



Healthy Living: March 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 HEALTHY LIVING & COOKING CLASSES

<p>Cooking Matters</p> <p>Join us for this fun, hands-on nutrition education class where you'll learn about cooking healthy meals on a budget! Participants receive a free bag of groceries at each class. Classes meet weekly for six weeks. Daytime classes start Tuesday, March 6th from 11am-1pm at Catherine's Health Center. Dates: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10. Register by calling Anna at 616-336-8800 ext. 216</p>	<p>Eat Smart, Live Strong</p> <p>This 4-part, interactive and fun class led by MSU Extension focuses on helping you gain the skills needed to lead an active, healthy life. Classes meet every other week. Evening classes start Monday, March 26th from 6pm-7:30pm at St. Alphonsus Parish Center's Cafeteria. Dates: 3/26, 4/9, 4/23, 5/7. Register by calling Anna at 616-336-8800 ext. 216. RSVP by March 19.</p>	<p>Preventive Health and Cooking</p> <p>MSU medical students will teach topics on diabetes screening, flu shots, cholesterol screening, pap smears, mammograms, and more! You'll also engage in hands-on cooking in the kitchen! Bring a friend and come join us for these exciting classes! Classes will be held every other week starting Monday March 5th from 6-7:30pm at St. Alphonsus Parish Center. Dates: 3/5, 3/19, 4/2, 4/16, 4/30, 5/14. Call Anna at 616-336-8800 ext. 216 to register.</p>
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PHYSICAL ACTIVITY OPPORTUNITIES



<p>Walking Program</p> <p>Looking for an affordable way to stay active this spring? The Walking Program offers a free, safe space to walk during the school year every Monday and Thursday evening from 5-7pm at Kent Hills Elementary School. Bring a friend, walk a few laps, and have your blood pressure measured. Call Anna with questions, 616-336-8800 ext. 216.</p>	<p>Enhance Fitness</p> <p>If weight loss is one of your goals this spring and you need the motivation and guidance on where to start, come check out Enhance Fitness and meet new friends! This program is uniquely designed for older adults (55+ years) with a focus on balance, flexibility, strengthening, conditioning, and fun! Drop in at 10:30am every Monday and Wednesday at St. Alphonsus Parish Center. Classes are available at a suggested donation of \$3/class or covered through Silver&Fit.</p>	<p>Grand Rapids Parks and Trails</p> <p>Do you enjoy the great outdoors? With warmer weather in sight, what better way to get exercise this spring than to visit one of Grand Rapids' 74 city parks. They have over 1,200 acres for you to walk, run, bike and play! Getting out in nature not only improves your physical health but your mental health as well.</p>
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Funding provided for the Healthy Heart Team by:

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



See reverse side for more FREE fitness classes around town!

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.** See *their online calendar for more times and locations for support groups and classes.*
- ◆ Location: 1806 Bridge Street NW, GR. Call (616)-453-8300 with questions.

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!
- ◆ **Thursdays, 4pm-5pm.**
- ◆ Location: Lemmen-Holton Cancer Pavilion (145 Michigan St. NE). Register by calling (616)-486-6888.



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.
- ◆ **Mondays from 11am-12pm.**
- ◆ Location: Spectrum Health Lemmen-Holton Cancer Pavilion (145 Michigan St. NE). Register by calling (616)-486-6316.

Art Expressions



- ◆ Explore your emotions and feelings through painting that can help promote healing practices for anyone affected by cancer. Art Expressions focuses on cultivating each person's innate creative ability that opens the heart to the beauty within themselves and within others that share in a similar journey.
- ◆ **Tuesdays from 9:30am-12:30pm.**
- ◆ Location: Spectrum Health Lemmon-Holton Cancer Pavilion (145 Michigan St. NE). Call (616)-486-2734 to register.

Quit:101 Smoking Cessation



- ◆ Mark your calendars! Starting Tuesday, March 6th, Spectrum Health is having a FREE 4- week class to help you finally get your freedom back from smoking. Sessions are led by a tobacco treatment specialist and former smoker who can help you develop skills and find the motivation needed to quit once and for all! Space is limited, so sign up today by calling (616) 267-2626, option 4.
- ◆ **Tuesday March 6th from 6-8pm and then on Tuesdays, Mar 13, 20, and 27 from 6-7:30pm.**
- ◆ Location: Spectrum Health Healthier Communities (665 Seward Ave NW, Suite #110). There is free parking on-site.

Other Resources



Have you heard of "Michigan 2-1-1"? 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. It's available 24/7 and offers over 180 language translations.

Quit Smoking Hotline: 1-800-480-7848

Suicide Prevention Hotline: 1-800-273-8255

Alcoholics Anonymous Hotline: 616-913-9149