

Healthy Living: February 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. This class starts Feb 9 and will meet every other week for six sessions. *Contact: Emily J, AmeriCorps VISTA at 616-336-8800 ext. 216*

Health Insurance Assistance

Catherine's Navigators are available to assist you with determining what type of affordable health insurance you qualify for, and can walk you through the application process. For more information, call or schedule an appointment today! *Contact: One of our Navigators at 616-336-8800 ext. 214*

PEP Talk

Join the American Medical Women's Association to discuss and practice wellness! Every month they host an educational class about a women's health topic and a hands-on cooking class. Classes are held on Feb 3 & 17 at 6:30pm. *Contact: Emily J, AmeriCorps VISTA at 616-336-8800 ext. 216*

Caregiver's Support Group

Join our next meeting on Monday, Feb 22 from 4-5:30pm in Catherine's conference room. Guest Michael Herring, a lawyer specializing in law for the elderly, will speak about navigating the legal system, power of attorney, and making tough decisions. *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, \$38 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

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

CatherinesHC.org

*Funding provided for the
Healthy Heart Team by:*

AstraZeneca HealthCare Foundation
Connections for
Cardiovascular HealthSM

See reverse side for more FREE fitness classes around town!



FREE FITNESS CLASSES

FULL SCHEDULE › JAN. 4 – JUNE 3, 2016

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! Most classes last one hour.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:45 AM				ZUMBA Burton Elementary School ⁺
9:30 AM			SIT & BE FIT UCOM	
10:45 AM			SIT & BE FIT Latin American Services (DHS building) ⁺	
11:30 AM		CARDIO DANCE Cook Arts Center ⁺		
12:00 PM	KICKBOXING Cook Arts Center ⁺			
12:00 PM	WERQ SECOM (Jan. 25 – Mar. 31)			
12:00 PM	Yoga Arbor Circle			
4:30 PM			GENTLE YOGA St. Andrews Episcopal Church	
5:00 PM			ZUMBA Harrison Park School ⁺	BASKETBALL (youth) Baxter Community Center
6:00 PM	ZUMBA New Hope Baptist Church ⁺		ZUMBA SECOM ⁺⁺	ZUMBA Madison Square Church ⁺
6:00 PM	ZUMBA SECOM ⁺⁺		COUCH 2-5K New Hope Baptist Church	
6:30 PM		BOOT CAMP Roosevelt Park Ministries ⁺		
6:30 PM		ZUMBA Be Well Center ⁺ (begins Feb.)		
6:30 PM		ZUMBA Madison Sq. Church (Jan. only)		
7:00 PM		ZUMBA Alger Middle School		BASKETBALL (adult) Baxter Community Center
7:15 PM			ZUMBA First Christian Reformed Church ⁺ (Ends May 25)	
7:30 PM		CARDIO MIX Hillcrest Community Church		

*Free childcare available. | Se cuidan los niños. +Los empleados se hablan español.

QUESTIONS?

For more information and an up to date schedule, visit www.grymca.org/hubs.