



Healthy Living: September 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

Wellness Classes:

Tai Chi Classes

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: Mondays, 10:15-11:15am (Beginner), 11:45-12:45pm (Advanced), Wednesdays 9:30 -10:30am (Intermediate)

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

Cost: Free with suggested donation of \$3

Contact: Virginia (616)-913-4419

Enhance Fitness

This one hour instructor-led exercise class is for adults, 55+ years with a focus on balance, flexibility, strength, conditioning and fun!

Dates: 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.

Yoga Class

Strengthen your body and mind!

Dates: Every Thursday, 5:30-6:30 pm (Chair yoga), 6:45-8:00 pm (Regular yoga)

Location: Park Church, 10 East Park Place NE, Grand Rapids, MI 49505

Contact: Susan (616)-459-3203



Walking Program

Fall is on its way and we are gearing up to kick-start the 16th Annual Indoor Walking Program at Kent Hills Elementary School! Kent Hills offers a free, safe space to walk during the school year. Come walk a few laps and get your blood pressure and pulse checked by a volunteer!

Dates: Monday/Thursday evenings 5-7pm beginning the third week of September.

Location: Kent Hills Elementary School, 1445 Emerald Ave NE, Grand Rapids, MI 49505

Contact: Trish (616)-336-8800 ext 208

Free Pop-Up Fitness:

Location: Grand Rapids Parks Fitness Studio, 201 Market Ave SW, Grand Rapids, 49503

Contact: (616)-456-3696 **Cost:** FREE!

Class: POUND

POUND transforms drumming into an incredibly effective way of working out with the use of light weight sticks called ripstix. This class is designed for all fitness levels. POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! **Date:** Sept 6 from 5:30-6:15 pm

Class: GROOVE

You'll sweat away stress and dance some joy into your heart while following simple steps and easy toning moves. This class is great for all body types and skill levels.

Date: Sept 5 from 5:30-6:30pm.

Health Screenings:

Vascular Testing

Free Vascular Screenings are available at Catherine's Health Center for Carotid Artery, Abdominal Aorta Aneurysm, Peripheral Artery Disease Screening.

If you have any of the following risk factors, please talk to your provider about this free vascular screening:

- 60+ years of age
- Diabetic
- High Blood Pressure
- History of Smoking
- High Cholesterol
- Family History of Aortic Aneurysm or Arterial Disease before 60



Funding provided for Whole Hearts by:



Additional Community Resources

Workshops and Family Activities:

Intro to Coding Workshop

A free workshop designed for folks who are curious about coding, but who have little to no experience. Held every two weeks, these workshops are the perfect class to learn the programming foundations needed to eventually build a website or mobile app. Come with a laptop and ready to learn! Space is limited so RSVP as soon as you can. If in need of child care or bus fare reimbursement please contact AnnaG@grandcircus.co two weeks prior to the workshop.

Date: Sept 25, 2018 6:00 –9:00 pm **Location:** Baxter Community Center, 935 Baxter St SE, Grand Rapids, MI 49506 **Cost:** FREE!

How to Use the Library to Write a Business Plan

Do you have a great idea for a business? Take the first step to starting your own by writing a business plan. This is a more advanced class designed for those who already have a working knowledge of computers and the Internet. This course will highlight library resources to assist students in crafting a well-written business plan. Online and offline resources will be highlighted.

Date: September 12, 2018 7:00—8:30 PM **Location:** Grand Rapids Public Library, 111 Library St NE, Grand Rapids, MI 49503 **Contact:** (616)-988-5400 **Cost:** FREE!

September at the Orchard

Please join us for an afternoon of fun on the farm for your family. Activities include picking apples, corn maze, cider and donuts, a wagon ride through the orchard and petting zoo.

Dates: Sept 16, 2018 1:00– 4:00 PM

Location: Klackle Orchards LLC, 11466 West Carson City Rd Greenville, MI 48838

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

Almost Adulting



Teens - get answers to your money questions! Learn how to find a job, figure out the smartest way to bank, and discover strategies for getting and using scholarships in this 3-part series. Because almost adulting is hard work, a snack will be provided. Spanish resources will be available. Get smart with your money now and set yourself up for a successful future.

Date: Saturdays Sept 8—Sept 22 1:00 PM **Location:** Grand Rapids Public Library- Main Branch 111 Library Street NE, Grand Rapids, MI 49503 **Contact:** (616) - 988– 5400 **Cost:** FREE!

Garden Salsa & Hot Sauce Making (and Tasting)



Join us as we partake in the best part of growing food, eating! In this class you will prepare garden fresh salsa, harvested entirely from the garden, and learn how to capture the heat of summer by making fresh red and green hot sauces that will last all winter. This make-and-take cooking class will be fun, lighthearted and delicious!

Dates: September 8, 2018 11:00 AM - 12:15 PM
Location: Grand Rapids Public Museum 272 Pearl St. NW, Grand Rapids, MI 49504 **Price Per Person:** \$12 for General Public and \$4 for Museum Members

HopCat WYCE Blue Bridge Music Festival

Don't miss the HopCat WYCE Blue Bridge Music Festival that brings the energy of live performance to the ArtPrize night scene. The festival promises two epic days and nights of FREE musical entertainment featuring musicians and bands from across the country who will competing for the 'ArtPrize Song of the Year' award.

Dates: Sept 28 4:00—10:00 PM, Sept 29 12:00—10:00 PM

Location: The Blue Bridge, Grand Rapids, MI 49504

Cost: FREE!



Health Insurance - "Open Enrollment"

It's time to start thinking about your health care coverage needs for 2019. The **2019 Open Enrollment Period** runs from **November 1, 2018 to December 15, 2018**. Plans selected during Open Enrollment will be active come January 1, 2019. If you need help applying, Catherine's Health Center has certified navigators who can help with enrollment for both the Marketplace and Medicaid. **Call us today at 616-336-8800 to schedule an appointment.**