center (336 Hall St. SE)  
7:00-8:00pm **Zumba** @ Alger Middle School (921 Alger St. SE)  
6:30-7:30pm **Boot Camp** @ Roosevelt Park Ministries (1530 Grandville Ave. SW)

### WEDNESDAYS

9:30-10:30am **Sit & Be Fit\*** @ United Church Ministry (1311 Chicago Drive SW)  
10:45-11:45am **Sit & Be Fit** @ Latin American Services (121 Franklin St. SE)  
1:15-2:15pm **Yoga** @ Arbor Circle (1115 Ball NE Building C)  
4:30-5:30pm **Gentle Yoga\*** @ St. Andrews Episcopal Church (1025 Three Mile Rd. NE)  
5:30-6:30pm **Kickboxing** @ New Hope Baptist Church (130 Delaware SW)  
6:00-7:00pm **WERQ** @ SECOM (1545 Buchanan Ave. SW)  
6:30-7:30pm **Yoga** @ Roosevelt Park Ministries (1530 Grandville Ave. SW)  
7:15-8:00pm **Zumba\*\*** @ First Christian Reformed Church (650 Bates Ave. SE)

### THURSDAYS

6:00-7:00pm **Zumba** @ Madison Square Church (1441 Madison SE)  
5:00-6:45pm **Youth Basketball** @ Baxter Community Center (935 Baxter St. SE)  
7:00-9:00pm **Adult Basketball** @ Baxter Community Center (935 Baxter St. SE)

\*starts week of September 21 | \*\*ends November 18

## 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. Programs at these sites address the health disparities that affect Latino and African American families living in urban Grand Rapids.

Classes include Zumba, WERQ, Kickboxing, Sit & Be Fit, Couch 2-5K, basketball, cardio dance, boot camp, and yoga.

## QUESTIONS?

To contact our Healthy Living Hub department, email [kperdue@grymca.org](mailto:kperdue@grymca.org), or call 616.855.9688.

