

# Catherine's Health Center May 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

### Tai Chi for Arthritis

Beginner class hosted by Spectrum Health: Healthier Communities.

**Time:** Mondays & Wednesdays, May 1, 6 & 8, 13 & 15, 20 & 22, 27 & 29 from 4-4:45pm

**Location:** Spectrum Health South Pavillion Community Room (80 68th Street SE, Grand Rapids)

**Contact:** Senior Neighbors at (616) 223-0283

**Cost:** Suggested donation of \$3 per class



### 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



### Yoga at the GRAM!

The Grand Rapids Art Museum and AM Yoga present "Yoga at GRAM", an hour-long yoga session that will help you connect your mind and body surrounded by magnificent artworks.

**Time:** Thursday, May 16 from 5:45-6:45pm

**Location:** Grand Rapids Art Museum, 101 Monroe Center NW, Grand Rapids

**Cost:** FREE



*Funding provided  
for Whole Hearts by:*



# Additional Community Resources

## **Metro Health Farm Market Tour—FREE**

The market will be open and available on Thursdays starting May 9th. Information about the tour is below:

- ◆ **Time:** Thursday, May 16 @ 10-11am
- ◆ **Location:** Metro Health Conference Center, 2225 Main St., Wyoming, MI
- ◆ **Contact:** (616) 252-7117



## **Community Breakfast — FREE**

Enjoy breakfast and meet your neighbors!

**Time:** 9:30am-10:30am

**Location:** Faith Church of Grand Rapids, 953 Spencer St. NE

Link for information: <https://grkids.com/events/free-community-breakfast-2019-05-26/>



## **Senior Events—Everyone 55+ is Welcome!**

### ***Woodcarving***

- ◆ **Time:** Wednesdays, May 1, 8, 15, 22, 29 from 9:30-11:30am
- ◆ **Location:** St. Alphonsus Parish Center (228 Carrier St. NE)
- ◆ **Contact:** (616) 913-4419
- ◆ **Cost:** FREE

### ***Exercise Class***

- ◆ **Time:** Wednesdays, May 1, 8, 15, 22, 29 from 9:30-10:30am
- ◆ **Location:** St. Alphonsus Parish Center (228 Carrier St. NE)
- ◆ **Contact:** (616) 913-4419
- ◆ **Cost:** FREE

## **Urban Roots—Summer Events**

—> *Make & Take Cooking: Almond and Cashew Milk*

Thursday, May 2 @ 5:30-7pm

—> *Community Composting Class*

Thursday, May 9 @ 1:30-2:30pm

—> *Growing for Beginners (& Beyond!)*

Wednesday, May 15 @ 12-1pm

—> *Community Container & Small Space Growing Class*

Monday, May 20 @ 1-2pm

Must register online:

<https://www.urbanrootsgr.org/events>

## **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

