

Healthy Living: September 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

Catherine's Health Center

A Helping Hand for New Moms

Are you or a loved one at risk for developing diabetes? If you are glucose intolerant or pre-diabetic and want to do something to improve your health, join us at Catherine's Health Center on Friday, September 22nd, 10-11am, to learn about an exciting Diabetes Prevention Program being offered through the National Kidney Foundation. This is a 16-week program that combines health education workshops with FREE weekly exercise classes. The exercise classes, provided by Enhance Fitness, will be open to the public. Call Anna S. at (616)-336-8800 ext. 216 to register or learn more!



Receive support from a whole team of nurses, counselors, nutritionists, and community health workers to keep you and baby healthy throughout your pregnancy and your baby's first birthday. The Maternal Infant Health Program makes home visits and telephone calls to provide information to help you enroll in Medicaid, find prenatal and well-child care, stay healthy, quit smoking, recognize risky behaviors, get ready for your baby's birth, learn what to do after your baby is born, access transportation assistance, and find the right resources in the community! If you are pregnant, have an infant under one year of age, and are either on or eligible for Medicaid, call Healthier Communities at (616)-391-8601 to register.



Yoga Class

Strengthen your body and mind! Attend a FREE yoga class at Park Church (10 East Park Place NE). Offered every Thursday, Chair yoga begins at 5:30pm followed by regular yoga from 6:45pm-8:00pm. For more information call (616)-459-3203.



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

Money management Series

Gain information on making money decisions, creating and managing spending plans, the importance of savings and investing, credit use and paying off debt by joining the FREE "Dollar Works 2" class series. Register by emailing Jinnifer at ortquisj@anr.msu.edu or call (616)-632-7874. Dates: September 15, 20, and 22 from 1pm-3pm at Kent County MI Works (DHHS Building), 121 Franklin St, SE Ste. 120. Childcare is not provided.

West Side Walk for Gilda's Club

Come as you are, walk as you are! Join this FREE fall pledge walk event and community open house/block party that will start and end at Gilda's Club on Saturday, September 23rd. Registration opens at 11am, the approximate 1.5 mile walk will start at 12pm, and the block party will run from 1-2pm. For those unable to walk, you are encouraged to attend the block party! Location: Gilda's Club, 1806 Bridge Street NW. Call (616)-453-8300 with any questions.



Funding provided
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AstraZeneca HealthCare Foundation
**Connections for
Cardiovascular HealthSM**

See reverse side for more FREE events and classes!

Additional Community Resources

Nurturing Families Series

Are you a parent, grandparent, childcare provider or someone who works with children?



Consider joining this series to learn about nurturing children in a way that supports positive, healthy development. You'll learn how to enhance positive relationships with children, how to discipline without spanking, methods to handle stress and anger, child growth and development, and how to help build self-esteem. Register by calling Holly at (616)-632-7893. Location: MSU Extension, 775 Ball Ave NE. Dates: Sept 11, 18, 25 and Oct 2, 9 from 6-8pm.

Gilda's Club—Grief Support

Share and learn with others who have experienced the death of a spouse, child, or loved one. 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. Location: 1806 Bridge Street NW. Phone: (616)-453-8300.

Survivors of Suicide Support Group

Fountain Street Church is hosting a free, monthly support group for those who have lost a loved one by suicide. The next support group, led by Barb Doorlag, Limited Licensed Psychologist, will be held on September 13th from 6:30pm-8:00pm. Participants must be 18 years of age or older. Beyond the month of September, group sessions will be every 3rd Wednesday of the month, 6:30-8pm. Location: 24 Fountain Street NE, Grand Rapids



Home-Based Diabetes and Heart Failure Services

Individuals 18 years and older, diagnosed with diabetes or heart failure and ready to make changes to improve their health are eligible for the FREE, 12 month Core Health Program at Spectrum. You'll receive monthly visits from a care team to develop an individualized plan, set goals, and get connected with community resources to improve your quality of life. Services available for English and Spanish speakers. Call Core Health Program to pre-register at (616)-391-6135. You are not eligible if pregnant, in long-term care, undergoing cancer treatments, in hospice, or in end-stage heart failure or kidney disease.

Retirement Planning Online Series

Join an online Retirement Planning Series where you'll learn valuable information on how social security, work, fraud, debt, savings and investments, insurance, and home mortgage affect your retirement. This four-part series will be held on Sept 6, 13, 20, and 27 from 6-8pm. Access from your computer or smart phone. Contact Scott Matteson, phone: (989)-354-9879 or email: mattes25@anr.msu.edu to register!

Other Resources



Michigan 2-1-1 connects people with information and resources to build healthy, safe communities. Dial 2-1-1 for food, utilities, housing & homelessness, veterans & military affairs, children & families, reentry services, disaster preparedness & response, transportation, and tax assistance. 2-1-1 is available 24/7 and offers over 180 language translations. Call with your questions when you are in need of help!

Suicide Prevention Hotline: 1-800-273-8255

Alcoholics Anonymous Hotline: 616-913-9149

Quit Smoking Hotline: 1-800-480-7848