

Healthy Living: January 2016

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

Women Supporting Women:

Depression & Anxiety Support

Meet other women in your community and learn about ways to cope with depression and anxiety. Refreshments will be provided, and each class will feature a hands-on craft activity. This class will start in February and will meet every other week for six sessions. Class dates and times TBD. *Contact: Emily J, AmeriCorps VISTA at 616-336-8800 ext. 216*

Open Enrollment for the Health Insurance Marketplace

Catherine's Navigators are available to assist you with the application process, plan comparison, re-enrollment and initial enrollment through the Federal Marketplace. Open Enrollment is from Nov. 1, 2015 through Jan. 31, 2016. *Contact: One of our Navigators at 616-336-8800 ext. 214*

Caregiver's Support Group

Join our next meeting on Monday, January 25th from 4-5:30pm, where we'll discuss the topic of depression. 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*

PEP Talk-Healthy Start to 2016!

Join the women from the American Medical Women's Association to learn some new recipes for the new year! This hands-on cooking class is great for any woman who would like to learn more about preparing healthy food options and unwind after the holidays. This class will be held at St. Al's Kitchen on Wednesday, January 20th from 6:30-8:30pm. All cooking materials will be provided! *Contact: Emily J. AmeriCorps VISTA at 616-336-8800 ext.216.*

Walking Program

The Walking Program offers a free, safe space to walk Monday and Thursday evenings from 5-7pm at Kent Hills Elementary School. *Contact: Sheetal, AmeriCorps VISTA at 616-336-8800 ext. 208*

Low-Cost Gyms in Kent County

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

\$50 start-up fee, \$19 per month

Planet Fitness

4180 Plainfield Ave NE
Call 616-226-6701

\$29 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 CLASSES NEAR YOU!

HEALTHY LIVING HUBS

WHAT WE OFFER

The YMCA's Healthy Living Hubs offer FREE group fitness classes led by YMCA-certified instructors. Classes are fun and open to all fitness levels!

Harrison Park School

Zumba | Mondays, 4:30 – 5:30 PM

Arbor Circle

Yoga | Mondays, 12:00 – 1:00 PM

St. Andrews Episcopal Church

Yoga | Wednesdays, 4:30 – 5:30 PM

QUESTIONS?

To contact our Healthy Living Hub department, email kperdue@grymca.org or call 616.855.9688.

For more information, visit www.grymca.org/hubs.