



Healthy Living: May 2018

CATHERINE'S HEALTH CENTER

Why Healthy Living?

When it comes to managing your health, the most important person involved in the process is you. When you make healthy choices in your day-to-day activities, you reduce your risk of chronic disease, better manage already existing chronic disease, improve life for your family, and just plain feel better! Browse our current Healthy Living opportunities and ask your doctor if one of them might be right for you.



Affordable Opportunities for Patients

Diabetes Support:

Diabetes PATH

Join us to take control, manage your diabetes and take the PATH to better health! Learn to develop healthy eating habits, improve strength and endurance, and understand emotions such as fear, frustration, and depression.

Classes starting this summer

Contact Anna if interested: (616) 336-8800 ext. 216

Eating Well With Diabetes: Carb Counting Basics

Learn about food labels, practice portion control and create balanced meals for a healthy lifestyle.

Date: Thursday, May 10th 2-3pm

Location: Spectrum Health Healthier Communities Classroom 112, 665 Seward Ave NW, Grand Rapids

Contact: Lise Thomas at lise.thomas@spectrumhealth.org or (616)-391-3310

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

Healthy Eating Classes:

Healthy Eating Made Easy

Learning, eating, and sharing together!

Location: BE WELL Center 336 Hall Street SE, Grand Rapids, MI 49507

Dates: 2nd and 4th Wednesdays 10:00am to 11:30 am

Instructor: Mary Boes

Cost: Free!

Hands-On Cooking Courses

Courses meet for two hours, once a week for six weeks and are team-taught by a volunteer chef and nutrition educator. Lessons cover meal preparation, grocery shopping, food budgeting and nutrition. Adults and teens take home a bag of groceries after each class so they can practice the recipes taught that day.

Classes starting this summer

Contact Anna if interested: (616)



Fitness Classes:

BE WELL Fitness Classes



Tone Up Fitness

Cardio and resistance exercises

Date: Tuesdays at 6:30-7:30pm

Exercise Room

Open gym with personal trainer available Open Monday, Tuesday, Wednesday, and Thursday 9am to 12pm

Cost: Free!

Contact: kjen.bewell@gmail.com or call (616)-450-3525

Enhance Fitness Classes

Enhance Fitness (EF) is a fitness program geared toward improving the overall functional fitness and well-being of primarily older adults (all adults welcome). A certified fitness instructor leads classes three times a week, providing social stimulation as well as physical benefits. Classes focus on cardiovascular conditioning, strength training, flexibility and balance training.

Low to no cost!

Dates: M,W,F

Location: Salvation Army - 1235 Fulton St, Grand Rapids, MI 49503 (616)-222-7011 Metro Health/ Kentwood Parks & Rec, 2215 44th Street, Wyoming, MI 49519 (616)-233-0283

For more locations call Candice Lee at (517)-335-3188

See reverse side for more FREE events and classes!

Additional Community Resources

Gardening and Outdoor Activities:



Compost You Can Really Do

It is exciting to watch your food scraps and junk mail turn into a valuable garden amendment! This class focuses on realistic and achievable ways you can divert your waste and decrease your contribution to the waste stream. You will learn about collection services, worm bins, Bokashi, and yard compost piles in this very fun and lighthearted class! **Location:** Urban Roots, 1316 Madison SE, Grand Rapids **Dates:** June 13th August 29th 6:30 - 7:45pm **No cost** (donations welcome) **Contact:** (616)-228-4707

Workshop: Start Your First Garden

Starting a garden can seem overwhelming if you have never done it before, but it doesn't have to be! We will show you how you can get started - on the cheap and easy! Join us at the Urban Roots Community Farm and Education Center to learn how you can be growing food at home in any amount of space! **Location:** Urban Roots, 1316 Madison SE, Grand Rapids **Date:** Wednesday May 23rd 6:30-7:45pm **No cost** (donations welcome) **Contact:** (616)-228-4707

Grand Rapids' Parks

What better way to get exercise this Fall than to visit one of Grand Rapids' 74 city parks to enjoy the beautiful fall colors. 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. To find a park near you visit friendsofgrparks.org. Check out their listing of free events happening in the parks. Also visit mitrails.org to find biking and walking trails across West Michigan. You can also call Anna at (616) 336-8800 ext. 216 with questions.

Other Resources

Michigan 2-1-1 connects people with information and resources to build healthy, safe communities. Dial 2-1-1 for food, utilities, housing & homelessness, veterans & military affairs, children & families, reentry services, disaster preparedness & response, transportation, and tax assistance. 2-1-1 is available 24/7 and offers over 180 language translations. Call with your questions when you are in need of help!

Suicide Prevention Hotline: 1-800-273-8255 **Alcoholics Anonymous Hotline:** 616-913-9149

Quit Smoking Hotline: 1-800-480-7848

Drop-In: Exploring Blandford's Farm



Come out to get a close-up view of animals that you normally might never see in the wild, hike with our Master Naturalist, or take a trip over to meet the Blandford Farm resident barn animals. No need to purchase tickets in advance, just drop-in to find out more about our wildlife residents. **Location:** Blandford Nature Center Visitor's Center **Dates:** May 5th (Hike with a Naturalist), May 19th (Discovering Blandford's Farm Animals), May 26th (Exploring Blandford's Wildlife) **Time:** 10:30-12:00pm **Cost:** \$3 for members, \$6 for nonmembers **Contact:** (616)-735-6240

H.E.A.L.T.H Camp for Girls



H.E.A.L.T.H Camps is for girls ages 9-15 who want to discover more about their own health and jobs in health care. Learn about exercise in the Calvin sports complex, view human cells under microscopes, and learn about cool jobs in the medical field! **Location:** Calvin College **Dates:** June 18-22 (ages 9-12) 9am to 3pm

June 25-29 (ages 12-15) 9am to 3 pm **Contact:** healthcamp@calvin.edu or (616)-526-7076

Summer Swing Dancing



Come out and learn to swing dance, while enjoying live music! Fun for all ages. Lessons are offered during the first half hour so you will be a pro in no time.

Dates: Every Tuesday starting on May 1st through October 23rd

Location: Varies between Rosa Parks Circle and Ah-Nab-Awen Park (check grandrapidsoriginalswingsociety.com for week by week location)

Cost: Free!

Contact: Steve Zaagman at szaagman@gmail.com or (616)-617-4842