



Catherine's Health Center December 2018 Newsletter

Why Healthy Living?

When it comes to caring for your health, the most important person in the process is you! Check out our Healthy Living opportunities and ask your doctor if one is right for you! When you make healthy choices in your day-to-day life, you can:



- Lower your risk of chronic disease
- Improve life for your family
- Better care for existing conditions
- Just plain feel better!

Do you have Health Insurance Coverage?

Deadline to Enroll for 2019 plans is **December 15th**

Our Navigators are available to assist you. Talk with our office staff to schedule an appointment today!
You can speak with a Navigator directly by calling (616)-336-8800 Ext. 214

Get ACTIVE and MOVE while staying WARM this WINTER

(all FREE classes)



Walking Program

- ◆ Come walk a few laps with us and bring a friend! Blood pressure screenings are available, if interested, as well!
- ◆ **Time:** Most Monday & Thursday evenings, 5pm-7pm (now until April 2019)
- ◆ **Location:** Kent Hills Elementary School (1445 Emerald NE, GR). Call (616) 336-8800 ext. 208 with questions.

Sit & Be Fit

- ◆ Come strengthen all your muscles and joints while working on balance and flexibility.
- ◆ **Time:** Every Wednesday until December 22nd at 11:30am
- ◆ **Location:** UCOM (1311 Chicago Dr. SW, Wyoming, 49509). Call (616) 855-9648 with questions.



SoulfulMotion

- ◆ This class is designed to keep you moving and inspired with a combination of kickboxing, dance, and music.
- ◆ **Time:** Every Wednesday until December 22nd at 6:00pm
- ◆ **Location:** Burton Elementary (2133 Buchanan Ave SW, GR). Call (616) 855-9648 with questions.

Yoga for 50s and 60s

- This yoga class is a unique experience for those in their 50s and 60s! It focuses on mindfulness while expanding lengthening, and strengthening muscles through deep breathing exercises.
- **Time:** Sundays, December 2nd, 9th, and 16th from 5:30-7pm
- **Location:** First United Methodist Church (227 Fulton St. e, GR). Call (616) 451-2879 with questions.

*Funding provided
for Whole Hearts by:*

Additional Community Resources

Holiday Support Resources

Community Food Club

- ◆ The Community Food Club is a grocery store stocked with fresh fruits, vegetables, eggs, milk, cheese, meat, and dry goods. Members do their own shopping and receive a receipt at checkout with their remaining amount of points for the month. Each food is worth a certain amount of points, not dollars.
- ◆ To become a member, you must receive a referral from Salvation Army and pay \$11-\$15 (based on household size) for a month membership.
- ◆ Members can shop as many times as they would like throughout the month, as long as they still have points left. The number of points a household gets depends on how many people are living in the household.
- ◆ **Contact:** (616) 288-5550
- ◆ **Location:** 1100 S. Division Ave, GR

Kent County Salvation Army:

- ◆ The Salvation Army provides some special holiday events including: the Angel Tree Program, Breakfast with Santa, and holiday events for seniors at Fulton Heights and the Kroc Center.
- ◆ **Contact:** (616) 459-3433

God's Kitchen

- ◆ FREE meal on Dec 24th and Dec 25th at God's Kitchen from 12:30pm-2:00pm. Walk-ins welcome!
- ◆ **Contact:** (616) 224-0217
- ◆ **Location:** 303 Division Ave S, GR

Unlimited Alternatives

- ◆ FREE pizza on Dec 25th at Unlimited Alternatives from 11:45am-12:45pm
- ◆ FREE haircuts every other Friday from 10am-4pm
- ◆ **Contact:** (616) 235-9529
- ◆ **Location:** 321 Fuller Ave NE, GR



Things to do for the Holiday

Tree Lighting Ceremony at Rosa Parks Circle



- ◆ Enjoy the annual "Light Up Downtown" event with the tree lightening, free hot coco, and ice skating at Rosa Parks Circle.
- ### Visit with Santa at the Downtown Market
- ◆ FREE for all at the Downtown Market, 435 Ionia Ave SW, Friday, December 14th from 12pm-5pm.

Christmas Stores



Cornerstone Heritage Hill Christmas Store

- ◆ Shop for gifts on Dec 7, 6-9pm and Dec 8, 9am-1pm at Cornerstone Heritage Hill
- ◆ **Contact:** Tracy at (616) 698-3170 with questions
- ◆ **Location:** 48 Lafayette Ave SE, Grand Rapids

St. Alphonsus Christmas Store

- ◆ Shop for gifts on Monday, Dec 10th from 5-7pm, Wednesday, Dec 12th from 1-3pm, or Saturday, Dec 15th from 10-noon. You can spend up to \$15 cash total (not per child). Items are marked 10% of the retail value. We ask that no children come to the store.
- ◆ **Who is eligible to shop?** Call Michelle at (616) 913-4415 for details!
- ◆ **Location:** St. Alphonsus Parish Center (224 Carrier St. NE)

Need Winter Clothing for the Family?

- ◆ Go to "In the Image Clothing Center" and receive basic necessities for you or your family. First time walk-ins are welcome.
- ◆ Bring a current photo ID and bags to carry your items.
- ◆ **Contact:** (616) 456-6150 with questions
- ◆ **Location:** 1823 Division Ave S, GR

