

# **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@specturmhealth.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 teamtaught 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 Dates: M,W,F 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!

**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

## **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

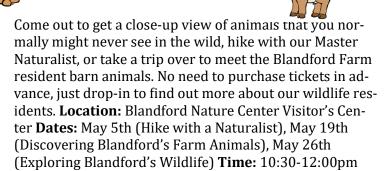
#### Workshop: Start Your First Garden

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 friend-sofgrparks.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.

## **Drop-In: Exploring Blandford's Farm**



**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

#### 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