



# Catherine's Health Center August 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



WISEWOMAN

### YMCA Healthy Living Hubs

All fitness levels welcome! The Y's Healthy Living Hubs are offering a new round of FREE group fitness classes. Join us before classes conclude on August 31!

#### —> **Bootcamp**

**When:** Tuesdays @ 6pm and Saturdays @ 11am

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

#### —> **Zumba**

**When :** Tuesdays @ 6pm

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

#### —> **WERQ**

**When:** Mondays @ 6pm

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

*Funding provided  
for Whole Hearts by:*



### Kids Day at Fulton Street Farmers Market

Join the FSFM crew for a fun afternoon filled with activities, a scavenger hunt, and prizes. This month's theme is melon tasting!

**When:** Friday, August 16 from 11am-1pm

**Where:** Fulton Street Farmers Market, 1145 Fulton St. E, Grand Rapids, MI

**Cost:** FREE

### National Night Out

Join the community and Kentwood Police Department in fun activities, free prizes, rescue vehicles, and informative safety demonstrations!

\*The first 50 children to arrive will receive a free water bottle filled with candy, coupons, and a chance to win gift cards to the Woodland Mall!

**When:** Tuesday, August 6 from 3-5pm

**Where:** Woodland Mall, 3195 28th St. SE, Suite 100, Grand Rapids, MI

# Additional Community Resources

## Young at Heart Activities for Ages 55+

—> *Blueberry Picking & Jam-making*



Welcome to blueberry season! Join us in blueberry picking on Wednesday, and then on Thursday for making fresh blueberry jam.

**Picking:** Wednesday, August 14 from 9:30-11:30am

**Making jam:** Thursday, August 15 from 9:30am-12:30pm

**Where:** St. Alphonsus Parish Center, 224 Carrier St. NE, Grand Rapids, MI

—> *Senior Lunch & Learn: Nutrition 101*

Countless diets and “fads” have been booming as recent topics of conversation. How can we know which one is right for us? Join a Registered Dietitian from Metro Health in discussing solid information about obtaining the best nutrition for you.

**When:** Wednesday, August 14 from 11:30am-1pm

**Where:** Metro Health Conference Center, 2225 Main St. Wyoming, MI

**Cost:** \$5

**Must register by calling:** (616) 252-5031



## 10th Annual YMCA Back to School Bash

Gathering school supplies for a new school year can be difficult for many parents. Don't miss a FREE family event hosted by the YMCA with vendors, games, face painting and more! Supplies available for preschool-8th grade. While supplies last.

**When:** Friday, August 2 from 6-8pm

**Where:** David D. Hunting YMCA, 475 Lake Michigan Drive NW, Grand Rapids, MI



## Greens Gala at the Farmers Market

Summer heat means stocking up on refreshing summer greens! Sample a variety of greens at the SouthEast Farmers Market- raw, cooked, and more.

**When:** Saturday, August 17 from 12-2pm

**Where:** SouthEast Farmers Market, MLK Jr. Park, 900 Fuller Ave. SE, Grand Rapids, MI



## 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

## FREE Outdoor Funky Buddha Yoga

The free Sunday night yoga classes have moved outside to Wilcox Park for the summer! Join us in the green space by the playground (on the corner of Youell Sr. and Milton St.) for an hour of Funky Buddha Power Flow.

**When:** Sundays, August 4, 11, 18 & 25 from 6:30-7:30pm

**Where:** Wilcox Park, 1561 Robinson Rd. SE, Grand Rapids, MI