



Healthy Living: July 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

Area Agency on Aging

Take the PATH towards better health and join a 6-week diabetes self-management support group led by two trained facilitators. Topics vary each week from diet, exercise, medication, checking blood sugar, symptoms and emotions associated with diabetes, and ways to communicate with your doctor. **Dates:** TBD (early August).

Day/Time: Mondays, 10am-12:30pm

Location: St. Alphonsus Parish Center, 224 Carrier St. NE Grand Rapids. MI 49505.

Registration: Call Anna, 616.336.8800

Metro Health Diabetes Support Group

On the **2nd Tuesday of every month**, Metro Health hosts a Diabetes Support Group from **6:30pm—7:30pm**. **Location:** 2215 44th St. SW, Wyoming, MI 49519

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 (option 4) to register.

Wellness 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 a personal trainer available on Mondays, Tuesdays, Wednesdays, and Thursdays from 9am-12pm.

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

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, 10:30am and Wednesday, 9:30am.

Location: St. Alphonsus Parish Center, 224 Carrier St. NE, Grand Rapids, MI 49505

Contact: (616) 233-0283 **Cost:** Free, \$3 suggested donation per class.



Wellness Classes:

Tai Chi

Experience the art of Tai Chi. Using a series of functional movements and deep breathing, you can reduce stress, improve brain function, and increase your vitality!

Dates: Every Friday, 7pm-7:45pm.

Location: Briggs Park, 350 Knapp St NE, Grand Rapids, MI 49505

Cost: Free **Questions:** 616.456.3696

Pound on the Blue Bridge

Transform drumming into a fun and effective way to workout. Embrace the music in this full body workout. No prior skills needed. **Dates:** Every Tuesday from 5:30pm-6:15pm.

Location: The Blue Pedestrian Bridge, Grand Rapids, MI, 49503.

Cost: Free.

Questions: Call 616.456.3696

Funding provided for Whole Hearts by:

AstraZeneca HealthCare Foundation
Connections for Cardiovascular HealthSM

Additional Community Resources

Workshops and Outdoor Activities:

After Work Tree Time

Head over to the park after work and join the *Friends of Grand Rapids Parks* team for a beautification project to help spruce up area parks. Enjoy a FREE BBQ meal provided by Johnny B'z. Come work, have fun, meet people, and fill your belly. All training and tools will be provided. **Cost:** Free

Date: July 12th from 5:30pm-7:30pm @ Dickinson Park, 1635 Willard SE, GR 49507

Date: July 26th, 5:30pm-7:30pm @ Mulick Park, 1761 Rosewood SE, GR 49506



Women Leading in Business

Hear from local women entrepreneurs about their journey to success. Come listen and get connected to the people, strategies, and resources to grow a business. **Date:** July 19th from 6:00pm-8:00pm
Location: Grand Rapids Public Library-Ryerson Auditorium 3rd level, 111 Library St, NE, GR 49503
Cost: Free **Questions:** call 616.988.5400 or email inclusion@grcity.us

Michigan Native Plants in Your Home

Landscape

Learn how to transform your landscape into a beautiful haven using plants native to Michigan. Discover the native plants of Michigan and bring home a native seed activity. **Date:** July 24th from 7:00pm-8:30pm
Location: Grand Rapids Public Library, 111 Library St NE, Grand Rapids, MI 49503 **Cost:** Free



Other Resources:

Michigan 2-1-1. Dial 2-1-1 for food, utilities, housing, homelessness, transportation and more.

Suicide Prevention Hotline: 1-800-273-8255

Alcoholics Anonymous Hotline: 616-913-9149

Quit Smoking Hotline: 1-800-480-7848

Jazz in the Park



Come Celebrate the 18th year of Jazz in the Park! These concerts are sure to turn your Monday into a fun-day. **Date:** Every Monday in July from 6:30pm-8:30pm **Location:** Ah-Nab Awen Park, 220 Front Ave NW, Grand Rapids, MI, 49504, **Cost:** Free
Questions: (616) 490-9506

Mindfulness with sound, movement, & visualization

Use techniques focused on using the mediums of sound, movement, language, visualization, feeling and others to become more present and mindful. This is great for stress management and reducing anxiety!

Date: Tuesday July 24th from 6:30pm-7:30pm.

Location: 1324 Lake Dr. SE, Suite 4, GR 49506,

Cost: Free, donations welcome!

Yoga on the Green

Add some relaxation to your day with outdoor yoga.

Date: Every Wednesday, 7:00pm-8:00pm

Location: 115 Crahen Ave NE, Grand Rapids, MI 49525

Questions: Call 616.575.8650 **Cost:** Free

Safe Seniors

A program to teach adults about crime and injury prevention. Discuss home, auto and personal safety, and identify fall risks and ways to decrease them. Also, Learn how to identify a fraud or scam.

Date: Wednesday July 11th from 10:00am-11:30am

Location: Spectrum Health Healthier Communities, 665 Seward Ave NW, Suite 10, Grand Rapids, MI 49504

Cost: Free **Registration:** Call 616. 267.2626