

# Healthy Living: November 2017

## CATHERINE'S HEALTH CENTER

### Why Healthy Living?

Check out our Healthy Living opportunities and ask your doctor if one is right for you! When it comes to caring for your health, the most important person in the process is you! When you make healthy choices in your day-to-day life, you can:

- Lower your risk of chronic disease
- Improve life for your family
- Better care for existing conditions
- Just plain feel better!



### IMPORTANT!!! 2018 Open Enrollment is Here!

**November 1st to December 15th**

**Do you have Health Insurance Coverage for 2018?**

Our Navigators are available to assist you. Talk with our office staff to schedule an appointment today! You can speak with a Navigator directly by calling (616)-336-8800 Ext. 214

### Affordable Opportunities for You and Your Family!

#### Walking Program



- ◆ Come walk a few laps with us and bring a friend! A volunteer nurse will be present to take your blood pressure.
- ◆ Most Monday & Thursday evenings, 5pm-7pm (September—April)
- ◆ Location: Kent Hills Elementary School (1445 Emerald NE, GR). Call (616)-336-8800 ext. 216 if you have questions.

#### Yoga Class



- ◆ Strengthen your body and mind! Attend a FREE yoga class that can help you destress and feel better.
- ◆ Every Thursday. Chair yoga starts at 5:30pm and Regular yoga starts at 6:45pm.
- ◆ Location: Park Church (10 East Park Place NE). Call (616)-459-3203 for more info.

#### Stress Less with Mindfulness Class

- ◆ Attend a FREE mindfulness class that can teach you how to lower stress-related symptoms like worry, depression, and physical tension in your daily life.
- ◆ Dates: Oct 30, Nov 6, 13, 20, and 27th from 6-7:30pm. Location: 775 Ball Ave NE, GR. Call (616)-632-7893 to register.

#### Low-Cost Gyms in Kent County



- ◆ **YMCA** (616)-855-9622. \$0-\$100 joining fee, \$70/month membership. Pool included. *Financial Assistance is available!* Multiple locations.
- ◆ **Salvation Army Kroc Center** (616)-588-7200. \$50 joining fee, \$38/month membership. Pool included. *Financial Assistance is available!* 2500 Division Ave S., Grand Rapids, MI.
- ◆ **Family Fitness** (616)-361-7050. 30-Day FREE Trial. \$0 joining fee (waived with referral for Catherine's patients only). \$20/month membership. 24-hour access with a one-time \$10 charge for an access key.
- ◆ **Fitness 19** (616)-454-1919. *Fall Special Offer of* \$35 joining fee and \$15/month membership.
- ◆ **Planet Fitness** (616)-226-6701. \$29 joining fee and \$10/month membership.

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

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See reverse side for more FREE events and classes!

# Additional Community Resources

## 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.
- ◆ Wednesdays, 6pm-7:30pm is Grief support group meetings. Thursdays, 6pm-7:30pm is for Cancer support group meetings
- ◆ Location: 1806 Bridge Street NW, GR.
- ◆ Call (616)-453-8300 with questions



## Diabetes Support Group

- ◆ Want to meet others that endure the same challenges that you face with diabetes? Join diabetes educators as they discuss universal topics and information for diabetic patients. Share experiences and resources for help, and make new friends.
- ◆ This support group is FREE.
- ◆ Call (616)-754-6185 for dates and locations



## Retirement Planning—Online Series

- ◆ Planning for retirement? Join a four part online information session led by MSU Extension to learn valuable information you need to know!
- ◆ This series is accessible from your phone or computer!
- ◆ Dates: November 1, 8, 15, and 29 from 6-8pm
- ◆ Call Scott at (989)-354-9879 to register



## Healthy Steps—The Lebed Method

- ◆ Join a FREE, fun therapeutic program specifically designed for cancer survivors. The Lebed Method combines exercise, movement and great music—all ages and levels of fitness welcome!
- ◆ Dates: Thursdays, 4pm-5pm
- ◆ Location: Lemmen-Holton Cancer Pavilion (145 Michigan St. NE)
- ◆ Call (616)-486-6888 with questions



## Nutrition and GI Surgery

- ◆ Interested in learning about dietary changes that come with the gastrointestinal surgery you had done?
- ◆ If you've had an esophagectomy, gastrectomy, whipple procedure or colon resections, attend this FREE class to support your dietary needs and weight loss goals.
- ◆ Dates: Mondays from 11am-12pm
- ◆ Location: Spectrum Health Lemmen-Holton Cancer Pavilion (145 Michigan St. NE).
- ◆ Call (616)-486-6316 for more information



## Other Resources



- ◆ Have you heard of "Michigan 2-1-1"? This resource connects people with information and resources to build healthy, safe communities. It's available 24/7 and offers over 180 language translations. You can dial 2-1-1 from your phone and speak to someone if you have questions about food, paying utilities, housing & homelessness, veterans & military affairs, children & families, reentry services, disaster preparedness & response, transportation, or tax assistance.
- ◆ Suicide Prevention Hotline: 1-800-273-8255
- ◆ Alcoholics Anonymous Hotline: 616-913-9149
- ◆ Quit Smoking Hotline: 1-800-480-7848