

Healthy Living: July 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.



Yoga Class

Strengthen your body and mind by attending a local yoga class. Park Church offers a FREE chair yoga class every Thursday, 5:30pm-6:30pm and regular yoga every Thursday, 6:45pm-8:00pm. For more information call (616)-459-3203. Location: 10 East Park Place NE.



Bring Life Back to Your Menu Planning! Tips and Tricks

Do you get overwhelmed around meal time and don't know where to begin? Come learn from a registered dietician at Spectrum Health Healthier Communities about tried-and-true strategies to get a balanced meal on the table—at least most days of the week! This is a FREE event on July 12th from 6pm-7:30pm. Register at (616)-267-2626, option 4. Location: 665 Seward Ave. NW, Suite 210.

Quit:101 Smoking Cessation

Mark your calendars! Starting July 6th Spectrum Health is having a FREE four-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

RELAX: Alternatives to Anger

Does anger affect you or a loved one? Let MSU Extension help! They are offering a FREE 4-session skills-building course to teach calming down and de-stressing methods, the principles of problem solving, effective communication skills, and forgiving and letting go of the past. Classes will be held from 6pm-7:30pm on July 10, July 17, July 24, and July 31 at 775 Ball Ave, NE. Call to register: (616)-632-7893.



SPOON: Strength & Power Optimized with Our Nutrition

Join folks at Spectrum Health's Cancer Center at Lemmen-Holton Cancer Pavilion for a weekly FREE session to learn about making the best food choices when dealing with cancer's effects. Classes meet every Monday from 2pm-3pm. Location: 145 Michigan St NE. Phone: (616)-486-6184.

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**Connections for
Cardiovascular HealthSM**

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

See reverse side for more FREE events and classes!

Additional Resources in the Community!



Gilda's Club—Grief Support

Share and learn with others who have experienced the death of a spouse, child, or loved one they knew. Gilda's Club is a FREE cancer and grief support community for children, adults, families, and friends. Grief support groups meet Wednesdays, 6pm-7:30pm. Cancer support groups meet Thursdays, 6pm-7:30pm. Peer support, group discussions and fun activities are led by professional counselors.

Location: 1806 Bridge Street NW. Phone: (616)-453-8300.

Money Management Series

Register to attend a FREE three day money management series that will cover topics on making money decisions, creating and managing spending plans, the importance of saving and investing, credit use, and paying off debt! All ages welcome! The workshop will take place from 1pm-3pm on July 12, July 14, and July 19. Pre-registration is required by calling (616)-632-7874.

Location: Kent County MI Works! (DHHS Building) at 121 Franklin St. SE, suite. 120.

