

Healthy Living: January 2017

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's Group: PEP Talk

Join the American Medical Women's Association to do some hands-on cooking, learn more about women's health, enjoy refreshments, win gift cards and prizes, and have fun! Our first class in this series will be on January 23, 2017. To learn more, contact Monica at (616) 336-8800 ext. 216!

Free Cooking Classes

Are you interested in learning how to shop for and prepare healthy meals while living on a tight budget? Join us for Cooking Matters, a free, fun, hands-on class! Each week for six weeks you'll learn about nutrition, prepare a healthy recipe and receive a free bag of groceries to practice making healthy recipes at home. If you're interested in signing up for our spring class, contact Monica at (616) 336-8800 ext. 216!

Marketplace Open Enrollment: Deadline Coming Soon!

Catherine's Navigators are available to assist you with applying for health coverage through the Federally-Facilitated Marketplace, or Healthcare.gov. Whether it's creating an account, applying, comparing plans, or enrolling in a plan, a Navigator can help. The sooner you apply, the sooner your coverage will start in 2017! In order to enroll in coverage for 2017, you'll need to complete an application and enroll in a plan by January 31. Call to schedule an appointment at (616) 336-8800 ext. 214.

Flu Shots

Haven't gotten your flu shot yet? It's not too late! The most effective way to keep you and your family flu-free is to get a flu shot. Call our office to schedule an appointment today at (616) 336-8800.

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(616) 336-8800
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New Year's Resolution Rewind

Are you ready to discover your personal vision for improved health and well-being? Join Spectrum Health Healthier Communities for this free, interactive class to rekindle your commitment and energy for better health. Make this the year your New Year's resolutions stick! The class will take place on Thurs, January 5 from 6-7pm at 655 Seward Ave NW Suite 110. Free parking is available on site, registration not required.

Walking Program

Kent Hills Elementary School offers a free, safe space to walk during the school year on most Monday & Thursday evenings from 5-7pm. Come walk a few laps and get your blood pressure and pulse measured by volunteer Nursing students! Simply stop by or call Monica with questions at (616) 336-8800 ext. 216.

*Funding provided for the
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See reverse side for more FREE fitness classes around town!