

Healthy Living: June 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.



Affordable Opportunities for Patients

YMCA Diabetes Prevention

If you have been diagnosed with prediabetes then you may qualify for the YMCA diabetes prevention program. This program is committed to helping you gain control of your health in a supportive small group setting. Learn how to reduce your risk for diabetes through healthy eating and physical activity. Pick up a registration form at Catherine's Health Center today! Call (616) 855-9687 with any questions.



Summer Cooking Classes

Join the MSU Medical School students on Monday, June 12th at 6:00pm at the St. Alphonsus kitchen for a free, hands-on cooking class on healthy, budget friendly eating. On Monday, June 26th at 6:00pm learn garden fresh recipes at the Creston Community gardens! Free meals are provided. Sign-up with Anna at (616) 336-8800 ext. 216

Move More: Steps for a Healthy Retirement

Come for an enlightening discussion about the impact of physical activity on brain health, cancer prevention and diabetes! It all starts by putting one foot in front of the other. This a FREE event hosted by Spectrum Health Healthier Communities on Wednesday June 6th, 6-7:30pm. 665 Seward Ave. NW Ste. 110. Register online at onlineregistration-cancer.com/move4More or call (616) 267-2626, option 4.

Yoga Class

Strengthen your body and mind by attending a local yoga class. Fourth Reformed Church is hosting weekly yoga for \$5.00 a class. Join us on Wednesday evenings from 6:45pm-7:45pm. For more information, contact Anna at (616) 336-8800 ext. 216

H.E.A.L.T.H Camp

For girls ages 9-15 to learn more about health and jobs in healthcare. Taught at Calvin College by professors and students, the girls will have interactive lessons starting on June 19th (ages 9-12) from 9-3pm and June 26th (ages 12-15). Stop by Catherine's Health Center to pick up your registration form! Call (616) 526-7076 with any questions.

Quit:101 Smoking Cessation

Mark your calendars! Starting July 6th Spectrum Health is having a FREE 4-week class to help you finally get your freedom back from smoking. Space is limited so sign up today by calling (616) 267-2626, option 4. Sessions are on Thursdays from 4:30pm-6:30pm. Spectrum Health Heart and Vascular Center 2902 Bradford St. NE

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See reverse side for more FREE fitness classes around town!