

Catherine's Health Center June 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

Workout Class for Cancer Survivors

Join Spectrum Health for a fun therapeutic program specifically designed for cancer survivors. This class combines exercise, movement and great music - all ages and levels of fitness are welcome.

Time: Thursdays, June 6, 13, 20, 27 from 4-4:45pm

Location: Spectrum Health Hospitals Cancer Center at Lemmen-Holton Cancer Pavilion (145 Michigan St. NE Grand Rapids)

Contact: (616) 486-6888

Cost: FREE



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

1st Steps Yoga

Life is challenging, and stress hits not just our emotions, but also our health. Yoga can help to cope. Each 1st Steps Yoga class is especially designed to be accessible for everyone.

Time: Monday, June 3, 10, 17, 24 from 6-7pm

Location: St. Alphonsus Parish Center Room 302 (224 Carrier St. NE).

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

Cost: FREE



*Funding provided
for Whole Hearts by:*

 **AstraZeneca HealthCare Foundation**
Connections for Cardiovascular HealthSM

Additional Community Resources

Fulton Street Farmer's Market

The Fulton Street Farmer's Market is open for the season! They accept EBT and participate in the Double Up Food Bucks Program!

- ◆ **Time:** Wednesdays, Fridays, and Saturdays from 8am-2pm
- ◆ **Location:** 1145 Fulton St E, Grand Rapids, MI 49503
- ◆ **Contact:** (616) 454-4118



Double Up Food Bucks Program

Get free fruits and vegetables with Double Up Food Bucks! Buy \$1 fruits & veggies with your Bridge Card and get \$1 FREE fruits & veggies with Double Up Food Bucks!

Location: Double Up Food Bucks can be used at the Fulton Street Farmer's Market and many Family Fare locations.

Link for information: <http://www.doubleupfoodbucks.org/how-it-works/>

Senior Events—Everyone 55+ is Welcome!

Woodcarving

- ◆ **Time:** Wednesdays, June 5, 12, 26 from 9:30-11:30am
- ◆ **Location:** St. Alphonsus Parish Center (228 Carrier St. NE)
- ◆ **Contact:** (616) 913-4419
- ◆ **Cost:** FREE

Exercise Class

- ◆ **Time:** Monday and Wednesdays, June 3, 5, 10, 12, 24, 26 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*
Tuesday, June 11 from 5:30-7pm
- > *Community Composting Class*
Tuesday, June 4 from 6:30-7:30pm
- > *Growing for Beginners (& Beyond!)*
Saturday, June 15 from 1:00-2:00pm
- > *Community Container & Small Space Growing Class*
Wednesday, June 19 from 1:00-2:00pm

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

