



Catherine's Health Center

March 2020 Newsletter



This 2020, commit to leading healthier living. Are you ready for a change? Come in, let us assist you in your personal health goals. Why healthy living?

- Lower your risk of chronic disease
- Improve life for your family
- Better care for existing conditions
- Look good, feel better

Free Events & Opportunities

Fitness Classes

Free (or low cost) exercise classes

Zumba– Mondays 11:15a-12:15p

Roosevelt park ministries (1530 Grandville Ave.)

Restorative Yoga– Mondays &

Wednesday 5:30-6:30p @Spectrum Health Lemmen Holton Cancer Pavilion (145 Michigan St. NE)

Enhance fitness- Mondays,

Wednesdays & Fridays 8:45 and 10:00 am @ Alpine Baptist (692 7 mile Rd. NW)

Tai Chi for Arthritis classes-

Tuesdays & Thursdays but can drop in anytime. Donation of \$3.00 @ Henze Centre (1100 Henze, Comstock Park MI) Call 616 233 0283 for

Tips for Life Style Resolution

- Move more– aim for at least 150 minutes of moderate or 75 minutes of vigorous aerobics per week. Add strength training (weight lift) at least 2x weekly.
- Eat better– aim for variety of fruits, vegetables, whole grains, protein rich foods and healthy fats.
- Snooze more– aim for at least 7-8 hours of uninterrupted sleep every night.

For sustainable health goals, make it a SMART goal (specific, measurable, attainable, realistic and timely).

Live Heart Program

Start the year right, set a lifestyle resolution goal not a New Year resolution.

Eligibility-

- Ages <40 & >64 y/o
- Interest in living healthier lifestyle

For more info call 616-336-8800 x208

Wise Woman Program

Eligibility-

- Ages 40-64 y/o
- Low income (ask front desk staff)

For more info call 616 336 8800 x207

Live Heart Smart Funding provided by



Additional Community Resources

Walking Program



- ◆ Kent Hills Elementary (1445 Emerald Ave NE) **Mondays & Thursdays** from **5-7pm** till April 30th.
- ◆ Come, walk a few laps, make new friends! Questions? call (616) 336-8800 ext. 208.

Cooking Matters Class

- ◆ Join us for hands-on nutrition education class start **March 03 thru April 14th, 2020, 11a-1:00 pm** @ Catherine's Health Centre (1211 Lafayette Ave. NE, GR). For more info (616) 336-8800 x208.

Yoga Class



- ◆ Strengthen your body and mind! Attend a FREE yoga class that can help you destress and feel better.
- ◆ **Thursdays 6-7:15pm** @ Park St. Church (10 East Park Place NE). Call (616)459-3203.

Women's Support Group

- ◆ Come meet and chat with other women in the community.
- ◆ Learn about anxiety & depression and more.

Did you know? Wellness Tips

- ◆ Stress management is essential key for weight loss. Exercise is a good way to relive stress even as little as a 30 minutes brisk walk.
- ◆ Small steps add up— cut out soda drink or creamers in your coffee, park a little farther, take stairs instead of lifts.
- ◆ Drinking enough water is also key for weight loss as water is needed for foods like fat to be digested properly.

FREE GED & ESL Classes with Kent ISD Adult Education

Grand Rapids (Beckwith School 2405 Leonard St. NE) and Wyoming Location (Community Education 3600 Byron Centre Ave). Mondays thru Friday-morning classes (9am to 11:45am), afternoon classes (12:15pm to 3pm) & Evening classes (5:15pm to 8:45pm). Registration for Grand Rapids location: Jan 6-10, 10 am to 1 pm. Jan 6 & 8, 5 pm to 6 pm. Registration for Wyoming location: Jan 6 9-10am, 12-1pm, 530p. Jan 7, 530p. For more info: Grand Rapids location @ 616.819.2734. Wyoming location @ 616.530.7500. AdultEd.kentisd.org. Registration requirements: valid photo ID, high school transcript for GED classes.