



Catherine's Health Center April 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!

Health & Wellness Classes and Programs

Health Living Hubs by the YMCA—FREE

Kickboxing!

A combination of boxing, martial arts, and cardio exercise, this high-energy class is sure to burn fat and increase your strength.

Time: Thursdays, 6pm

Location: Cook Art Center (644 Grandville Ave. SW)

Contact: (616) 855-9648

Sit & Be Fit!

Learn how to work your muscles and joints safely while also exercising your balance, reflexes, and flexibility.

Time: Wednesdays, 11:30am

Location: UCOM (1311 Chicago Dr. SW)

Contact: (616) 855-9648



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: Maria at (616) 336-8800 ext.207



WISEWOMAN

"A Matter of Balance"

Hosted by the Michigan State University Extension (MSU-E), this class teaches participants about finding balance, endurance exercises, and overall creating solutions to lower the risk of falls. You will receive an exercise workbook to follow along at home!

Cost: \$10

Time: April 17—June 5, 10:30am-12:30pm

Location: St. Alphonsus Parish (224 Carrier St. NE)

Contact: Virginia, (616) 913-4419



Funding provided for Whole Hearts by:



Additional Community Resources

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, 25th).
- ◆ **Location:** Kent Hills Elementary School (1445 Emerald Ave NE).
- ◆ **Contact:** Trish, 336-8800 ext. 208

Earth Day Celebration—FREE

- ◆ Explore the trails of Blandford Nature Center, their farm, and many more Earth Day activities. This family-friendly event will feature community members and a scavenger hunt.
- ◆ **Time:** Saturday, April 20, 12pm-3pm
- ◆ **Location:** Blandford Nature Center (1715 Hillburn Ave. NW)
- ◆ **Contact:** (616) 735-6240



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



Be WELL Center—FREE

- ◆ The Be WELL Center strives to connect women in the community in focus of fitness, nutrition, and overall wellness. Join the upcoming classes! Drop-ins are welcome.
- ⇒ **Yoga**
Mondays, 5:30-6:30pm & Thursdays, 12-1pm
- ⇒ **Soulful Motion**
Tuesdays, 5:30-6:30pm
- ⇒ **Healthy Eating Made Easy**
April 10 & April 24, 10am-11:30am
- ⇒ **Weight & Glory**
Thursdays, 5:30-6:30pm
- ⇒ **Exercise Room**
Mondays — Thursdays, 9am-12pm
*Open gym with personal trainer available!
- Location:** Be WELL Center (336 Hall St. SE)
Contact: (616) 450-3525



GED Prep

- ◆ Steepletown Neighborhood Services provides GED prep for anyone thinking or planning on taking the GED.
- ◆ **Time:** Thursdays, 2:00pm-3:00pm
- ◆ **Location:** 671 Davis Ave NW
- ◆ **Contact:** (616) 451-4215

