



# Healthy Living: April 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
- Better care for existing conditions
- Improve life for your family
- Just plain feel better!



### Affordable Opportunities for Patients



#### Eat Smart, Live Strong:

- ◆ Join us for a FREE 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.
- ◆ **Mondays, 6pm-7:30pm, March 26, April 9, 23 and May 7.**
- ◆ Location: St. Alphonsus Parish Center, 224 Carrier St. NE. Call Anna at 616-336-8800 ext. 216 to register.



#### Cooking and Health Promotion

- ◆ Learn about different health topics from MSU medical students while gaining cooking experience through this FREE series! All are welcome. Bring a friend.
- ◆ **Mondays, 6pm-7:30pm, April 2, 16, 30 and May 14.**
- ◆ Location: St. Alphonsus Parish Center Kitchen, 224 Carrier St. NE. Call Anna at 616-336-8800 ext. 216 to register.

*(The gym will be open with games for children attending the cooking classes)*



#### Walking Program LAST MONTH!

- ◆ Kent Hills Elementary School offers a free, safe space to walk during the school year. Come walk a few laps, get your blood pressure checked and make new friends!
- ◆ **Mondays & Thursdays, 5-7pm, April 9, 12, 16, 19, 23 and 26.**
- ◆ Call Anna with questions at (616) 336-8800 ext. 216.



#### Enhance Fitness

- ◆ 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 designed for older adults (55+ years) with a focus on balance, flexibility, strengthening, conditioning, and fun!
- ◆ **Mondays & Wednesdays, 10:30am**
- ◆ Location: St. Alphonsus Parish Center, 224 Carrier St. NE.
- ◆ There is a suggested donation of \$3/class. Classes are also covered if you have Silver&Fit.

#### FREE Garden Planning Classes



- ◆ Are you planting a garden this season? Catherine's hosts a series of workshops and classes throughout the spring, summer and fall to help individuals grow their own food at home or in the community. Join us and learn about food systems, gardening, composting and more!

- ◆ **Thursdays, 5:30-7pm, April 5 & April 19**
- ◆ Location: Creston Neighborhood Association Community Room (205 Carrier St NE, Grand Rapids, MI 49505) Call Anna at 616-336-8800 ext. 216 with questions.



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