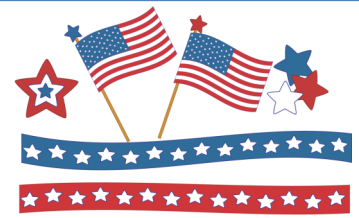


Catherine's Health Center July 2019 Newsletter



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

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)
- 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



YMCA Healthy Living Hubs

All fitness levels welcome! The Y's Healthy Living Hubs are offering a new round of FREE group fitness classes for July through August 31st.

—> **Bootcamp**

Uses weights and resistance bands to target all major muscle groups, burn calories, & strengthen the body.

When: Tuesdays @ 6pm and Saturdays @ 11am

Where: New City Fellowship, (700 Burton St. SE, Grand Rapids, MI)

—> **Zumba**

An upbeat, fun class mixing low-intensity and high-intensity moves for a calorie-burning dance party.

When : Tuesdays @ 6pm

Where: St. Alphonsus Parish (224 Carrier St. NE, Grand Rapids)

—> **WERQ**

A fiercely fun dance fitness class based on pop, rock, and hip-hop music.

When: Mondays @ 6pm

Where: SECOM (1545 Buchanan Ave. SW, Grand Rapids)

*Funding provided
for Whole Hearts by:*



Additional Community Resources

Enhance Fitness for Ages 55+

Metro Health & Senior Neighbors have partnered up to offer a fun class in a lively, social environment that teaches adults how to develop strength, balance, endurance, and flexibility.

Days: Mondays, Wednesdays, & Fridays @ 1:00pm

Location: Kentwood Activities Center, 355 48th St. SE, Kentwood, MI

Contact: (616) 656-5270

Cost: \$2 per drop-in

Urban Foraging Workshop

Hosted by Our Kitchen Table, join us at the South East Area Farmers' Market and learn how to identify certain "weeds" and how to prepare them as food!



When: Thursday, July 13 @ 12:00-2:00pm

Where: MLK Jr. Park, 900 Fuller Ave. SE

Health & Wellness Day!

Join Metro Health for a day devoted to your health and wellness! Health screens, diabetes education, stroke assessments, and more will be available for you to take advantage of. This event also features guest chefs who will prepare delicious healthy foods using ingredients from Metro Health's Farm Market. Feel free to sample their creations! You are welcome to take home the recipes.

When: Thursday, July 18th @ 9:00am-2:00pm

Where: In front of Metro Health Hospital along Main St., 5900 Byron Center Ave. SW, Wyoming, MI

Cost: FREE



Farmers' Market Feature: *South East Area Farmers' Market*

*Alternate market site: LINC Lot, 1167 Madison Ave. SE, Grand Rapids

They warmly welcome:

- Bridge Card/SNAP
- Double Up Food Bucks
- WIC Project Fresh
- Senior Project Fresh
- Cash Value Benefits
- Credit/Debit/Cash
- SEAFM Market Bucks

FREE Trauma Informed Yoga Classes

Trauma-informed yoga is an approach that bears in mind that any student coming to a class may have experienced trauma, and some aspects of yoga can be re-traumatizing. Their approach offers an invitational framework for creating a safe space in which you can (re)connect with your breath and increase body awareness.

When: Wednesday, July 10th OR Friday, July 12th @ 6:30pm

Where: Mindful Counseling GR, 741 Kenmoor Ave. SE Suite B, Grand Rapids

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

