

# Healthy Living Newsletter May 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

#### **Stomp Out Stigma 5k Walk**

The stigma associated with mental illness is one of the greatest barriers that prevent people from seeking help. This free 3-mile walk not only strives to raise awareness but encourages people to be mentally fit. Join us in the courtyard on the downtown Pew Campus of GVSU on Saturday, May 21st! Gathering starts at 8:30am, and the walk begins at 9:30am.

#### **Free Gentle Yoga Class**

Learn to reduce stress and introduce yourself to yoga! This class is excellent for those wanting a soft, nurturing, slow-paced, and relaxing experience adapted to individual needs. Join us for an hour every Wednesday at 4:30 at Saint Andrew's Episcopal Church, 1025 Three Mile Road NE.

#### **Caregiver's Support Group**

Join our next meeting on Monday, May 23rd from 4-5:30pm in Catherine's conference room. *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 May 11 & 25 at 6:30pm. *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*

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

#### **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  
\$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

*Funding provided for the  
Healthy Heart Team by:*

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

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 <sup>+</sup>
9:30 AM			SIT & BE FIT UCOM	
10:45 AM			SIT & BE FIT Latin American Services <sup>+</sup>	
11:30 AM		CARDIO DANCE Cook Arts Center <sup>+</sup>		
12:00 PM	KICKBOXING Cook Arts Center <sup>+</sup>			
12:00 PM	Zumba SECOM (Ends March 31) <sup>+</sup>			
12:00 PM	Yoga Arbor Circle			
4:30 PM			GENTLE YOGA St. Andrews Episcopal Church	
5:00 PM			ZUMBA Harrison Park School <sup>+</sup>	BASKETBALL (youth) Baxter Community Center
6:00 PM	ZUMBA SECOM <sup>+</sup>		ZUMBA SECOM <sup>+</sup>	ZUMBA Madison Square Church <sup>+</sup>
6:00 PM	ZUMBA New Hope Baptist Church <sup>+</sup>		COUCH 2-5K New Hope Baptist Church	
6:30 PM		BOOT CAMP Roosevelt Park Ministries <sup>+</sup>		
6:30 PM		ZUMBA Be Well Center <sup>+</sup>		
7:00 PM		ZUMBA Alger Middle School	ZUMBA First Christian Reformed Church <sup>+</sup> (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](http://www.grymca.org/hubs).