

Healthy Living: December 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

Breast Cancer Awareness Class

Join the women from the American Medical Women's Association to learn information about breast cancer, signs and symptoms to look for, and actions you can take to decrease your risk. This class will be held at Catherine's on Tues, December 1st from 6:30-7:30pm. Refreshments will be provided! *Contact: Emily J, AmeriCorps VISTA at 616-336-8800 ext. 216*

Open Enrollment for the Health Insurance Marketplace

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*

Caregiver's Support Group

Our Caregiver's Support Group is taking a break during December, but will return in late January! 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 at 616-336-8800 ext. 207*

Walking Program

Looking for an affordable way to stay active this winter? The Walking Program offers a free, safe space to walk during the school year every Monday and Thursday evening from 5-7pm at Kent Hills Elementary School. Bring a friend, walk a few laps, and have your blood pressure and pulse measured by volunteer RN students! *Contact: Sheetal, AmeriCorps VISTA at 616-336-8800 ext. 208*

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
\$50-100 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, \$29 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 HealthSM

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

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** @ Cook Arts Center (644 Grandville Ave. SW)
4:30-5:30pm **Zumba** @ Harrison Park (1441 Davis NW)
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** @ Cook Arts Center (644 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 **Zumba** @ 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

8:45-9:45am **Zumba** @ Burton Elementary (2133 Buchanan SW)
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, or call 616.855.9688.

