



Catherine's Health Center September 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 Community Group Fitness

All fitness levels welcome! The YMCA is offering a new round of FREE group fitness classes starting September 9th!

—>***Fitness for Life*** is a light cardio, stretching and strengthening designed for anyone desiring a low-impact movement, range of motion exercise, light strength training, balance training, breathe work and core strengthening.

When: Wednesdays @ 6pm

Where: West Goodwin Elementary (3546 Clyde Park Ave SW)

—> ***Kickboxing*** combined elements of boxing, martial arts, and cardio movement for a high energy class.

When: Mondays @ 6pm

Where: Cook Arts Center (644 Grandville Ave SW)

FREE Yoga Classes

No previous experience needed.

—>***Yoga***

When: Wednesdays in September @ 6:30-7:45pm

Where: Park Street Church (10 East Park Place NE, Grand Rapids)

—>***Gentle Yoga and Mindful Relaxation***

When: Thursdays in September @ 4-5pm

Where: North Kent Connect (10075 Northland Dr. Rockford 49341)

—>***Chair Yoga***

When: Thursdays in September @ 5:30-6:30pm

Where: Park Street Church (10 East Park Place NE, Grand Rapids)



*Funding provided
for Whole Hearts by:*



Additional Community Resources

Walking Programs

—> *Walking Program (hosted by Catherine's)*

If you're looking for a place to walk and need an excuse to get out of the house this fall, then tie up your shoes and come walk a few laps with us and a friend! Blood pressure screenings are available, if interested!

When: Starting Monday, September 30th @ 5-7pm

Where: Kent Hills Elementary School (1445 Emerald Ave NE)

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

—> *Walk the Neighborhood*

Join the NOW Wellness Program for a free walking group this fall! This group is a great way to have fun while walking and to meet new people.

When: Wednesdays in September @ 5:30-6:30pm

Where: BE WELL Center (336 Hall St SE, Grand Rapids)

Contact: Karen Jen at (616) 450-3525



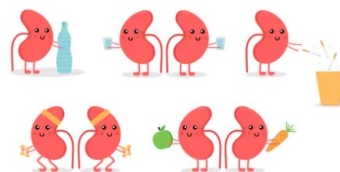
Kidney Smart Class

This class is catered towards the prevention of kidney disease. It is open to the public.

When: Tuesday, September 10th @ 10-11:30am

Where: DaVita Cherry St (801 Cherry St. SE, Grand Rapids)

Contact: Precious Roberts at (616) 458-5100



How to Make Your Own Chemical-free Personal Care Items

This is a great opportunity to learn how to make your own personal care items to save money and improve environmental health.

When: Saturday, September 14 @ 12-2pm

Where: LINC Parking Lot (1167 Madison SE, 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



Quit 101: 4-Week Smoking Cessation Class

This is a free 4 week smoking cessation class lead by a previous smoker.

When: Thursdays, September 5, 12, 19, and 25 @ 6pm

Where: Spectrum Health Healthier Communities (665 Seward Ave NW, Grand Rapids)