



Catherine's Health Center March 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

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.

Time: Monday, Feb. 25, March 4, 11, and 18 from 6pm-7pm.

Location: St. Alphonsus Parish Center Room 302 (224 Carrier St. NE).
Contact: Maria at 616-336-8800 ext. 216

The Basics of Mindfulness

Mindfulness can help us fully appreciate the moment rather than rehashing the past or worrying about the future. Join this class to learn how mindfulness can be helpful for your emotional and physical health.

Time: Monday, March 18, 6pm-7:30pm.

Location: Spectrum Health (2750 E Beltline NE, Community Room).

Contact: 616-267-2626, option 4 then option 2.

WISEWOMAN Program

Catherine's Health Center is looking for 75 women eager to work with a health coach and engage in programs that will support you in reaching your goals!

Eligibility:

- ◆ Ages 40-64 years
- ◆ Reduced income (ask staff)
- ◆ Recently completed OR due for breast and cervical cancer screening (mammogram and/or Pap test)
- ◆ A desire to set a health goal and work towards reducing your unique risk factors that could cause long-term health problems

Contact: Anna at (616) 336-8800 ext.207



WISEWOMAN

Cooking Matters

A nutrition education program that fights hunger by teaching easy, affordable, and nutritious recipes! Extra perk: Free groceries taken home at the end of each class!

Time: Tuesdays 11am-1pm, March 12, 19, 26, April 2,9, and 16

Location: Catherine's Health Center (1211 Lafayette Ave NE)

Contact: Maria at 616-336-8800 ext. 216

National Diabetes Prevention Program Informational Session

Program that motivates and supports people to make practical, real-life changes and cut their risk of developing type 2 diabetes by more than half.

Time: Monday, March 4 from 5:30-6:30pm.

Location: MSU Extension (775 Ball Ave NE).

Contact: Christi at 616-632-7881

Funding provided for Whole Hearts by:



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

Stress Less with Mindfulness

- ◆ “Stress Less with Mindfulness” teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more. Join Michigan State University Extension in the hopes of reducing stress-related symptoms such as worry, depression, and physical tension!
- ◆ **Time:** Wednesday, March 13– April 10, 10:30am-11:30am
- ◆ **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



NOW Program

- ◆ The NOW program helps adults living with either:

1. Type 2 Diabetes
2. Cardiovascular Disease or
3. Renal Disease



by providing access to healthy food options through local NOW pantries and healthy living classes for all participants at no charge.

- ◆ To be enrolled in the NOW Program, you need a referral from your doctor or provider.
- ◆ **Contact:** (616) 774- 2175

Women’s Resource Center

- ◆ The Women’s Resource Center helps women discover their strengths and talents while overcoming barriers to employment and financial stability.
- ◆ These services are open to all participants:
 1. Business Center
 2. Computer Classes
 3. Resume Coaching
 4. Seeking Employment Together
 5. Working Women’s Clothing Closet
 6. Divorce Information Workshop
- ◆ **Location:** 678 Front Ave NW #180
- ◆ **Contact:** (616) 458-5443

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