

Catherine's Health Center February 2019 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!



FREE Health & Wellness Classes

Women 's Health Promotion Program

Do you want to learn about how to promote your health as a woman? This program, organized by Calvin College Department of Nursing, will help you do just that! Learn how to plan, time, and encourage good pregnancy outcomes for when you're ready during six group sessions over a 12-month time frame. Each participant will receive a total of \$150 in gift cards as a thank you! Childcare and transportation provided. **Time:** Starting Feb. 18, 6pm-8:30pm. **Location:** St. Andrew's Episcopal Church (1025 Three Mile Rd. NE). **Contact:** Gail at (616) 526-6814

Sleep 101

Do you ever wake up tired, or have a hard time falling or staying asleep? During the class participants will get the chance to create a personal sleep plan and discover ways to get a better night's sleep. Registration is required! **Time:** Tuesday, Feb. 19, 6pm-7:30pm. **Location:** Spectrum Health Healthier Communities (665 Seward Ave NW, Suite 210). **Contact:** 616-267-2626, option 4 then option 2.

1st Steps Yoga

Life is challenging, and stress hits not just our emotions, but also our health. 1st Steps Yoga is made for every day, regular people improving balance, strength, breathing, focus, posture and flexibility without worrying about age, physical ability or experience. Each 1st Steps Yoga class is especially designed to be accessible for everyone. **Time:** Monday, Feb. 4, 6pm-7pm & every Monday afterwards for seven weeks. **Location:** St. Alphonsus Parish Center Room 302 (224 Carrier St. NE). **Contact:** Maria at 616-336-8800 ext. 216



Brain Health: It's Up to You

Your brain is a living and growing (or shrinking) organism that you can actually change! During this class, you will learn about the main brain shrinkers and growers and get tips on how to implement them into your life. Registration is required! **Time:** Thurs Feb. 21, 6pm-7:30pm. **Location:** Spectrum Health Healthier Communities (665 Seward Ave NW, Suite 110). **Contact:** 616-267-2626, option 4 then option 2.

Smart Gardening with Vegetables 101 Webinar Series

Come learn gardening techniques while getting to meet and socialize with new people! **Time:** Tuesdays, Jan. 22, 29, Feb. 5, 12, 19, and 26 from 6pm-7:00pm. **Location:** Catherine's Health Center (1211 Lafayette Ave NE). **Contact:** Maria at 616-336-8800 ext. 216

*Funding provided
for Whole Hearts by:*



 **AstraZeneca HealthCare Foundation**
Connections for Cardiovascular HealthSM

Additional Community Resources

Quit 101: Smoking Cessation Class—FREE

- ◆ Are you fed up with the cost of tobacco on your wallet and health? Quit 101 focuses on tips to help you develop a quit plan and strategies that will work for you. It is taught by a former smoker, and hosted by Spectrum Health Heathier Communities.
- ◆ **Time:** Wed, March 6, 6pm- 8pm and Wed, March 13, 20, and 27, 6pm-7:30pm
- ◆ **Location:** 2902 Bradford St. NE
- ◆ **Contact:** (616) 267-2626, option 4 then option 2

Smart Money University—Open to People 60+ or Caregivers of 60+

- ◆ Money can be a stressful topic for many people. This class tries to get rid of some of the stressors around money through various topics: having a plan to successfully age in place, avoiding home contractor scams, understanding reverse mortgage and property lending, and identity theft and fraud. Come learn something new and get a free lunch in the process
- ◆ **Time:** Wednesday, Feb. 6 and 13, 10:45am-1:30pm
- ◆ **Location:** St. Alphonsus Parish Center (224 Carrier St. NE)
- ◆ **Contact:** Virginia at 616-913-4419
- ◆ **Cost:** No cost, but donations accepted.

Walking Program—FREE

- ◆ If you're looking for a place to walk and need an excuse to get out of the house this winter, then tie up your shoes and come walk a few laps with us and a friend! Blood pressure screenings are available, if interested!
- ◆ **Time:** Most Mondays & Thursdays, 5pm-7pm (now until April 2019).
- ◆ **Location:** Kent Hills Elementary School (1445 Emerald Ave NE).
- ◆ **Contact:** Trish, 336-8800 ext. 208

Unlimited Alternatives



- ◆ Unlimited Alternatives is a drop in center in Grand Rapids, and is a place for friendship, acceptance, and growth.
- ◆ Some of their services include:
 1. Every Tuesday free Dominos or Blimpie at 11:45am
 2. Every Thursday is Reiki Day from 10am-4pm
 3. Every other Friday is free haircut day from 10am-4pm
 4. Every Friday come in for free popcorn
- ◆ **Location:** 321 Fuller Ave NE
- ◆ **Contact:** (616) 235- 9529

Spectrum Health—Variety of Classes

- ◆ Spectrum Health holds a variety of classes ranging from infant car seat safety to nutrition and GI surgery to many cancer related topics. Most of these classes are free and can be found online at <https://www.spectrumhealth.org/about-us/classes-and-events>.
- ◆ Some examples of classes include:
 - ⇒ FORC: Fight our Risks for Cancer (Feb. 5th)
 - ⇒ SPOON: Strength and Power Optimized with our Nutrition (Feb. 4th)
 - ⇒ Breast Feeding Class (Feb. 7th)
 - ⇒ Stroke Support Group (Feb. 27th)

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

