

# Healthy Living: August 2017

## CATHERINE'S HEALTH CENTER

### Why Healthy Living?

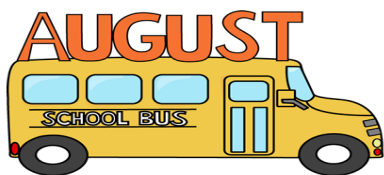
When it comes to managing your health, the most important person involved in the process is you. When you make healthy choices in your day-to-day activities, you reduce your risk of chronic disease, better manage already existing chronic disease, improve life for your family, and just plain feel better!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



### Affordable Opportunities for Patients

#### **Back-to-School Bash!**

Attend Heartside Health Center's Back-to-School Bash for a day of information, music, food, fun and activities for the whole family! Receive free backpacks stuffed with goodies for the kids from 11am-1pm on Saturday, August 13th at 359 Division Ave South, Grand Rapids, MI 49503. Parking is available at Diocese of Grand Rapids Parking Ramp, 360 Division Ave. S.



#### **Yoga Class**

Strengthen your body and mind by attending a local yoga class. Park Church offers a FREE chair yoga class every Thursday, 5:30pm-6:30pm and regular yoga every Thursday, 6:45pm-8:00pm. For more information call (616)-459-3203. Location: 10 East Park Place NE.

#### **Rhythm Run/Walk Health Fair and Park Party: "Run As One"**

You won't want to miss this! Bring a friend and the whole family to this year's 5k Run/Walk event at Martin Luther King (MLK) Park on Saturday, Aug. 19th from 8am-12pm (900 Fuller Ave SE). Activities include a children's fun run, awards, live music, face painting, family games, a resource/health fair, free blood pressure checks, dance and Zumba in the park, yoga stretch, and tons of giveaways! **Sign-up online or in-person.** Call Grand Rapids African American Health Institute (GRAAHI) with questions: (616)-331-5831. Registration before Aug. 17 (\$20), late registration (\$25).



#### **SPOON: Strength & Power Optimized with Our Nutrition**

Join FREE weekly classes to learn about making the best food choices when dealing with cancer's effects. Mondays, 2pm-3pm and Tuesdays, 10am-11am at Spectrum's Lemmen-Holton Cancer Pavilion (145 Michigan St NE). Phone: (616)-486-6184.

#### **YMCA Diabetes Prevention**

If you have been diagnosed with prediabetes then you may qualify for the YMCA diabetes prevention program. This program is committed to helping you gain control of your health in a supportive small group setting. Learn how to reduce your risk for diabetes through healthy eating and physical activity. Pick up a registration form at Catherine's Health Center today! Call (616) 855-9687 with any questions.

*Funding provided  
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AstraZeneca HealthCare Foundation  
**Connections for  
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1211 Lafayette Ave NE  
Grand Rapids, MI 49505  
(616) 336-8800

CatherinesHC.org

*See reverse side for more FREE events and classes!*

# Additional Community Resources



## **Gilda's Club—Grief Support**

Share and learn with others who have experienced the death of a spouse, child, or loved one they knew. Gilda's Club is a FREE cancer and grief support community for children, adults, families, and friends. Grief support groups meet Wednesdays, 6pm-7:30pm. Cancer support groups meet Thursdays, 6pm-7:30pm. Peer support, group discussions and fun activities are led by professional counselors.

Location: 1806 Bridge Street NW. Phone: (616)-453-8300.

## **Together We Can Co-Parenting Series**

Beginning on August 7th, a series of classes will be held on Mondays from 6pm-8pm to help unmarried and co-parenting adults establish a positive working relationship that enables them to work together to raise their children. Register by calling or emailing Holly Tiret, (616)-632-7893 or [tiret@anr.msu.edu](mailto:tiret@anr.msu.edu). Class Dates: August 7, 14, 21, and 28. Location: 775 Ball Ave NE, Grand Rapids, MI 49503



## **Money management Series**

Gain information on making money decisions, creating and managing spending plans, the importance of savings and investing, credit use and paying off debt by joining the FREE "Dollar Works 2" class series. Register by contacting Jennifer Ortquist at [ortquisj@anr.msu.edu](mailto:ortquisj@anr.msu.edu) or call (616)-632-7874. Dates: August 16, 18, and 23 from 1pm-3pm at Kent County MI Works (DHHS Building), 121 Franklin St, SE Ste. 120.



## **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