

Healthy Living: December 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!



Do you have Health Insurance Coverage?

Deadline to Enroll for 2018 plans is December 15th

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

Get ACTIVE and MOVE for at least 150 minutes each week!

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.

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 (now until April 2018)
- ◆ Location: Kent Hills Elementary School (1445 Emerald NE, GR). Call (616)-336-8800 ext. 216 with 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.



1211 Lafayette Ave NE
Grand Rapids, MI 49505

(616) 336-8800
CatherinesHC.org

Funding provided
for Whole Hearts by:

AstraZeneca HealthCare Foundation
**Connections for
Cardiovascular HealthSM**

See reverse side for more FREE events and classes!

Additional Community Resources

Free Cooking Classes!



Free Cooking Classes with MSU Medical Students

- ◆ Want to gain some hands-on cooking, learn about health, and have fun with new friends? Join MSU medical students for free cooking and health education classes. All are welcome! Bring a friend.
- ◆ Mondays, 6-7:30pm on Dec 4th, Dec 11th, Jan 22nd, and Feb 5th. More classes TBD.
- ◆ Location: St. Alphonsus Parish Center kitchen, 224 Carrier St. NE (*Except Dec 11th, which will be at Catherine's Health Center, 1211 Lafayette Ave NE). Call Anna for more details (616)-336-8800 ext. 216

Cooking Matters

- ◆ 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 nutrition education class! Classes meet weekly for six weeks. Participants receive a free bag of groceries at each class.
- ◆ Classes start Thursday, January 18th from 5:00pm-7:00pm at Catherine's Health Center, 1211 Lafayette Ave NE.
- ◆ Seats are limited! To sign up, contact Anna at (616) 336-8800 ext. 216

Christmas Store



Shop for gifts on Dec 8, 5-9pm and Dec 9, 9am-Noon at Cornerstone Heritage Hill (48 Lafayette Ave SE, Grand Rapids)

Holiday Meals

FREE meal on Dec 24th and Dec 25th at God's Kitchen (303 Division Ave S) from 2:30pm-4:00pm. Walk-ins welcome!



Things for the Holiday!



Light up Downtown—Winter Season Kickoff

- ◆ Rosa Park Circle, Friday, December 1st, 5-7pm

Visit Santa and his Reindeer—Plus crafts, music, and ice carving demonstrations!

- ◆ FREE for all at John Ball Zoo (1300 W. Fulton), Saturday, December 2nd, 10am-3pm

Visit Santa and his Reindeer

- ◆ FREE for all at Robinette's Apple Haus (3142 4 Mile Rd. NE), Saturday, December 2nd, 12pm-3pm

Gerald R. Ford Museum Holiday Open House

- ◆ FREE for all at Gerald R. Ford Museum (303 Pearl ST NW), Sunday, December 3rd, 1pm-4pm

Grandville Tree Lighting

- ◆ FREE for all at KDL Grandville Branch Library (4055 Maple St. SW), Monday, December 4 at 7pm.

Winter Wonderland Family Concert

- ◆ FREE for all at GR Public Library—Yankee Clipper Branch (2025 Leonard NE), Saturday, December 9th at 3pm

Visit with Santa at the Downtown Market

- ◆ FREE for all the Downtown Market (435 Ionia Ave SW), Friday, December 15th from 12pm-3pm

Gerald R. Ford Museum Holiday Open House

- ◆ FREE for all at Gerald R. Ford Museum (303 Pearl ST NW), Sunday, December 3rd, 1pm-4pm

Need Winter Clothing for the Family?



- ◆ Go to "In the Image Clothing Center" and receive basic necessities for you or your family. First time walk-ins are welcome, but after your first visit, you must have a regularly scheduled shopping appointment.
- ◆ Call (616) 456-6150, or visit them at 1823 Division Ave S
- ◆ Bring a current photo ID and bags to carry your items.
- ◆ Closed: December 24th through January 14th.