



Healthy Living: June 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

Diabetes Support:

Diabetes PATH

Do you want to meet others who have diabetes? Take the PATH towards better health and join a 6 week diabetes support group where you'll learn to develop healthy eating habits, improve strength and endurance, and understand emotions associated with diabetes such as fear, frustration, and depression. **Dates/Time:** Classes will start on July 9th and be held every Monday from 10am-12:30pm through August 13th **Location:** St. Alphonsus Parish Center, 224 Carrier St. NE Grand Rapids. Please **call** Anna to register at (616)-336-8800 ext. 216.

Metro Health Diabetes Support Group

On the **second Tuesday of every month**, Metro Health hosts a Diabetes Support Group from **6:30pm—7:30pm**. **Location:** 2215 44th St. SW, Wyoming, MI. **Contact:** (616)-252-8339

Strengthen Your Heart...Do Your Part!

On the **3rd Wednesday of every month**, Spectrum Health hosts a class to help you gain knowledge and tools for maintaining a healthy heart from **1:30pm-3:30pm**. **Location:** Spectrum Health, 2902 Bradford NE, Grand Rapids. **Contact:** (616)-267-2626

Fitness Classes:

Classes at the BE WELL Center

Tone Up Fitness: Cardio and resistance exercises on Tuesdays from 6:30-7:30pm.

Yoga: All levels welcome! Every Monday from 5:30pm-6:30pm.

Walking Group: Bring a friend and join other community members for a walk around the neighborhood this summer! The outdoor walking group meets every Thursday from 5:30pm-6:30pm.

Exercise Room /Open Gym: Open gym with personal trainer available on Mondays, Tuesdays, Wednesdays, and Thursdays from 9am-12pm.

Location: BE WELL Center, 336 Hall St. SE **Contact:** Karen at kjen.bewell@gmail.com or call (616)-450-3525. **Cost:** FREE!!!

Enhance Fitness



This one hour instructor-led exercise class is for adults, 55+ years with a focus on balance, flexibility, strength, conditioning and fun! It meets every Monday and Wednesday at 10:30am.

Location: St. Alphonsus Parish Center, 224 Carrier St. NE. **Contact:** (616) 233-0283 **Cost:** Free, \$3 suggested donation per class.

Healthy Eating Classes:

Healthy Eating Made Easy

The BE WELL Center hosts a healthy eating class **every 2nd and 4th Wednesday** of each month from 10am-12pm. Bring a friend; learn, eat, and share together! **Location:** BE WELL Center 336 Hall Street SE, Grand Rapids, MI 49507 **Instructor:** Mary Boes, **Contact:** (616)-450-3525. **Cost:** Free!

Urban Roots Farm Open House

Stop-by and explore the Urban Roots farm while sharing in a **FREE** farm fresh dinner with friends, family and community members. All meals are gluten free and vegetarian. Come when you can and stay as long as you are able for this fun, low key and family friendly event. Donations are appreciated! **Dates:** June 20th, August 22nd, and October 24th from 5:30pm-7:30pm. **Location:** Urban Roots Farm, 1316 Madison SE, Grand Rapids MI, 49507.

Funding provided for Whole Hearts by:

AstraZeneca HealthCare Foundation
Connections for Cardiovascular HealthSM

Additional Community Resources

Gardening and Outdoor Activities:

Compost You Can Really Do



Turn your food scraps and junk mail into nutritious soil for your garden! Urban Roots is hosting a class that focuses on realistic and achievable ways to reduce our waste and use it for good! 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 from 6:30- 7:45pm.

No cost: donations welcome. **Contact:** (616)-228-4707 with questions.

Grand Rapids' Parks

With 74 parks, Grand Rapids offers countless miles to run, walk, and play. To find a park near you or a list of events, visit friendsofgrparks.org.

Outdoor Meditation



Need a break from reality? Too many things on your mind? Listen to tranquil music and use guided visualizations for relaxing and renewing the mind, body, and spirit. **Date/Time:** June 20th from 6-7pm.

Location: Metro Health Village Green, 5900 Byron Center Ave, Wyoming, MI. **Cost:** free

Registration/Questions: Call (616) 252-7117

Annual Slow Food Summer Mixer

Green Wagon Farm in Ada is hosting a band of good-food dreamers to potluck together, meet, greet, and learn from the 2018 Slow Food Diversity Micro-Grantees, and tour their land! **Free and welcome to all!** Bring a dish to pass, a drink to sip, dishes to eat upon, and a seat if you please! Live music and sample foods will be provided. **Date:** June 16th from 4:00pm-9:00pm, **Location:** Green Wagon Farm, 4960 Quiggle Ave, Ada, MI 49301

Other Resources:

Michigan 2-1-1. Dial 2-1-1 for food, utilities, housing, homelessness, veterans & military affairs, transportation and more! Call when you need help.

Suicide Prevention Hotline: 1-800-273-8255

Alcoholics Anonymous Hotline: 616-913-9149

Quit Smoking Hotline: 1-800-480-7848



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

H.E.A.L.T.H Camp is for girls ages 9-15 who want to have a fun camp experience while learning more about their own health and jobs in the health field ranging from exercise to microscope work and everything in between. **Dates:** June 18-22 for ages 9-12 years, 9am to 3pm and June 25-29 for ages 12-15 years, 9am to 3 pm. **Location:** Calvin College **Contact:** healthcamp@calvin.edu or (616)-526-7076 with any questions. Lacking Transportation? No worries! Let them know and Calvin will provide a pick-up & drop-off.

Urban Roots

Looking for a cool way to get involved in community and give back? It's simple! Join Funky Buddha Yoga Hothouse for the first outdoor community yoga class of the season. Flow to the beats of Afro Zuma Percussion Ensemble while hanging with friends and having a good time. There is a suggested donation of \$10 with all proceeds going directly to Urban Roots. **Location:** Wilcox Park Dr. SE, GR, MI 49506, **Date:** Sunday, June 3rd from 6:30pm-7:30pm. Sign up by going to the following webpage: <http://bit.ly/2IYtzAN> or visit our Facebook page for details.

Summer Swing Dancing

Enjoy **free** swing dancing at Rosa Park Circle this summer while listening to live music! Fun for all ages. Lessons are offered during the first half hour. **Dates:** Every Tuesday, May 1st through October 23rd. **Cost:** Free!

Contact: Steve Zaagman (616)-617-4842

Hands-On Cooking Courses



In partnership with MSU medical students, we host a series of hands-on cooking classes throughout the year to broaden your skill set. **Date/Time:**TBD. Please contact Anna at (616)-336-8800 ext. 216 if interested in more information.