



Catherine's Health Center December 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!



Have a Healthy Holiday!

WISEWOMAN Program

Catherine's Health Center is looking for 200 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 or Katie at (616) 336-8800 ext. 207



WISEWOMAN

YMCA Community Group Fitness

—> *Livestrong @ the YMCA*

Free fitness program for cancer survivors +3 mo. Membership to the Y!

When: Meets twice a week for 12 weeks, 75 min/class.

Where: multiple locations. Pre-registration required. Register at Livestrong@GRYMCA.org

—> *Fitness for Life*

Light cardio, stretching and strengthening, low impact workouts

When: Wednesdays

Where: West Godwin Elementary

—> *Kickboxing*

Combined elements of boxing, martial arts, and cardio for high-energy movement

When: Mondays 6 pm

Where: Cook Art Center

*Funding provided
for Whole Hearts by:*



Healthy Holiday Recipe

KALE AND BRUSSELS SPROUTS SALAD

Prep Time: 30 min
Cook Time: 25 min
Serves: 6



Ingredients:

- 1 bunch chopped kale
- 12 Brussel sprouts thinly chopped
- 2 c. shredded red cabbage
- 1/2 butternut squash peeled and cut into thin slices
- 1/2 tbsp. EVOO
- Salt and pepper to taste
- 1 c pomegranate seeds
- 1 orange peeled and separated
- 1/4 c toasted almonds and/or chopped hazelnuts
- Homemade or purchased Citrus vinaigrette

Instructions

1. Destem kale, and then very thinly slice. Add to a salad bowl with sliced sprouts.
2. Pour dressing over kale and sprouts, massage dressing in to coat, allow time for dressing to soak in
3. Preheat oven to 450 degrees F.
4. Add chopped squash to a baking sheet, drizzle with olive oil, and lightly season with sea salt and black pepper.
5. Roast squash for 25 minutes.
6. When ready to serve the salad, toss the red cabbage into the kale mixture, then top the salad with warm squash, pomegranate, oranges, and nuts.

Additional Community Resources

Walking and Fitness 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, then tie up your shoes and come walk a few laps with us and a friend! Blood pressure screenings are available, if interested!

When: Mon and Thurs 5-7 now till April (No meetings Dec. 23rd, 26th or 30th)

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

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

—> *Soulful Motion*

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

—> *Enhance Fitness (Seniors)*

When: Monday 9:30-10:30

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

Contact: 616-913-4419



FREE Yoga and Zumba!

No previous experience needed!

—> *Sacred Self Care Chair Yoga and Meditation*

When: Thursdays @ 6-7:15pm

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

—> *Holy Yoga*

When: Mon 5:30-6:30, Thurs 12-1

Where: Be Well Center (336 Hall St. NE, Grand Rapids)

—> *Gentle Yoga*

When: Tuesdays 6-7 pm

Where: St. Andrew's Episcopal Church (1025 3 Mile Rd. NE, Grand Rapids, 49505)

—> *Restorative Yoga*

When: Mondays and Wednesdays 5:30-6:30

Where: Spectrum Health Cancer Center at Lemmen Holton Cancer Pavillion

—> *Zumba*

When: Mondays 11:15-12:15

Where: Roosevelt Park Ministries (1530 Grandville Ave SW, 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



Tips to Stay Healthy During the Holidays

- **Practice Portion Control:** Indulge in your favorite holiday foods, but in moderation
- **Bring healthy options to holiday meals:** Encourage your loved ones to make healthy choices too
- **Make time for extra self-care:** To avoid holiday burnout and deal with holiday stress
- **Work out together:** Take advantage of family time to workout with loved ones and motivate one another

Have a safe and happy holiday season!