

Healthy Living: April 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

Kent County Resource Fair

Come learn about resources in your community! Light refreshments will be served, and there will be giveaways and activities for children throughout the event. We hope to see you at Paul I. Phillips Boys & Girls Club (726 Madison Ave SE) on Thursday, May 5 between 11am-2pm!

Women Supporting Women: Depression & Anxiety Support

Meet other women in your community and learn about ways to cope with depression and anxiety. This class will meet at Catherine's on April 5 & 19 from 10-11:30am. *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*

Caregiver's Support Group

Join our next meeting on Monday, April 25th from 4-5:30pm in Catherine's conference room. 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

Join the American Medical Women's Association to discuss and practice wellness! Every month they host an educational class on a women's health topic and a hands-on cooking class. Classes will be held on April 13 & 27 at 6:30pm. *Contact: Emily J, AmeriCorps VISTA at 616-336-8800 ext. 216*

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
\$20 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
Healthy Heart Team 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

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 ⁺	
11:30 AM		CARDIO DANCE Cook Arts Center ⁺		
12:00 PM	KICKBOXING Cook Arts Center ⁺			
12:00 PM	Zumba SECOM (Ends March 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 SECOM ⁺		ZUMBA SECOM ⁺	ZUMBA Madison Square Church ⁺
6:00 PM	ZUMBA New Hope Baptist Church ⁺		COUCH 2-5K New Hope Baptist Church	
6:30 PM		BOOT CAMP Roosevelt Park Ministries ⁺		
6:30 PM		ZUMBA Be Well Center ⁺		
7:00 PM		ZUMBA Alger Middle School	ZUMBA First Christian Reformed Church ⁺ (Ends May 25)	BASKETBALL (adult) Baxter Community Center
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.