

# Catherine's Health Center Newsletter

## February 2018

### 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—The Whole Woman Expo

- ◆ Ladies – taking care of your heart takes more than eating right and exercising. If you're concerned about your financial future, dealing with grief, or are a working mom in need of support, come learn tips and tricks on how to protect your heart health while dealing with social, emotional, spiritual, and occupational aspects of your life. This fun and informative session is FREE. You'll receive a complementary gift at the door!
- ◆ **Saturday, 9am-2pm on Feb 10.**
- ◆ Location: 2225 S Main St, Wyoming, MI 49519

#### FREE—Women Supporting Women Depression & Anxiety Support

- ◆ Struggling with depression or anxiety? Know someone who is? Want to learn more? Join a seven session class, meet other women in your community, and learn how to gain relief. Refreshments provided. Each class will feature a hands-on craft activity. Transportation and childcare are provided.
- ◆ **Wednesdays, 10am-11:30am on Feb 7, 21, Mar 7, Apr 4, 11, 25, May 2.**
- ◆ Location: Catherine's Health Center. Call Anna S. at (616)-336-8800 ext. 216

#### FREE—Cooking Matters Class

- ◆ Ready to take charge of your health and learn how the food we eat affects your body? Join us for Cooking Matters, a FREE, hands-on, fun nutrition class! Classes meet weekly for six weeks. At each class, participants get a free bag of groceries.
- ◆ **Tuesdays, 11am-1pm on Mar 6, 13, 20, 27, Apr 3, 10.**
- ◆ Location: Catherine's Health Center, 1211 Lafayette Ave NE. Sign-up today! Call Anna, (616)336-8800 x.216.



#### 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 Feb 16.**
- ◆ **Wednesdays, 10:30am-noon on Feb 21, 28, Mar 7, 14**
- ◆ Location: St. Alphonsus Parish Center, 224 Carrier St. NE. To register, call Virginia at 616-913-4419 .

#### FREE—Cooking Class with Preventive Health Topics

- ◆ Learn about preventive health services like mammograms, colonoscopies, diabetes screening, cholesterol screening and more from MSU medical students. Hands-on cooking will be included at each session. All are welcome! Bring a friend.
- ◆ **Every other Monday, 6:00pm-7:30pm, Mar 5, 19, Apr 2, 16, 30, May 14**
- ◆ Location: St. Alphonsus Parish Center, 224 Carrier St. NE. For details, call Anna at (616)-336-8800 ext. 216

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

*Funding provided for the  
Healthy Heart Team by:*  
**AstraZeneca HealthCare Foundation**  
**Connections for  
Cardiovascular Health<sup>SM</sup>**

*See reverse side for more FREE fitness classes around town!*

# Additional Community Resources & Information

## Heart Healthy Cooking Tips

- ◆ Skim fat from the top of soups and stews.
- ◆ Limit salt. Season foods with herbs, spices, vinegar wine, or lemon juice.
- ◆ Eat or cook with skim/1% milk, not 2%/whole milk.
- ◆ Grill, broil, roast, stir-fry, or poach low-fat meats.
- ◆ Use lemon or lime on fish and vegetables instead of butter or sauces.
- ◆ Add vegetables to casseroles and salads.
- ◆ Prepare chicken or turkey without the skin. Trim fat off meats before cooking.
- ◆ Cook with whole-grain products (brown rice, oatmeal, bran) rather than refined grain products.

## Other Resources

- ◆ Heard of “Michigan 2-1-1”? This resource is 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

## 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! Free childcare is provided. Class offered through YMCA Healthy Hubs. Call Anna with questions, 616-336-8800 x.216
- ◆ Mondays and Thursdays, 6:30pm-7:30pm at Roosevelt Park Ministries, 1530 Grandville Ave SW

### Enhance Fitness

- ◆ Are you an older adult who wants to workout, but you don't know where to start? Consider joining Enhance Fitness. This fun, instructor led class focuses on strengthening, balance, conditioning, and flexibility. Make friends or bring a friend with you! Classes are available at a suggested donation of \$3/class or covered through Silver&Fit. Sign-up today or drop-in!
- ◆ Mondays and Wednesdays, 10:30am at St. Alphonsus Parish Center, 224 Carrier NE, Grand Rapids, MI. Call Senior Neighbors at 616-233-0283 or St. Alphonsus at 616-451-3043 for more information.

### 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.