

Healthy Living: January 2018

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!



Free Opportunities for Patients



FREE—Open House Class Sampler

- ◆ Interested in an exercise class to increase strength, gain endurance, improve balance and have fun? Join us for this one-day class sampler to see if Enhance Fitness, Tai Chi, or Matter of Balance are right for you! These classes are offered throughout Kent County for free, or at low cost (\$2-3/session).
- ◆ **January 9th, 11am at Area Agency on Aging, 3215 Eaglecrest Dr. NE, GR 49525.**
- ◆ Call Anna at (616) 336-8800 ext. 216 if you have questions!

FREE—Walking Program



- ◆ Kent Hills Elementary School offers a free, safe space to walk during the school year on most **Monday & Thursday evenings from 5-7pm**. Come walk a few laps with us and make new friends! Call Anna with questions at (616) 336-8800 ext. 216.

FREE—Cooking Matters Class:

- ◆ 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.
- ◆ **Evening Classes start Thursday, January 18th from 5pm-7pm. Dates: 1/18, 1/25, 2/1, 2/8, 2/15, 2/22.**
- ◆ **Daytime Classes start Tuesday, March 6th from 11am-1pm. Dates: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10.**
- ◆ Location: Catherine's Health Center, 1211 Lafayette Ave NE.
- ◆ Sign up today! Call Anna at 336-8800 ext. 216 or email at astrong@catherineshc.org to register.

FREE—Eat Smart, Live Strong:

- ◆ Join us for a 4-part, interactive and fun cooking class that will help you gain skills to improve your health! A short cooking demonstration will be provided at each class. **RSVP by February 16th.**
 - ◆ **Wednesdays, 10:30am-noon on Feb 21, 28, Mar 7, 14**
 - ◆ Location: St. Alphonsus Parish Center, 224 Carrier St. NE. Call Virginia at 616-913-4419 to register.
- #### **FREE—Cooking with MSU Medical Students:**
- ◆ Learn about different health topics from MSU medical students while gaining cooking experience! All are welcome! Bring a friend.
 - ◆ **Monday Jan 22nd & Feb 5th from 6:00pm-7:30pm**
 - ◆ Location: St. Alphonsus Parish Center Kitchen, 224 Carrier St. NE. Call Anna for details at (616)-336-8800 ext. 216

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

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**Connections for
Cardiovascular HealthSM**

See reverse side for more FREE fitness classes around town!

Additional Community Resources

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

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.

Zumba Class

- ◆ Never tried Zumba before? That's OK! Join this FREE class to jump start the new year with a new you!
- ◆ Ever Monday and Thursday, beginning January 4th, 6:30pm—7:30pm
- ◆ Location: Roosevelt Park Ministries, 1530 Grandville Ave SW, Grand Rapids, MI 49503.
- ◆ Free childcare is provided. Call Anna S. with any questions at (616)-336-8800 ext. 216

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.

Mental health is as important as physical health

beat
the
winter
blues

Feeling SAD?

- ◆ Do you feel sad during the darker days of winter? Join a one-day class offered through Spectrum Health Healthier Communities that will discuss Seasonal Affective Disorder (SAD), what it is, what it feels like and what can be done about it.
- ◆ **Thursday, January 11, 2:00pm—3:00pm**
- ◆ Location: Spectrum Health Healthier Communities, 665 Seward Ave NW, Grand Rapids, MI 49504.

Women ONLY: Depression & Anxiety Support

- ◆ Know of someone struggling with depression or anxiety? Want to learn more? Join this seven session class brought to you by the Calvin College Nursing Department. Come meet other women in your community and learn about ways to cope with depression and anxiety. Refreshments will be provided, and each class will feature a hands-on craft activity.
- ◆ **Classes begin in February and will take place on Wednesdays from 10:00am-11:30am.**
Class dates: 2/7, 2/21, 3/7, 4/4, 4/11, 4/25 and 5/2.
- ◆ Location: Catherine's Health Center, 1211 Lafayette Ave NE. Contact: Anna S. at 616-336-8800 ext. 216 with questions.