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Community Research Institute-Johnson Center

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WOMEN'S HEART HEALTH DIRECTORY



A GUIDE TO SERVICES AND RESOURCES IN KENT COUNTY

Fall 2007



About this Directory

Whether an individual is at risk for heart disease or simply wants to be proactive to prevent problems from occurring later in life, there are many services and resources in our community that can be utilized. There is no doubt that Kent County residents have a wide variety of options available to them including services related to prevention, diagnosis, and advanced care.

This guide was designed to assist individuals and families in accessing the services available in our community. As you look through the pages of this directory, you will see that we have organized the services and resources into five categories and provided a brief description for each program. Additionally, we have used two symbols to highlight programs that serve women () and older adults ().

To create this directory, we drew upon the experience and knowledge of professionals in our community. Please note that we have not evaluated the resources listed in this guide. Inclusion does not imply our endorsement nor does absence imply our disapproval. If you would like to add a service or edit a listing, please contact Korrie Ottenwess at 331-7585 or ottenwko@gvsu.edu.

This report was written by the Community Research Institute (CRI) at Grand Valley State University. CRI provides innovative applied research to West Michigan communities. CRI gathers, analyzes, interprets and shares national and local data through partnerships with nonprofit and neighborhood groups, and assists local and regional nonprofit leaders with decision making, grant writing, and program evaluation. This research makes a difference through a distinctly valuable blend of university rigor and community relevance.

Questions about this report may be directed to Korrie Ottenwess at 331-7585 or ottenwko@gvsu.edu

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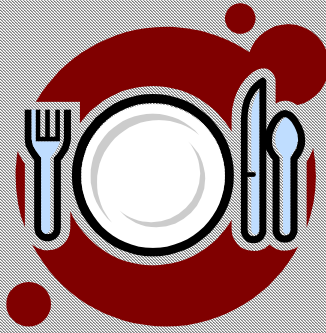
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1 - Healthy Eating Services and Resources

Nutrition is an important component of a heart healthy lifestyle as healthy eating contributes to the maintenance of cholesterol, blood pressure levels, disease prevention, and overall health management. In Kent County, the nonprofit sector in combination with local governments and the for-profit sector are working to provide a variety of opportunities designed to help citizens in Kent County meet their nutritional needs.



AMERICAN HEART ASSOCIATION - HEART AT WORK PROGRAM

Phone (616) 285-1888
Address 3940 Peninsular Dr Suite 180 SE, Grand Rapids, MI 49546
Website www.americanheart.org

Program Summary

This online health promotion program is targeted towards companies and their employees. It includes awareness, education and behavior change activities for employees. Topics include nutrition, physical activity, stress management, blood pressure, smoking, etc.

Costs \$300 annual membership for companies. Free for employees.

Times This program is computer based so it is not time limited

Geographic Focus National

Target Audience Businesses and their employees

AMERICAN INSTITUTE OF HYPNOSIS - WEIGHT CONTROL

Phone (616) 285-9966
Address 6143 28th ST SE, Suite C6, Grand Rapids, MI 49546

Program Summary

This program provides hypnosis sessions for weight control. In addition, the program includes counseling on self-image, stress, and motivation for healthy behavior.

Costs Weight control program cost \$490-\$570

Times His program is offered throughout the year, Monday through Friday by appointment. One session includes 40 minutes hypnosis.

Geographic Focus Clients come from all over the country.

Target Audience This program is open to all

AQUINAS COLLEGE - NUTRITION EXERCISE AND STRESS CLASS

Phone (616) 632-8900
Address 1607 Robinson Road SE, Grand Rapids, MI 49506
Website www.aquinas.edu/health/

Program Summary

This is a general class open to all Aquinas College students that discusses physical assessment, nutrition and exercise.

Costs Regular tuition fees apply
Times Courses are 16 weeks in length and meet two times per week. Courses are typically offered during the day with some evening availability.
Target Audience College Students

AQUINAS COLLEGE - PERSONAL HEALTH CLASS

Phone (616) 632-8900
Address 1607 Robinson Road SE, Grand Rapids, MI 49506
Website www.aquinas.edu/health/

Program Summary

This class discusses what you can do personally in order to live a healthier lifestyle. Strategies for exercise and nutrition are included.

Costs Regular tuition fees apply
Times Courses are 16 weeks in length and meet two times per week. Courses are typically offered during the day with some evening availability.
Target Audience College Students

BOOTH FAMILY SERVICES/PRENATAL HEALTH CLINIC - NUTRITION SERVICES

Phone (616) 459-9468
Address 1215 E Fulton St, Grand Rapids, MI 49503
Website www.tsa-wmni.org/bfs/

Program Summary

This program includes one-on-one counseling with a registered dietician. Throughout the program, you will discuss how eating impacts your health.

Costs Sliding-scale fees based on income. This program also accepts insurance and Medicaid.
Times 8:30am – 4:30pm, by appointment
Geographic Focus Nine clinics throughout the city serve the Greater Grand Rapids area.
Target Audience This program is open to all.

CATHERINE'S CARE CENTER - MONTHLY HEALTH WORKSHOPS

Phone (616) 336-8800
Address St. Alphonsus Church, 224 Carrier St. NE, Grand Rapids, MI 49505
Website www.crestongr.org/CCC/CatherinesCareCenter.html

Program Summary

Catherine's Care Center offers monthly health workshops on various topics.

Costs Free
Times Times Vary. Call for information.
Geographic Focus Grand Rapids' Northeast Side
Target Audience This program is open to all.

CDE DIABETES SUPPORT GROUP - DIETICIANS

Phone (616) 752-5082 or (616) 752-6079
Address 300 Lafayette SE, Ste. 2045, Grand Rapids, MI
Website www.diabetesinmichigan.org/SGdisp.asp?Don=TENDON

Program Summary

This program provides individualized medical nutrition therapy.

Costs Fees apply. Accepts client insurance.
Times Offered Monday through Friday from 8am - 4pm. Sessions are 1 hour.
Geographic Focus West Michigan
Target Audience Adults

CHERRY STREET HEALTH CLINIC - NUTRITION SERVICES

Phone (616) 235-7272
Address 550 Cherry St SE, Grand Rapids, MI
Website www.cherryhealth.org

Program Summary

Participants meet with a registered dietician to discuss how eating impacts their health.

Costs This program has a sliding-scale fee based on client income. Insurance and Medicaid are accepted.
Times 8am to 5pm, by appointment
Geographic Focus Nine clinics throughout the city serve the Greater Grand Rapids area.
Target Audience This program is open to all.

CONTOURS EXPRESS ENTERPRISES - WEIGHT LOSS



Phone (616) 735-5650
Address Locations throughout Grand Rapids
Website www.contoursexpress.com

Program Summary

This program focuses on lifestyle and behavior modification through diet and exercise.

Costs \$32 per month plus enrollment fee.
Times Open from 7am to 8pm, Monday – Saturday
Geographic Focus Greater Grand Rapids
Target Audience Women, age 14 or older

CORPORATE FITNESS SYSTEMS - CORPORATE PROGRAMS

Phone (616) 493-0476
Address 333 Bridge St. Suite #130 Grand Rapids, MI 49503
Website www.mccahillgroup.com

Program Summary

Corporate fitness systems offers cholesterol screening and seminars on nutrition and exercise.

Costs Free to employees at participating corporations.
Times Varies
Geographic Focus Grand Rapids
Target Audience Businesses and their employees

CORPORATE FITNESS SYSTEMS - FANTASY FITNESS

Phone (616) 493-0476
Address 333 Bridge St. Suite #130 Grand Rapids, MI 49503
Website www.mccahillgroup.com

Program Summary

In this program, participants are put on teams and compete against each other and get points for exercising and eating healthy.

Costs Free to employees at participating corporations.
Times Varies
Geographic Focus Grand Rapids
Target Audience Businesses and their employees

DRENTHS HEALTH STUDIO - WEIGHT REDUCTION

Phone (616) 735-0424
Address 1807 Leonard St NW, Grand Rapids, MI 49504

Program Summary

This program provides advice regarding a healthy lifestyle using a holistic approach. Topics include diet, exercise, muscle toning, cardiovascular health, and mental health.

Costs Monthly fees apply.
Times Morning sessions are offered on an ongoing basis.
Geographic Focus Northwest Grand Rapids
Target Audience This program is open to all.

FIT AND FASHION - NUTRITION EDUCATION



Phone (616) 887-0036
Address 201 E Division, Sparta, MI 49345

Program Summary

This program provides a 12-week nutrition program and weekly weigh-in.

Costs Fees apply
Times 8am to 7:30 pm. Appointments vary on individual basis. Sessions last 30 minutes
Geographic Focus Focuses on Sparta, Kent City, and Rockford
Target Audience Women

FIT ZONE FOR WOMEN - APEX



Phone (616) 554-9340
Address 6101 Kalamazoo SE, Gaines Twp, MI 49508
Website www.fitzoneforwomen.com

Program Summary

This program supports a healthy diet by setting a focus on healthy foods and offering delicious and healthy meal plans.

Costs Call for information.
Times This program will be starting in the fall of 2006. Call for information.
Geographic Focus Focuses on Kentwood, Caledonia, and Byron Center
Target Audience Women, age 16 or older

FOREST HILLS COMMUNITY SERVICES - FREEZER COOKING FOR A HEALTHY FAMILY

Phone (616) 493-8800
Address 6590 Cascade Road SE, Grand Rapids, MI 49546
Website www.enjoylearning.com

Program Summary

This program provides a course on preparing healthy and convenient meals that can be cooked ahead of time and frozen.

Costs Fees vary by program. Scholarships and payment plans are available.
Times Call for information.
Geographic Focus Focuses on Forest Hills, Cascade, Ada
Target Audience This program is open to all.

GRAND RAPIDS COMMUNITY COLLEGE/SENIOR HEALTH CLUB - EAT BETTER MOVE MORE PROGRAM



Phone (616) 234-3483
Address 143 Bostwick Ave NE, Grand Rapids MI 49503
Website www.grcc.edu/ShowPage.cfm?PageID=5331

Program Summary

This program provides a resource for seniors to improve their health through exercise and diet.

Costs \$12 dollar fee. Scholarships are offered.
Times Classes are 1 hour long and offered in the early afternoon.
Geographic Focus Kent County
Target Audience Designed for individuals age 60 or older. However, all are welcome.

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT - NUTRITION 101

Phone (616) 456-3676
Address 201 Market SW, Grand Rapids, MI 49503
Website www.grand-rapids.mi.us/index.pl?page_id=463

Program Summary

This is a class for people who are hoping to lose weight. Participants learn about the food pyramid, good carbs vs. bad carbs, serving size vs. portion size, how to read and understand food labels, how to cook healthy and tips for dining out.

Costs \$5 Resident; \$10 Nonresident
Times Sessions are 1 hour long. Times vary. Call for information.
Geographic Focus Residents of Grand Rapids.
Target Audience Open to all.

GRAND VALLEY HEALTH PLAN - HEALTHWORKS EDUCATIONAL CLASSES

Phone (616) 949-2410
Address 829 Forest Hill Ave SE, Grand Rapids, MI 49546
Website <http://www.gvhpchoosewell.com/>

Program Summary

This class focuses on stress management, a non-diet approach to healthy eating, smoking cessation, and weight control.

Costs Fees Apply
Times Please call for information
Geographic Focus Greater Grand Rapids
Target Audience Businesses and their employees

GRAND VALLEY STATE UNIVERSITY - FITNESS AND WELLNESS CENTER - DIETICIAN

Phone (616) 331-3659
Address 215 Fieldhouse, Allendale, MI 49401-9403
Website www.gvsu.edu/rec

Program Summary

In this program, a registered dietician assists individuals in addressing specific issues related to eating habits including: how to eat better on campus, heart healthy eating strategies, weight management, diabetes and heart disease prevention. Eating disorder screenings and consultations are also available.

Costs Free (for students and faculty). Fees apply for non-GVSU members.
Times Please call for information
Geographic Focus Grand Rapids, Allendale
Target Audience Open to students, faculty, staff, and community members

HOLISTIC CARE APPROACH - OPTIMUM HEALTH - WEIGHT MANAGEMENT PROGRAM

Phone (616) 361-9221
Address 3368 Bellline Ct NE, Grand Rapids, MI 49525
Website www.holisticcareapproach.com/

Program Summary

The Weight Management Program includes nutrition coaching sessions, whole food based supplements, neurotransmitter supplements, hypnotherapy, colon/liver/kidney cleanse and acupuncture.

Costs Fees apply
Times Six days per week Monday-Friday from 9-7pm & Saturday from 9-3pm
Geographic Focus Greater Grand Rapids
Target Audience This program is open to all.

HURON POTAWATOMI - ONE ON ONE AND GROUP NUTRITION COUNSELING

Phone 616-249-0159
Address 4415 Byron Avenue, SW Wyoming, MI 49504

Program Summary

This program provides one on one and group counseling on nutrition issues.

Geographic Focus 7 counties: Kent, Ottawa, Allegan, Berry, Branch, Calhoun and Kalamazoo

Target Audience Tribal members within the Huron Potawatomi community

HURON POTAWATOMI - CENTER FOR DISEASE CONTROL - STEPS FOR HEALTHIER U.S

Phone 1-269-966-1101

Address 2775 West Dickman Rd. Suite 1 Battle Creek, MI

Program Summary

This program aims to help members to live longer and healthier lives by targeting diabetes, weight and asthma. Tobacco use, physical inactivity and nutrition are also addressed.

Costs Free

Times Please call for information.

Geographic Focus 7 counties: Kent, Ottawa, Allegan, Berry, Branch, Calhoun and Kalamazoo

Target Audience Tribal members within the Huron Potawatomi community

INCHES-A-WEIGH - WEIGHT LOSS NUTRITION PROGRAM

Phone (616) 475-3881

Address 2905 Breton Road SE, Grand Rapids, MI 49512

Website www.grandrapidscity.com

Program Summary

This program provides private nutrition education sessions that monitor body weight, inch loss and Body Mass Index.

Costs Fees apply

Times 7:00 am to 7:00pm MOnday, Wednesday, Fridays; Saturdays from 8:30 to 12:30

Geographic Focus Kentwood, East Grand Rapids, South East GR, Wyoming

Target Audience Open to all

JENNY CRAIG WEIGHT LOSS CENTRE - WEIGHT LOSS PROGRAM

Phone (616) 942-6500

Address 3856 28th St SE, Grand Rapids, MI 49512

Website www.jennycraig.com

Program Summary

In this program you will enjoy weekly one-on-one consultations with trained consultants. A private weigh-in conducted at each consultation and a wide selection of food and other products are available at your local center. 24/7 online message boards and live chat provide additional support from your peers.

Costs Introductory package for 6 weeks is \$36 dollars (not including the cost of food).

Times Please call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

KENT COUNTY HEALTH DEPARTMENT - MATERNAL INFANT HEALTH PROGRAM



Phone (616) 632-6941
Address 700 Fuller Ave NE, Grand Rapids, MI 49503
Website www.accesskent.com/Health/HealthDepartment/Health_Promotion/walking.htm

Program Summary

This educational program for mothers provides information on topics such as nutrition in an effort to reduce infant morbidity and mortality.

Costs Free
Times Days and times vary according to need. Please call for information.
Geographic Focus Kent County
Target Audience Focuses on women and infants under 1 year. Other ages are welcomed.

KENT COUNTY HEALTH DEPARTMENT - NUTRITION EDUCATION

Phone (616) 632-7290
Address 700 Fuller Ave NE, Grand Rapids, MI 49503
Website www.accesskent.com/Health/HealthDepartment/Health_Promotion/Nutrition_Edu.htm

Program Summary

This program employs trained dieticians who provide nutrition education workshops and individual consultations.

Costs For-profit companies pay a fee, free for nonprofits and schools.
Times Please call to schedule a nutrition education session.
Geographic Focus Kent County
Target Audience This program is open to all Kent County residents.

KENT COUNTY HEALTH DEPARTMENT - PERSONAL ACTION TOWARD HEALTH (PATH)

Phone (616) 632-7285
Address 700 Fuller Ave NE, Grand Rapids, MI 49503
Website www.accesskent.com/Health

Program Summary

PATH is a six-week self-management program for people with chronic diseases with topics including strategies for dealing with frustration, pain, fatigue, and isolation; appropriate exercises for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; nutrition tips; how to communicate effectively with health professionals; and how to evaluate new treatments.

Costs \$75
Times Please call for information

Geographic Focus Kent County
Target Audience This program is focused on Kent County residents 18 and older who have a chronic disease.

KENT COUNTY HEALTH DEPARTMENT - SENIOR EXERCISE PROGRAM 

Phone (616) 632-7285
Address 700 Fuller Ave NE, Grand Rapids, MI 49503
Website www.accesskent.com/Health

Program Summary

This six-week exercise and nutrition program offers approximately 50 % of classtime exercise and the remainder for learning about a variety of exercise and nutrition topics including: the benefits of exercise, easy ways to get more exercise, how to exercise safely, how to read food labels, healthy cooking tips, tips for making healthy choices when dining out, and calorie/dietary recommendations for adults age 60 and older.

Costs Please call for information
Times Please call for information
Geographic Focus Kent County
Target Audience This program is open to all Kent County residents 60 and older.

KENT COUNTY MSU EXTENSION - EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Phone (616) 336-3276
Address 775 Ball Ave NE, Grand Rapids, MI 49503
Website www.msue.msu.edu

Program Summary

This program provides a series of six classes in the home on various topics such as stretching your food dollars, nutrition, and food safety.

Costs Free
Times Times and days vary based on individual need. Please call for appointment.
Geographic Focus Kent County
Target Audience Low-income families with children

KENT COUNTY MSU EXTENSION - PROJECT FRESH

Phone (616) 336-3276
Address 775 Ball Ave NE, Grand Rapids, MI 49503
Website www.msue.msu.edu

Program Summary

This program includes nutrition education and vouchers for food that can be redeemed at the Farmer's market.

Costs Free
Times Please call for information.
Geographic Focus Kent County

Target Audience Mothers and young children

MEDICAL WEIGHT LOSS CLINIC - WEIGHT LOSS PROGRAMS

Phone (616) 949-3730
Address 3077 28th St SE, Grand Rapids, MI 49512
Website www.mwlc.com

Program Summary

Medical Weight Loss Clinic helps people gain control of their weight and their lives. All plans feature: One-on-one nutritional counseling, medical supervision, behavior modification for healthy lifestyle changes, the use of real grocery food, protein and fiber supplements, and specially formulated vitamins and minerals.

Costs Programs start as low as \$30 per month.
Times Please call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all

MEDICAL WEIGHT LOSS CLINIC - NEW MOMS PROGRAM



Phone (616) 949-3730
Address 3077 28th St SE, Grand Rapids, MI 49512
Website www.mwlc.com

Program Summary

The New Moms weight management program helps you reclaim control of your body, lose weight, revitalize your energy and refocus some attention on taking care of yourself. New Moms offers easy to follow meal plans that cater to busy schedules, meet your current dietary needs and satisfy your appetite and cravings. You'll receive gentle guidance and caring support at a time when you need it most. Our trained staff will: teach weight loss strategies, provide meal plans, show you ways to include your baby in your exercise routines, provide stress management and relaxation techniques.

Costs Programs at the Medical Weight Loss Center start as low as \$30 per month.
Times Please call for information.
Geographic Focus Greater Grand Rapids
Target Audience Moms who have recently given birth

METRO HEALTH - CARDIAC REHABILITATION

Phone (616) 252-4457
Address 1919 Boston SE, Grand Rapids, MI 49506
Website www.metrohealth.net

Program Summary

The program provides a structured exercise plan, lifestyle counseling, and evaluations. It also offers the opportunity to meet and compare experiences with others participating in cardiac rehab.

Costs Call for information.
Times Times Vary. Call for information.
Geographic Focus West Michigan

Target Audience Individuals who have had heart surgery or a heart attack.

MICHIGAN MEDICAL PC - CENTER FOR HEALTH EXCELLENCE, WEIGHT MANAGEMENT - MEDICAL WEIGHT LOSS AND BARIATRIC SURGERY

Phone (877) 877-6672
Address 4100 Lake Drive SE, Suite 300, Grand Rapids, MI 49546
Website www.mmpc.com

Program Summary

The nutrition experts at MMPC can help you achieve your goals, including losing weight, increasing energy, lowering cholesterol and living a happier, healthier life. The registered dietitians can help you analyze the calorie content of your food intake; determine your nutritional needs; provide the most up-to-date nutrition information; develop a personalized plan based on individual needs and goals; and make program adjustments that allow for success.

Costs Fees apply
Times Please contact us for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all

NEW BEGINNINGS HEALTHY SOLUTIONS - WEIGHT LOSS LASER TREATMENT PROGRAM

Phone (616) 285-4510
Address 5747 28th St SE, #105, Grand Rapids, MI 49546
Website <http://justquitnow.com/page1.htm>

Program Summary

The weight loss program at New Beginnings Healthy Solutions will stimulate your metabolism, suppress the appetite without drugs, reduce cravings, give you a feeling of "well being", and improve your will power. Overall, this will enhance your current diet and exercise program.

Costs Fees apply.
Times Please call for more information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

SAINT MARY'S HEALTH CARE - CENTER FOR DIABETES AND ENDOCRINOLOGY - INDIVIDUAL NUTRITION COUNSELING

Phone (616) 732-3098
Address 200 Jefferson SE, Grand Rapids, MI 49503
Website www.smmmc.org/clinicalservices/diabetes/index.shtml

Program Summary

Registered Dietitians perform complete nutrition assessments that include metabolic, nutrition and lifestyle factors. Based on this assessment, they help each patient identify practical and achievable nutrition goals and develop an individualized nutrition treatment plan that matches the individual's lifestyle and preferences.

Costs Fees apply
Times Varies. Please call for information.

Geographic Focus Greater Grand Rapids
Target Audience Open to all.

SAINT MARY'S HEALTH CARE - CENTER FOR DIABETES AND ENDOCRINOLOGY - NUTRITION CLASSES

Phone (616) 732-3098
Address 200 Jefferson SE, Grand Rapids, MI 49503
Website www.smmmc.org/clinicalservices/diabetes/index.shtml

Program Summary

In this program, registered dietitians teach basic through advanced topics relating to diabetes medical nutrition therapy, such as meal planning, reading labels, and dining out.

Costs Fees apply
Times Varies. Please call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

SALVATION ARMY - KEEN AGERS - SENIOR MEALS PROGRAM



Phone (616) 454-1459 ext 252
Address 1215 E Fulton, Grand Rapids, MI 49503

Program Summary

This program is designed to benefit people of all ages and all conditions. Includes walking, 'sit and a stand' exercises and nutrition education.

Costs Donations from \$1-\$3 requested.
Times 10:00 am to 2:00 pm. Program varies by season. Please call for information.
Geographic Focus Kent County (Many participants receive transportation from the GO Bus!)
Target Audience 50 and older

SCHNEIDER MANOR - COMMUNITY WELLNESS-WEIGHT LOSS CHALLENGE

Phone (616) 897-8908
Address 725 Bowes Road Lowell, MI 49331

Program Summary

This program focuses on fitness and nutrition education. Includes aerobic exercise, walking; exercise for children, and label reading.

Costs Most activities are free. Small fees apply in some cases.
Times Most activities are 1 hour in length. Sessions are held in the morning and during the evening.
Geographic Focus Focuses on residents of Lowell Township. Open to residents of surrounding townships.
Target Audience Open to all.

SENIOR MEALS - NUTRITION EDUCATION 

Phone (616) 364-1107
Address 1930 Fuller Ave NE # B, Grand Rapids, 49505

Program Summary
Participants receive a healthy meal along with information regarding nutrition.

Costs \$1.75 donation requested with the meal.
Times Once a month. Please call for information on days and times.
Geographic Focus Kent County
Target Audience Adults over the age of 60

FOOD ADDICTS ANONYMOUS

Phone (616) 336-1821
Address St. Paul's United Methodist Church, 3334 Breton Rd., First United Methodist Church 227 E. Fulton

Program Summary
This program promotes recovery from the despair and shame of food obsession. It a fellowship of individuals who, through shared experience and mutual support, are recovering from addictive eating. We welcome anyone who wants to stop eating addictively.

Costs Free
Times Mondays at 6:30 p.m. at St. Paul's United Methodist Church, Fridays at 2 p.m. at First United Methodist Church, and Saturdays at 8 a.m. at Spectrum Health - Kent Community Campus
Geographic Focus Residents of the Grand Rapids area
Target Audience Open to all

SPECTRUM HEALTH - HEARTREACH

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary
The HeartReach Program is a comprehensive school and community-based heart and stroke education and intervention service. The services addresses the root causes of preventable disease, particularly in minority populations. This is accomplished through five major avenues: heart health and stroke prevention; education; advocacy; research; and tobacco cessation/policy issues.

Costs All HeartReach programs are free.
Times Please call for information.

SPECTRUM HEALTH - HEARTREACH - INTERACTIVE NUTRITION PRESENTATION

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

This program provides presentations on heart healthy eating and cooking that can be tailored for different cultural groups.

Costs Free
Times Varies
Geographic Focus Kent County
Target Audience Adults

SPECTRUM HEALTH - WEIGHT MANAGEMENT CENTER - MAINTENANCE LIVING



Phone (616) 391-1851
Address 100 Michigan NE 49503 Mail Code 59

Program Summary

This exercise program for women combines both nutrition and strength training to achieve optimal weight-loss results. The 12-week class is taught by a registered dietitian and certified exercise instructor who helps women design their own realistic eating plan for weight loss while enjoying their favorite foods. Participants learn how to firm and energize their bodies doing simple exercises using hand and ankle weights.

Costs \$300—2 exercise classes and 1 nutrition class per week, \$250--1 exercise class and 1 nutrition class per week, \$175--2 exercise classes per week, \$125--1 nutrition class per week, \$125--1 exercise class per week
Discounts: Bring a friend and receive \$25 off the nutrition or exercise class or \$50 off the nutrition and exercise class.
Times Offered four times per year: January, March, June, and September
Geographic Focus Greater Grand Rapids
Target Audience Adult Women

SPECTRUM HEALTH - WEIGHT MANAGEMENT CENTER - SHAPEDOWN FOR KIDS

Phone (616) 391-1851
Address 100 Michigan NE 49503 Mail Code 59

Program Summary

Shapedown is a family-based weight management program for kids that focuses on behaviors associated with weight gain such as self-esteem, eating style, eating environment, assertiveness and peer interactions.

Costs \$200 per family. Pre-registration is required.
Times Offered three times per year: January, April and September
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

YMCA OF GREATER GRAND RAPIDS - HEALTHY U PROGRAM

Phone (616) 855-9600
Address 475 Lake Michigan Dr, Grand Rapids, MI 49546
Website www.grymca.org

Program Summary

This is an afterschool health and wellness program that combats childhood obesity through the promotion of healthy lifestyles.

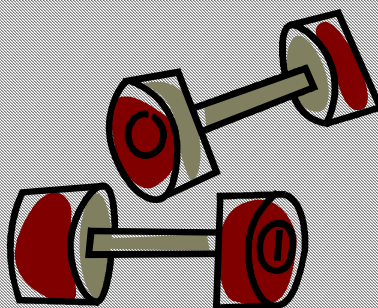
Costs Free
Times Varies. Please call for information.

Geographic Focus Inner-city Grand Rapids and Greater Grand Rapids area.

Target Audience Open to all elementary and middle school age children.

2 - Physical Fitness Services and Resources

Developing and maintaining a regular exercise routine is an important component of cardiovascular health because staying active lowers the risk for heart disease. The programs listed on the following pages provide a wide variety of exercise options. Services range from monthly memberships at gyms, group fitness opportunities, sports programs, to personal training.



A N A SPORTS - FITNESS CLASSES

Phone (616) 975-2992
Address 1601 Galbraith SE, Grand Rapids MI 49546
Website www.ana-sports.com

Program Summary

This program provides fitness classes in gymnastics, dance, and cheer.

Costs Most classes are \$140 per 8 week session.
Times Classes are offered one hour per week anytime between 9:00 am to 8:00 pm. Program lasts for 8 weeks and appointments are scheduled on an individual basis.
Geographic Focus Forest Hills, Kentwood, Caledonia, Lowell, Grand Rapids, as well as some clients from Rockford and Belmont
Target Audience Anyone ages 18 months to 18 years

ADA TOWNSHIP - PARKS AND RECREATION

Phone (616) 676-0520
Address 7330 Thornapple River Dr, Ada, MI 49301
Website www.ada.mi.us/index.cfm?p=parks.cfm

Program Summary

Programs offered in tennis and softball. Hope to add to a walking club in the future.

Costs Fees apply.
Times Classes are offered weekly both during daytime and evenings. Adult tennis lasts seven weeks and softball twelve weeks.
Geographic Focus Eastern Kent County
Target Audience This program is open to all.

ALPINE GYMNASTICS - GYMNASTICS CLASSES

Phone (616) 453-8731
Address 1975 Waldorf St NW, Suite D, Grand Rapids, MI 49544

Program Summary

This program provides gymnastics classes for kids.

Costs \$90 per 8 week session plus \$25 membership fee
Times Program lasts 8 weeks with sessions held once a week at various times of the day.
Geographic Focus Walker/Alpine area
Target Audience 18 months-16 years

ALPINE TOWNSHIP - PARKS AND RECREATION

Phone (616) 784-1262
Address 5255 Alpine Ave NW, Comstock Park, MI 49321
Website www.alpinetwp.org/parks.html

Program Summary

This program offers softball and soccer leagues for all ages. In addition, the Sports Complex at the corner of Baumhoff and Alpine Church Rd offers playground equipment, tennis courts, a walking track, softball/baseball fields, and four soccer fields.

Costs Fees apply
Times Programs are in session during spring and fall, primarily during evenings and weekends.
Geographic Focus Alpine Township residents
Target Audience Open to all

AMERICAN CANCER SOCIETY - ACTIVE FOR LIFE

Phone (616) 364-6121
Address 400 Ann St NW, Ste 202, Grand Rapids, MI
Website www.cancer.org

Program Summary

Active For Life is a 10-week employee wellness program that encourages people to be more active on a regular basis. The program features an online tracking system that allows employees to set their own goals. In addition, employees receive emails with healthy recipes and other wellness tips.

Costs Free
Times This program is computer based so it is not time limited
Geographic Focus National
Target Audience Employees and their employers

AMERICAN DIABETES ASSOCIATION - PROJECT POWER

Phone (616) 458-9341
Address 648 Monroe Ave NW, Suite 004, Grand Rapids, MI 49503
Website www.diabetes.org

Program Summary

This faith-based program reaches out to African Americans with messages about diabetes awareness, the importance of managing diabetes, making healthy food choices and staying active.

Costs Free
Times Offered year round. Times vary by site.
Geographic Focus Michigan and NW Ohio
Target Audience Designed for use in African American churches, but can be used in any denomination. Currently exploring the effectiveness of the program in Latino and Native American communities.

AMERICAN HEART ASSOCIATION - HEART AT WORK PROGRAM

Phone (616) 285-1888
Address 3940 Peninsular Dr Suite 180 SE, Grand Rapids, MI 49546
Website www.216.185.102.50/haw/

Program Summary

This online health promotion program is targeted towards companies and their employees. It includes awareness, education and behavior change activities for employees.

Costs \$300 annual membership for companies. Free for employees.
Times This program is computer based so it is not time limited
Geographic Focus National
Target Audience Businesses and their employees

AMERICAN INSTITUTE OF HYPNOSIS - WEIGHT CONTROL

Phone (616) 285-9966
Address 6143 28th St SE, Grand Rapids, MI 49546

Program Summary

This program provides hypnosis sessions for weight loss. In addition, the program includes counseling on self-image, stress, and motivation for healthy behavior.

Costs Weight control program cost \$490 - \$570
Times This program is offered throughout the year, Monday through Friday by appointment. One session includes 40 minutes of hypnosis.
Geographic Focus Clients come from all over the country.
Target Audience This program is open to all.

AMERICAN STROKE ASSOCIATION - START!PROGRAM

Phone (616) 285-1888
Address 3940 Peninsular Dr SE Grand Rapids, MI 49546
Website www.strokeassociation.org/presenter.jhtml?identifier=1200037

Program Summary

Start! is an American Stroke Association movement that calls on all Americans and their employers to create a culture of physical activity and health in order to live longer, heart-healthy lives through walking.

Costs Call for information.
Times This program will begin in 2007
Geographic Focus Local office serves Grand Rapids, Lakeshore, Kalamazoo, Battle Creek
Target Audience Businesses and their employees

AQUINAS COLLEGE - NUTRITION EXERCISE AND STRESS CLASS

Phone (616) 632-8900
Address 1607 Robinson Road SE, Grand Rapids, MI 49506
Website www.aquinas.edu/health/

Program Summary

This is a general class that discusses physical assessment, nutrition and exercise.

Costs Regular tuition fees apply
Times Courses are 16 weeks in length and meet two times per week. Courses are typically offered during the day with some evening availability.
Geographic Focus No geographic focus
Target Audience College Students

AQUINAS COLLEGE - PERSONAL HEALTH CLASS

Phone (616) 632-8900
Address 1607 Robinson Road SE, Grand Rapids, MI 49506
Website www.aquinas.edu/health/

Program Summary

This class discusses what you can do personally for a healthy lifestyle. Strategies for exercise are included.

Costs Regular tuition fees apply
Times Courses are 16 weeks in length and meet two times per week. Courses are typically offered during the day with some evening availability.
Geographic Focus No geographic focus

Target Audience College Students

BETTER LIFE INSTITUTE - EXERCISE YOUR OPTIONS

Phone (877)776-6492 ext. 3644
Address 168 Louis Campau Promenade NW, Grand Rapids, MI 49503
Website www.betterlifeunlimited.com

Program Summary

This program covers the three components of fitness: cardio, strength training, and stretching.

Costs \$50-\$150 per hour for presentations.
Times This program is scheduled for employers and sessions last 60 minutes.
Geographic Focus West Michigan
Target Audience Businesses and their employees

BODY DESIGN- FITNESS TRAINING



Phone (616) 254-8223
Address 1679 Lake Dr, Grand Rapids, MI 49506
Website www.bodydesignfitness.com

Program Summary

This program provides personal at-home fitness training. Private studio space is also available by request.

Costs Basic package is \$45 per week
Times This program is offered Monday through Friday from 8:00 am to 5:00 pm, year round.
Geographic Focus Greater Grand Rapids
Target Audience Open to all, focus on women

BODYWORKS INTERNATIONAL FITNESS STUDIOS - ONE ON ON PERSONAL TRAINING; CIRCUIT FITNESS TRAINING; SPORTS CONDITIONING FOR ATHLETES

Phone (616) 874-5933
Address 6585 Belding Rd NE, Cannon Twp, MI

Program Summary

This program provides one hour workouts using weight machines. Each session will vary so that all muscles are targeted.

Costs An hour long session is \$65. Multi-session packages are available at a discounted price.
Times This year round program is offered daily from 7:00 am to 7:00 pm. Sessions last 1 hour and typically go from 6 to 8 weeks.
Geographic Focus Primarily East Rockford but everyone is welcome
Target Audience This program is open to all.

BODYWORKS INTERNATIONAL FITNESS STUDIOS - POST REHABILITATION THERAPY

Phone (616) 874-5933
Address 6585 Belding Rd NE, Rockford, MI 49341

Program Summary

This rehabilitation therapy program is designed for each individual's physical needs.

Costs Fees apply
Times This program is offered based on individual appointment, twice a week for one hour.
Geographic Focus Primarily East Rockford but everyone is welcome
Target Audience This program is open to all.

BODYWORKS INTERNATIONAL FITNESS STUDIOS - THERAPEUTIC MASSAGE

Phone (616) 874-5933
Address 6585 Belding Rd NE, Rockford, MI 49341

Program Summary

This program provides massage therapy sessions

Costs Fees apply
Times This program is offered based on individual appointment, twice a week for one hour.
Geographic Focus East Rockford but will cater to everybody interested
Target Audience This program is open to all.

BYRON CENTER PARKS AND RECREATION - FITNESS PROGRAM/SPORTS LEAGUES

Phone (616) 878-1998
Address 8085 Byron Center Ave, Byron Center, MI 49315
Website www.byrontownship.org

Program Summary

The parks and recreation department of Byron Township offers a variety of programs designed to keep people active. Examples include softball, basketball, and volleyball leagues. Fitness classes include aerobics, yoga, pilates, kickboxing, and senior programs.

Costs This program is free other than fees for field trips.
Times Times vary by class. Call for information.
Geographic Focus Families within Byron Center School district and residents of Byron Township.
Target Audience Open to all

CALEDONIA COMMUNITY SCHOOLS -CALEDONIA RESOURCE CENTER- EXERCISE CLASSES

Phone (616) 891-8117
Address 9749 Duncan Lake Ave. Caledonia, MI 49316
Website www.caledoniarresourcecenter.org

Program Summary

The Caledonia Resource Center offers a variety of ways to be active including yoga, karate, basketball, and volleyball.

Costs Fees apply
Times Please call for information
Geographic Focus Caledonia and surrounding areas
Target Audience Open to all.

CALEDONIA COMMUNITY SCHOOLS - CALEDONIA RESOURCE CENTER - SUMMER CAMPS

Phone (616) 891-8117
Address 9749 Duncan Lake Ave. Caledonia, MI 49316
Website www.caledoniaresourcecenter.org

Program Summary

Summer camps are offered for youth including basketball, golf, tennis, soccer, football, speed and strength training.

Costs Fees apply
Times Please call for information
Geographic Focus Caledonia and surrounding areas
Target Audience Youth

CALEDONIA COMMUNITY SCHOOLS - CALEDONIA RESOURCE CENTER-SENIOR CITIZENS "FIT FOR LIFE" 

Phone (616) 891-8117
Address 9749 Duncan Lake Ave. Caledonia, MI 49316
Website www.caledoniaresourcecenter.org

Program Summary

The Caledonia Resource Center provides fitness classes for senior citizens.

Costs Fees apply
Times Call for information.
Geographic Focus Caledonia and the surrounding areas
Target Audience Seniors

CASCADE YOGA STUDIO - YOGA INSTRUCTION

Phone (616) 464-1610
Address 5060 Cascade Rd SE, Ada Twp, MI
Website www.cascadeyogastudio.com/about.html

Program Summary

A yoga class designed to affect every aspect of your life.

Costs Classes cost \$12 each for walk-ins. Some reduced rate packages are available.
Times Walk in classes offered during daytime and evenings, seven days a week.
Geographic Focus Greater Grand Rapids
Target Audience This program is open to all.

CDE DIABETES SUPPORT GROUP - DIABETES AND EXERCISE

Phone (616) 752-5082 or (616) 752-6079
Address 300 Lafayette SE, Ste. 2045, Grand Rapids, MI
Website www.diabetesinmichigan.org/SGdisp.asp?Don=TENDON

Program Summary

This program provides supervised exercise and education related to chronic diabetes.

Costs Program is free with some reimbursement from insurance.
Times Program length is 3 months with sessions offered once a week both mornings and evenings.
Geographic Focus West Michigan
Target Audience Minority focus

CENTER FOR PHYSICAL REHABILITATION - WELLNESS FOR LIFE

Phone (616) 954-0950
Address 5060 Cascade Rd SE, Grand Rapids, MI 49546
Website www.pt-cpr.com/

Program Summary

The goal of this program is to promote a healthy lifestyle by developing a highly personalized training program for all levels of fitness.

Costs Fees apply.
Times Classes offered Monday through Friday 7 am to 7 pm.
Geographic Focus Three locations-Cascade, Byron Center, Belmont-Rockford. Serving Greater Grand Rapids.
Target Audience Age 40+

CHAMPION HEALTH & FITNESS - FITNESS PROGRAMS

Phone (616) 827-0100
Address 4525 Stauffer Ave SE, Grand Rapids, MI 49508 and 515 E Division, Rockford, MI 49341
Website www.championhealthandfitness.com

Program Summary

Offers independent work outs, group exercise, and health coaching.

Costs \$45 per month

Times 5 am to 10 pm, weekends 7 am to 6 pm
Geographic Focus Kentwood, Southeast Grand Rapids
Target Audience This program is open to all.

CHARLEVOIX FITNESS CLUB LLC - WATER AEROBICS

Phone (616) 285-9380 or 567-1620
Address 3030 Charlevoix Drive SE, Grand Rapids, MI 49546
Website www.charlevoixclub.com

Program Summary

This program provides warm ups and workouts in the water.

Costs Prices range from \$19 per month to \$49 per month depending on your membership status.
Times Program offered 3 days a week for 3 months. Classes start 6:00 am.
Geographic Focus Kent County
Target Audience This program is open to all.

CONTOURS EXPRESS ENTERPRISES - FITNESS



Phone (616) 735-5650
Address Locations throughout Grand Rapids
Website www.contoursexpress.com

Program Summary

This program helps women to build lean muscle to burn more fat. Activities include aerobics, yoga, pilates, abs, cardio dance steps, free weights, hula hoops, exercise balls.

Costs \$32 per month plus enrollment fee.
Times Open from 7am to 8pm, Monday – Saturday
Geographic Focus Standale, Walker, Grand Rapids
Target Audience Women, age 14 or older

CONTOURS EXPRESS ENTERPRISES - WEIGHT LOSS



Phone (616) 735-5650
Address Locations throughout Grand Rapids
Website www.contoursexpress.com

Program Summary

This program focuses on lifestyle and behavior modification through diet and exercise.

Costs \$32 per month plus enrollment fee.
Times Open from 7am to 8pm, Monday – Saturday

Geographic Focus Greater Grand Rapids
Target Audience Women, age 14 or older

CORPORATE FITNESS SYSTEMS - CORPORATE PROGRAMS

Phone (616) 493-0475
Address 100 Grandville Ave SW, #301, Grand Rapids, MI

Program Summary
Corporate fitness systems offers cholesterol screenings plus seminars on nutrition and exercise.

Costs Free to employees at participating corporations.
Times Varies
Geographic Focus Grand Rapids
Target Audience This program is open to all.

CORPORATE FITNESS SYSTEMS - FANTASY FITNESS

Phone (616)493-0475
Address 100 Grandville Ave SW, #301, Grand Rapids, MI

Program Summary
Participants are put on teams and compete against each other and get points for exercising and eating healthy.

Costs Free to employees at participating corporations.
Times Varies
Geographic Focus Grand Rapids
Target Audience This program is open to all.

CORPORATE FITNESS SYSTEMS - PERSONAL BEST

Phone (616) 493-0475
Address 100 Grandville Ave SW, #301, Grand Rapids, MI

Program Summary
Improves body composition, strength and flexibility by focusing on one body part at a time.

Costs Free to employees at participating corporations.
Times Varies
Geographic Focus Grand Rapids
Target Audience This program is open to all.

CRESTON NEIGHBORHOOD ASSOCIATION - WALKING PROGRAM

Phone (616) 454-7900
Address 205 Carrier St NE, Grand Rapids MI 49505
Website www.crestongr.org

Program Summary

This program is designed to promote healthy lifestyles and provides walks at the indoor location from September through April and at the outdoor location from June through mid July.

Costs Free
Times Every Monday and Thursday 5:30 to 7:00 pm. Programming varies by season and weather conditions.
Geographic Focus Creston and surrounding neighborhoods
Target Audience This program is open to all

CRESTON NEIGHBORHOOD ASSOCIATION - GET FIT WHILE YOU SIT

Phone (616) 454-7900
Address 205 Carrier St NE, Grand Rapids MI 49505
Website www.crestongr.org

Program Summary

This program provides a focused time of sharing and gaining knowledge as participants engage in low-impact movement while seated in or aided by a chair. The program promotes good nutrition and stress reduction techniques, and is designed to motivate participants to engage in regular movement that increases mobility and flexibility.

Costs Free
Times Offered Thursdays from 9:30-11:30 a.m. Classes run for 10 to 12 weeks
Geographic Focus Primarily for residents of Creston neighborhood, but all are welcome
Target Audience This program is open to all, but is focused on those with heart conditions, diabetes, arthritis, or those who are recovering from surgery.

CURVES - CIRCUIT WORKOUT



Phone (616) 532-6288
Address Locations throughout Greater Grand Rapids Area
Website www.curvesinformation.com/locations.php?step=2&PHPSESSID=2811220c7b3c6852184baeeb83c25a95

Program Summary

A 1.5 hour program of continuous moving that keeps the heart rate at 70%. Machines work by resistance.

Costs \$29 per month
Times Please call for appointment times.
Geographic Focus Grand Rapids and neighboring counties
Target Audience Women

DRENTHS HEALTH STUDIO - WEIGHT REDUCTION

Phone (616) 735-0424
Address 1807 Leonard St NW, Grand Rapids, MI 49504

Program Summary

This program provides advice regarding a healthy lifestyle using a holistic approach. Topics include diet, exercise, muscle tone, cardiovascular health, and mental health.

Costs \$7 per hour or \$100 per month
Times Morning sessions are offered on an ongoing basis.
Geographic Focus Northwest Grand Rapids
Target Audience This program is open to all.

EAST GRAND RAPIDS PARKS AND RECREATION DEPARTMENT - FITNESS PROGRAM

Phone (616) 949-1750
Address 750 Lakeside Drive SE, East Grand Rapids, MI 49506
Website www.eastgr.org/?t=89&c=88

Program Summary

The Parks and Recreation department of East Grand Rapids offers classes that meet the needs of all generations and fitness levels. Includes periodic sessions relating to dietary habits, proper eating, healthy lifestyles and leisure courses for all ages such as spinning, aerobics, kickboxing, pilates.

Costs Fees apply
Times Typically offered between 8am - 9pm. Courses are between 6-10 weeks long and usually meet weekly.
Geographic Focus Focuses on East Grand Rapids residents. Non-residents are welcomed.
Target Audience This program is open to all.

EAST HILLS ATHLETIC CLUB - AQUATICS

Phone (616) 224-5400
Address 1640 East Paris Ave SE, Grand Rapids, MI 49546
Website www.ehac.com/

Program Summary

Our aquatics programs offer 25 certified staff members. We offer adult programs for beginners wanting to develop their skills, as well as classes for those seeking more strenuous challenge. Two lap lanes are kept open at all times for those who would like to swim without instruction at The MAC. East Hills offers open pool hours for families and individuals.

Costs Fees apply. Call for information.
Times Times vary. Call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

EAST HILLS ATHLETIC CLUB - CANCER WELL-FIT EXERCISE PROGRAM

Phone (616) 224-5400, Register with Lacks Cancer Center at (616) 752-5222
Address 1640 East Paris Ave SE, Grand Rapids, MI 49546
Website www.ehac.com/

Program Summary

Offered in collaboration with the Lacks Cancer Center at St. Mary's, the main focus of the exercise class is strength training. The program includes two specialty classes in nutrition and yoga.

Costs Free.
Times Call for information.
Geographic Focus Greater Grand Rapids
Target Audience Individuals with cancer or residual effects

EAST HILLS ATHLETIC CLUB - PRENATAL & POSTPARTUM FITNESS CLASSES



Phone (616) 224-5400
Address 1640 East Paris Ave SE, Grand Rapids, MI 49546
Website www.ehac.com/

Program Summary

Pregnancy is a time when many expectant mothers needlessly scale back their fitness routines. These programs keep moms-to-be active and allow new moms a fitness routine they can achieve with their child in tow. Classes provide a total fitness experience appropriate for all trimesters of pregnancy and for all fitness levels.

Costs \$6 per class for non-members
Times Varies. Call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to women during and after pregnancy.

EAST HILLS ATHLETIC CLUB - GROUP FITNESS CLASSES

Phone (616) 224-5400
Address 1640 East Paris Ave SE, Grand Rapids, MI 49546
Website www.ehac.com/

Program Summary

Over 200 group fitness classes are offered each week to appeal to a wide array of fitness needs. Group fitness classes include BodyComat, BodyPump, BodyFlow, BodyStep, Cycling, Pilates, yoga, aqua aerobics, WOW (Women on Weights) and much more!

Costs \$6 per class for non-members
Times Varies. Call for information.
Geographic Focus Greater Grand Rapids
Target Audience This program is open to all.

EAST HILLS ATHLETIC CLUB - RAQUETBALL AND GYM SPORTS

Phone (616) 224-5400
Address 1640 East Paris Ave SE, Grand Rapids, MI 49546
Website www.ehac.com/

Program Summary

Tennis, racquetball, basketball, volleyball, wallyball and more are offered.

Costs Court fees apply. Call for information.
Times Varies. Call for information.
Geographic Focus Greater Grand Rapids
Target Audience This program is open to all.

ELITE FITNESS & HEALTH - GROUP FITNESS

Phone (616) 784-9000
Address 1040 4 Mile Road NW, Grand Rapids, MI 49544
Website www.elitefitnessandhealth.com/personal.htm

Program Summary

Classes are offered to improve muscular strength, cardio health, & range of movement. Examples include: Step Interval, Power Pump, Triple Threat, Spinning, Cardio Combat, Kick Boxing, Pilates, and Yoga Fitness

Costs Fees Apply.
Times Times Vary. Call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

EXPRESSIONS OF GRACE YOGA & BOOKS - YOGA

Phone (616) 361-8580
Address 5161 Northland Dr NE, Grand Rapids, MI 49525
Website www.expressionsofgraceyoga.com/

Program Summary

A variety of yoga classes are offered including Gentle Yoga, Kid Yoga, Prenatal Yoga, Yoga for Beginners, and Advanced Yoga.

Costs \$14 per class or \$11 per class when within a series
Times Program is offered from 9am to 7:30 pm. Sessions last from 6 to 12 weeks.
Geographic Focus Greater Grand Rapids
Target Audience This program is open to all.

FIT AND FASHION - WOMEN'S WORKOUTS



Phone (616) 887-0036
Address 201 E Division, Sparta, MI 49345

Program Summary

At the ladies fitness center, you can utilize the treadmill, freeweights or take a circuit training approach.

Costs Monthly fees apply.
Times 8am to 7:30 pm. Appointments vary on individual basis. Sessions last 30 minutes
Geographic Focus Focuses on Sparta, Kent City, Rockford
Target Audience Women

FIT ZONE FOR WOMEN - FITNESS PROGRAM



Phone (616) 554-9340
Address 6101 Kalamzoo SE, Gaines Twp, MI 49508
Website www.fitzoneforwomen.com

Program Summary

This is a 'women's only' facility that includes weight resistant training, cardiovascular strengthening, personal training and aerobics.

Costs Fees apply
Times Monday through Friday 8am to 8pm and Saturday from 8am to 2pm
Geographic Focus Focuses on Kentwood, Caledonia, and Byron Center
Target Audience Women, age 16 or older

FOREST HILLS COMMUNITY SERVICES - FITNESS PROGRAMS

Phone (616) 493-8800
Address 6590 Cascade Road SE, Grand Rapids, MI 49546
Website www.enjoylearning.com/

Program Summary

There is something for everyone including group workouts for men, flexibility for seniors, leagues, fencing, spinning, weight training, aerobics, stretch and balance, yoga, pilates, self-defense, "ballet boot camp", and women's weight lifting.

Costs Fees vary by program. Scholarships and payment plans are available.
Times Programs typically meet on a weekly basis. Days and times vary. Call for information.
Geographic Focus Focuses on Forest Hills, Cascade, Ada
Target Audience There are specific classes for youth, adults, seniors, women, and men, but the program serves all ages.

FOREST HILLS COMMUNITY SERVICES - MOMMY BOOT CAMP



Phone (616) 493-8800
Address 6590 Cascade Road SE, Grand Rapids, MI 49546
Website www.enjoylearning.com/

Program Summary

A stroller workout involving walking, running, and strength training to shape up your entire body.

Costs Residents pay \$59.
Times Call for information.
Geographic Focus Focuses on Forest Hills, Cascade, Ada
Target Audience Moms and babys up to age 4

FROM THE HEART YOGA CENTER - YOGA



Phone (616) 336-9642
Address 940 E. Fulton St, Grand Rapids, MI
Website www.fromtheheart yoga.com/bloghome.php

Program Summary

From The Heart Yoga Center offers Anusara Yoga and Tai Chi Jeung. Specific classes are available that focus on gentle yoga, prenatal yoga, mom and baby yoga, kid yoga, and meditation.

Costs Varies
Times Call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

FULL STRENGTH - PERSONAL TRAINING

Phone (616) 988-8700
Address 959 Lake Drive SE, Grand Rapids, MI 49506
Website www.fullstrengthllc.com

Program Summary

This program provides personal training and athletic performance training geared to the individual or group setting.

Costs Fees apply
Times Days and times vary by packages. Please call for information.
Geographic Focus Primarily East side of Grand Rapids
Target Audience This program is open to all.

GRAND RAPIDS COMMUNITY COLLEGE/SENIOR HEALTH CLUB - EAT BETTER MOVE MORE PROGRAM



Phone (616) 234-3483
Address 143 Bostwick Ave NE, Grand Rapids MI 49503
Website www.grcc.edu/ShowPage.cfm?PageID=5331

Program Summary

This program provides a resource for seniors to improve their health through exercise and diet.

Costs \$12 dollar fee. Scholarships are offered.
Times Classes are 1 hour long and offered in the early afternoon.
Geographic Focus Kent County
Target Audience Designed for individuals age 60 or older. However, all are welcome.

GRAND RAPIDS COMMUNITY COLLEGE/SENIOR HEALTH CLUB - SENIOR STRETCH AND STRENGTH CLASS



Phone (616) 234-3483
Address 143 Bostwick Ave NE, Grand Rapids MI 49503
Website www.grcc.edu/ShowPage.cfm?PageID=5331

Program Summary

In this program, participants exercise to improve flexibility and overall health. A variety of techniques are used including yoga and tai-chi.

Costs \$12 dollar fee. Scholarships are offered.
Times Classes are 1 hour long and offered in the early afternoon.
Geographic Focus Kent County
Target Audience Designed for individuals age 60 or older. However, all are welcome.

GRAND RAPIDS FRONTRUNNERS - RUNNING AND WALKING CLUB

Phone (616) 304-9254 or (616) 954-0823
Address PO Box 1388, Grand Rapids, MI 49501
Website www.frontrunners.org/clubs/index.php?club=GrandRapids

Program Summary

FrontRunners is part of an international organization of running and walking clubs. A variety of activities are scheduled each month.

Costs Voluntary contribution from members.
Times Tuesday evenings at 6pm and Saturday mornings at 9am. Program offered year round.
Geographic Focus Grand Rapids
Target Audience This program is targeted to Gay, Lesbian, Bisexual and Transgender audiences. All people are welcome.

GRAND RAPIDS KARATE ACADEMY - KARATE

Phone (616) 447-2292
Address 2115 Plainfield Ave NE, Grand Rapids, MI 49505

Program Summary

Participants at the Grand Rapids Karate Academy will practice martial arts for fitness and self-defense.

Costs Fees apply
Times Monday – Thursday from 4:30 – 5:30pm, Friday 5:30 – 7:30pm
Geographic Focus Northern Grand Rapids
Target Audience This program is open to all.

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT - ADULT FITNESS CLASSES

Phone (616) 456-3676
Address 201 Market SW, Grand Rapids, MI 49503
Website www.grand-rapids.mi.us/index.pl?page_id=463

Program Summary

The Parks and Recreation department of the City of Grand Rapids offers a variety of classes at affordable and accessible locations. Classes include golf, fencing, yoga, pilates and much more.

Costs Fees apply
Times Program are typically ten weeks long. Time of the day varies. Please call for more information.
Geographic Focus Greater Grand Rapids, primarily city residents.
Target Audience This program is open to all.

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT - GIRLS ON THE RUN



Phone (616) 456-3676
Address 201 Market SW, Grand Rapids, MI 49503
Website www.grand-rapids.mi.us/index.pl?page_id=463

Program Summary

This program prepares young girls to run a 5K race.

Costs \$35 per girl
Times Program length is 10 weeks with 20 sessions. Please call for information.
Geographic Focus Burton, Northview, Wyoming Elementary Schools and at United Methodist House
Target Audience 3rd to 5th grade girls

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT - RECREATION REAPS REWARDS

Phone (616) 456-3098
Address 201 Market SW, Grand Rapids, MI 49503
Website www.grand-rapids.mi.us/index.pl?page_id=463

Program Summary

This is a recreation program that includes enrichment and life skills activities for youth and teens with a variety of free activities. The program promotes and rewards hard work and positive behaviors while participants engage in crafts, sports, fitness, team games, education games, field trips and life skills training.

Costs Free
Times Call for times.
Geographic Focus Greater Grand Rapids
Target Audience Youth, ages 6-18

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT - WALKING TRAILS

Phone (616) 456-3676
Address See below for trail locations
Website www.grand-rapids.mi.us/index.pl?page_id=463

Program Summary

The Parks & Recreation Department maintains walking trails at the locations listed below.

- Aman Park Trails, 0-1895 Lake Michigan Drive
- Huff Park Trail, Ball Avenue and Aberdeen, NE
- Plaster Creek Trail, Kalamazoo to Eastern
- Riverfront Trails along the Grand River
- Canal Street to Fulton Street on East Side and Fulton to 6th Street on West Side
- Riverside Park Trail, Monroe, NE

Costs Free
Times Open continuously
Geographic Focus Grand Rapids and surrounding communities
Target Audience Open to all

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT - WORKPLACE ON-SITE FITNESS CLASSES

Phone (616) 456-3676
Address 201 Market SW, Grand Rapids, MI 49503
Website www.grand-rapids.mi.us/index.pl?page_id=463

Program Summary

This program employs instructors that go to the workplace and develop a customized fitness plan based on employees' fitness needs.

Costs Fees apply
Times Program offered for ten weeks, daily. Times of the day vary. Please call for more information.
Geographic Focus Greater Grand Rapids, primarily city residents.
Target Audience Businesses and their employees

GRAND VALLEY HEALTH PLAN - DISEASE MANAGEMENT SCREENING PACKAGE

Phone (616) 949-2410
Address 829 Forest Hill Ave SE, Grand Rapids, MI 49546
Website <http://www.gvhpcchoosewell.com/>

Program Summary

This package provides employees with information, physical assessment, and professional consultation on individual results.

Costs Fees Apply
Times Please call for information
Geographic Focus Greater Grand Rapids
Target Audience Businesses and their employers

GRAND VALLEY HEALTH PLAN - WELLNESS HEALTH FAIR PACKAGE

Phone (616) 949-2410
Address 829 Forest Hill Ave SE, Grand Rapids, MI 49546
Website <http://www.gvhpcchoosewell.com/>

Program Summary

The Wellness Fair Package provides employees with vital information in maintaining and/or improving their health, along with giving them a snap shot view of their overall wellness.

Costs Fees Apply
Times Please call for information
Geographic Focus Greater Grand Rapids
Target Audience Employees and their employers

GRAND VALLEY STATE UNIVERSITY - FITNESS AND WELLNESS CENTER - FITNESS SERVICES

Phone (616) 331-3659
Address 215 Fieldhouse, Allendale, MI 49401-9403
Website www.gvsu.edu/rec

Program Summary

This program provides effective and safe workouts in a fun, friendly atmosphere. Includes a wide variety of land, water, and Spinning classes to fit your schedule.

Costs Classes range from \$2 - \$6 per class depending on your GVSU affiliation. Multi-class passes are available.
Times Please call for information
Geographic Focus Greater Grand Rapids
Target Audience Open to students, faculty, staff and community members.

GRAND VALLEY STATE UNIVERSITY - FITNESS AND WELLNESS CENTER - HEALTH SCREENINGS

Phone (616) 331-3659
Address 215 Fieldhouse, Allendale, MI 49401-9403

Website www.gvsu.edu/rec

Program Summary

This program provides tests for blood pressure, body composition, body mass index, cholesterol, as well as health risk and fitness appraisals

Costs Appraisals are free to GVSU students, faculty, staff and retirees. There is \$35 fee for dependents, alumni and Fieldhouse members. Call for non-member pricing.

Times Please call for information

Geographic Focus Greater Grand Rapids

Target Audience Open to students, faculty, staff and community members.

GRAND VALLEY STATE UNIVERSITY - FITNESS AND WELLNESS CENTER - PERSONAL EXERCISE PROGRAM

Phone (616) 331-3659

Address 215 Fieldhouse, Allendale, MI 49401-9403

Website www.gvsu.edu/rec

Program Summary

This exercise program consists of a series of appointments where you will get the opportunity to: meet with a qualified clinician to review your medical history and complete a health risk assessment (HRA); identify your goals; complete a fitness appraisal; develop a strength, cardiovascular and flexibility program; meet regularly to continually modify your personal exercise program to meet personal needs; pursue personal goals; and achieve results.

Costs This program is free to Grand Valley students, faculty and staff members. Fieldhouse members, Alumni, and Retirees may also participate for a one time cost of \$50, or \$10 for a Quickstart option. Call for non-member pricing.

Times Please call for information

Geographic Focus Greater Grand Rapids

Target Audience Open to students, faculty, staff and community members.

GRAND VALLEY STATE UNIVERSITY - FITNESS AND WELLNESS CENTER - PERSONAL TRAINING

Phone (616) 331-3659

Address 215 Fieldhouse, Allendale, MI 49401-9403

Website www.gvsu.edu/rec

Program Summary

This program employs a personal trainer to allow for individualized attention and time to help individuals: learn how to make the most of time spent exercising; see progress; improve motivation; provide accountability; create a healthier lifestyle.

Costs Fees range from \$30 to \$350 depending on GVSU affiliation, package, and number of people per session.

Times By appointment.

Geographic Focus Greater Grand Rapids

Target Audience Open to students, faculty, staff and community members.

GYMCO SPORTS - GYMS

Phone (616) 956-0586
Address 2306 Camelot Ridge Ct SE, Grand Rapids, MI
Website www.gymco.com

Program Summary

This program teaches athletic skills for lifetime participation. Classes include martial arts, gymnastics, and multi-sport sessions.

Costs Fees apply
Times 9:00 am to 8:00 pm. Program is offered one to three times per week.
Target Audience Children 18 months to adult

HURON POTAWATOMI - CENTER FOR DISEASE CONTROL - STEPS FOR HEALTHIER U.S

Phone 1-269-966-1101
Address 2775 West Dickman Rd. Suite 1 Battle Creek, MI

Program Summary

This program aims to help members to live longer and healthier lives by targeting diabetes, weight and asthma. Tobacco use, physical inactivity and nutrition are addressed.

Costs Free
Times Please call for information.
Geographic Focus 7 counties: Kent, Ottawa, Allegan, Berry, Branch, Kalhoun and Kalamazoo
Target Audience Tribal members within the Huron Potawatomi community

INCHES-A-WEIGH - CARDIOVASCULAR EXERCISE

Phone (616) 475-3881
Address 2905 Breton Road SE, Grand Rapids, MI 49512
Website www.grandrapids-city.com

Program Summary

Inches-A-Weigh offers three levels of cardiovascular workouts (basic - bicycle, intermediate-treadmill, advanced-elliptical) to bring up your heart rate.

Costs Fees apply
Times 7:00 am to 7:00 pm Monday, Wednesday, Fridays; Saturdays from 8:30 to 12:30
Geographic Focus Kentwood, East Grand Rapids, South East Grand Rapids, Wyoming
Target Audience Open to all

INCHES-A-WEIGH - ICESYMETRIC RESISTENCE TRAINING

Phone (616) 475-3881
Address 2905 Breton Road SE, Grand Rapids, MI 49512
Website www.grandrapids-city.com

Program Summary

This program focuses on muscular rehabilitation for a leaner, longer type of look. The program works on flexibility through the use of tables as the participant lies down.

Costs Fees apply
Times 7:00 am to 7:00 pm Monday, Wednesday, Fridays; Saturdays from 8:30 to 12:30
Geographic Focus Kentwood, East Grand Rapids, South East Grand Rapids, Wyoming
Target Audience Open to men and women

INCHES-A-WEIGH - LITE WEIGHT TRAINING

Phone (616) 475-3881
Address 2905 Breton Road SE, Grand Rapids, MI 49512
Website www.grandrapidscity.com

Program Summary

In this program, participants focus on building strength and toning their bodies through exercise.

Costs Fees apply
Times 7:00 am to 7:00 pm Monday, Wednesday, Fridays; Saturdays from 8:30 to 12:30
Geographic Focus Kentwood, East Grand Rapids, South East Grand Rapids, Wyoming
Target Audience Open to men and women

KENT COUNTY HEALTH DEPARTMENT - WALKING INTO WELLNESS

Phone (616) 632-7124
Address 700 Fuller Ave NE, Grand Rapids, MI 49503
Website www.accesskent.com/Health/HealthDepartment/Health_Promotion/walking.htm

Program Summary

This program is a fun, pedometer based fitness program which gives you all the tools you need to plan and track daily walking habits while learning more about physical activity, nutrition and stress management. Unlike many short-term exercise plans, Walking Into Wellness is a way to help you build consistency in your exercise routine by making more steps a permanent part of your healthy lifestyle.

Costs \$75
Times Please call for information
Geographic Focus Kent County
Target Audience This program is open to all Kent County residents 18 and older.

KENT COUNTY HEALTH DEPARTMENT - SENIOR EXERCISE PROGRAM 

Phone (616) 632-7285
Address 700 Fuller Ave NE, Grand Rapids, MI 49503
Website www.accesskent.com/Health

Program Summary

This six-week exercise and nutrition program offers approximately 50 % of classtime exercise and the remainder learning about a variety of exercise and nutrition topics including: the benefits of exercise, easy ways to get more exercise, how to exercise safely, how to read food labels, healthy cooking tips, tips for making healthy choices when dining out, and calorie/dietary recommendations for adults age 60 and older.

Costs	Please call for information
Times	Please call for information
Geographic Focus	Kent County
Target Audience	This program is open to all Kent County residents 60 and older.

KENT COUNTY MSU EXTENSION - COORDINATED SCHOOL HEALTH

Phone	616-336-3265
Address	775 Ball Avenue NE, Grand Rapids, MI 49503-1902
Website	www.msue.msu.edu

Program Summary

This program promotes healthy lifestyles and safe behaviors among students. It is based on the idea that improving student health and safety can increase capacity to learn, reduce absenteeism, and improve physical fitness and mental alertness. The program involves teachers, parents, students, and the community to improve school policies and programs.

Costs	None
Times	Please call for information.
Geographic Focus	Current participating sites include: Central High, Creston High, Madison Middle, Ottawa Hills High School
Target Audience	Kent County Schools

KENTWOOD PARKS AND RECREATION DEPARTMENT - ADAPTIVE RECREATION

Phone	(616) 656-5275
Address	355 48th St, Kentwood, MI 49548
Website	www.ci.kentwood.mi.us

Program Summary

Adaptive Recreation features community based sports and fitness program for children and adults with a physical disability. Examples include golfing, waterskiing, bicycling, wheelchair leagues, bocceball, tennis and swimming.

Costs	Varies by program.
Times	Call for information.
Geographic Focus	Focus is on residents of the City of Kentwood or the Kentwood or Kelloggsville School Districts. Non-residents are welcomed.
Target Audience	Individuals with physical disabilities.

KENTWOOD PARKS AND RECREATION DEPARTMENT - ADULT LEISURE & FITNESS

Phone	(616) 656-5273
Address	355 48th St, Kentwood, MI 49548

Website www.ci.kentwood.mi.us

Program Summary

This program provides a variety of fitness classes such as Tai Chi, Cycling, dance, aerobics. Etc.

Costs Varies by program.

Times Call for information.

Geographic Focus Focus is on residents of the City of Kentwood or the Kentwood or Kelloggsville School Districts. Non-residents are welcomed.

Target Audience Open to all.

KENTWOOD PARKS AND RECREATION DEPARTMENT - ADULT SPORTS LEAGUES

Phone (616) 656-5272

Address 355 48th St, Kentwood, MI 49548

Website www.ci.kentwood.mi.us

Program Summary

This program provides leagues including soccer, softball, running, tennis, football, basketball, volleyball, etc.

Costs Call for information.

Times Varies by program.

Geographic Focus Focus is on residents of the City of Kentwood or the Kentwood or Kelloggsville School Districts. Non-residents are welcomed.

Target Audience Open to all.

KENTWOOD PARKS AND RECREATION DEPARTMENT - KENTWOOD WELLNESS CENTER

Phone (616) 656-5273

Address 355 48th St, Kentwood, MI 49548

Website www.ci.kentwood.mi.us

Program Summary

The Wellness Center features elliptical machines, treadmills and television. Whether you're just dropping in or want to take advantage of the equipment while your child is taking part in a class, anytime is a good time to start getting fit!

Costs Drop in visit: \$2 Seniors, \$3 Residents, \$4 Non Residents; 10-visit punch card: \$19 Residents, \$34 Non Residents, \$13 Seniors, \$28 Senior Non Residents; Memberships: \$199 Resident, \$229 Non Resident, \$131 Senior, \$171 Senior Non Resident

Times Monday - Friday 8am-8pm (Before 8am or after 5pm requires a reservation, reservations also required Saturdays and Sundays)

Geographic Focus Focus is on residents of the City of Kentwood or the Kentwood or Kelloggsville School Districts. Non-residents are welcomed.

Target Audience Individuals over the age of 14.

KENTWOOD PARKS AND RECREATION DEPARTMENT - SENIOR ADULTS 

Phone (616) 656-5278
Address 355 48th St, Kentwood, MI 49548
Website www.ci.kentwood.mi.us

Program Summary

Kentwood has a large variety of clubs and leagues for older adults that meet weekly. Clubs that focus on exercise are included. Leagues include golf and bowling. In addition, various services are available such as blood pressure checks and hearing screenings.

Costs \$7 a year for Residents. \$22 a year for Non-Residents.
Times Most groups meet weekly. Call for times.
Geographic Focus Focus is on residents of the City of Kentwood or the Kentwood or Kelloggsville School Districts. Non-residents are welcomed.
Target Audience Senior Citizens

KENTWOOD PARKS AND RECREATION DEPARTMENT - WALK MICHIGAN

Phone (616) 656-5273
Address 355 48th St, Kentwood, MI 49548
Website www.ci.kentwood.mi.us

Program Summary

This is a non competitive walking program.

Costs Free
Times Times and locations vary. Call for information.
Geographic Focus Focus is on residents of the City of Kentwood or the Kentwood or Kelloggsville School Districts. Non-residents are welcomed.
Target Audience Open to all.

KENTWOOD PARKS AND RECREATION DEPARTMENT - YOUTH LEISURE & SPORTS

Phone (616) 656-5272
Address 355 48th St, Kentwood, MI 49548
Website www.ci.kentwood.mi.us

Program Summary

Includes a variety of classes and leagues such as dance, swimming, t-ball, soccer, volleyball, dodgeball, tennis, football, gymnastics, and self-defense.

Costs Call for information.
Times Varies by program.
Geographic Focus Focus is on residents of the City of Kentwood or the Kentwood or Kelloggsville School Districts. Non-residents are welcomed.
Target Audience Open to all youth.

LOWELL COMMUNITY WELLNESS - LOWELL COMMUNITY WALKING CHALLENGE

Phone 616 340-7781.
Address 206 North Jackson St, Lowell, MI 49331

Program Summary

This program is designed to motivate participants to be active during the summer months and challenge themselves to walk a mile a day, or the equivalent. A community mileage total is kept to show progress.

Costs No Cost.
Times Please call for information.
Geographic Focus Lowell
Target Audience Open to all.

MICHIGAN ATHLETIC CLUB (MAC) - CANCER WELL-FIT EXERCISE PROGRAM

Phone (616) 956-0944, Register with Lacks Cancer Center at (616) 752-5222
Address 2500 Burton St SE, Grand Rapids, MI 49546
Website www.sparrow.org/mac/

Program Summary

This program is offered in collaboration with the Lacks Cancer Center at St. Mary's, the main focus of this exercise class is strength training. Includes two specialty classes in nutrition and yoga.

Costs Free
Times Please contact us for information.
Geographic Focus Greater Grand Rapids
Target Audience For individuals dealing with all types of cancer and its residual treatment effects.

MICHIGAN ATHLETIC CLUB (MAC) - FITNESS CLASSES

Phone (616) 956-0944
Address 2500 Burton St SE, Grand Rapids, MI 49546
Website www.sparrow.org/mac/

Program Summary

MAC is a recreational fitness facility. Classes and services include martial arts, basketball, racquetball, free blood pressure screenings, etc.

Costs Fees Apply
Times Please contact us for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all

MICHIGAN ATHLETIC CLUB (MAC) - FITNESS FOR TWO



Phone (616) 956-0944
Address 2500 Burton St SE, Grand Rapids, MI 49546
Website www.sparrow.org/mac/

Program Summary

A trained instructor leads participants through warm-up, cardiovascular, and cool-down.

Costs Fees apply
Times Please contact us for information.
Geographic Focus Greater Grand Rapids
Target Audience For women who are pregnant or within a year post-partum

MICHIGAN ATHLETIC CLUB (MAC) - DIABETES WELLNESS EXERCISE PROGRAM

Phone (616) 732-3098
Address 2500 Burton St SE, Grand Rapids, MI 49546
Website www.sparrow.org/mac/

Program Summary

In collaboration with the Diabetes and Endocrinology Center at Saint Mary's, the MAC offers a unique opportunity for those individuals dealing with diabetes. This class offers education and exercise in one package. Class sessions are 12 weeks long and meet for two hours, one time per week.

Costs Free
Times Please contact us for information.
Geographic Focus Greater Grand Rapids
Target Audience Individuals with diabetes

MICHIGAN ATHLETIC CLUB (MAC) - PRENATAL/POST-PARTUM AQUATICS CLASSES



Phone (616) 956-0944
Address 2500 Burton St SE, Grand Rapids, MI 49546
Website www.sparrow.org/mac/

Program Summary

These water aerobic classes are taught by highly trained instructors who offer a complete exercise program for women during and after pregnancy.

Costs \$6 per class
Times Please contact us for information.
Geographic Focus Greater Grand Rapids
Target Audience For women who are pregnant or post-partum

MICHIGAN ATHLETIC CLUB (MAC) – ARTHRITIS AQUATICS CLASSES



Phone (616) 956-0944
Address 2500 Burton St SE, Grand Rapids, MI 49546
Website www.sparrow.org/mac/

Program Summary

This class is designed specifically to achieve an improved sense of well-being. Our class helps increase range of motion and improve flexibility.

Costs \$6 per class
Times Various days and times available at the MAC and East Hills Athletic Club. Please contact us for information.
Geographic Focus Greater Grand Rapids
Target Audience Adults with arthritis

MICHIGAN MEDICAL PC - CENTER FOR HEALTH EXCELLENCE, WEIGHT MANAGEMENT – EXERCISE SERVICES

Phone (877) 877-6672
Address 4100 Lake Drive SE, Suite 300, Grand Rapids, MI 49546
Website www.mmpc.com

Program Summary

MMPC Michigan Weight Loss Specialists exercise physiologists assist you in developing an individualized exercise prescription. To make it easy for you, our exercise physiologists offer private consultations and will design an exercise regimen specific to your needs.

Costs Fees apply
Times Please contact us for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all

MVP SPORTSPLEX & MVP METRO – ADULT FITNESS

Phone (616) 254-8800
Address 4035 Burton St SE, Grand Rapids, MI 49546
Website www.mvpsportsclubs.com/mvpmetro/adultprograms-basketball.asp

Program Summary

A variety of options are available including group fitness classes, sports performance programs, and personal training. Additionally, opportunities are available for basketball, tennis, and aquatics.

Costs Membership fees apply. Team sports are \$425 per team or \$60 per individual.
Times Programs are one day a week and generally run in 3 month sessions.
Geographic Focus Greater Grand Rapids

Target Audience age 18 and up

MVP SPORTSPLEX & MVP METRO – FITLIFE FOR MOMS



Phone (616) 254-8800
Address 4035 Burton St SE, Grand Rapids, MI 49546
Website www.mvpsportsclubs.com/mvpmetro/adultprograms-basketball.asp

Program Summary

This program provides pre-natal and post-partum mothers a network of support, education and exercise related to pregnancy.

Costs Membership fees apply. Team sports are \$425 per team or \$60 per individual.
Times Classes run in 3 month sessions and meet twice per week in the mornings. Call for times.
Geographic Focus Greater Grand Rapids
Target Audience Pre & Post-natal mothers

NORTHVIEW SENIOR CITIZENS (NORTHVIEW PUBLIC SCHOOLS)



Phone (616) 361-3444
Address 4365 Hunsberger NE, Grand Rapids, MI 49505

Program Summary

Provides health and fitness opportunities for older adults in a social setting.

Costs Call for information.
Times Events are generally held between 8am and 4:30. Please call for a schedule.
Geographic Focus Residents of Plainfield Township and surrounding areas.
Target Audience Older adults

ONE-ON-ONE FITNESS – PERSONALIZED FITNESS

Phone (616)240-3361
Address 2290 28th St SW, Grand Rapids, MI 49519

Program Summary

Personalized fitness programs to fit individual needs.

Costs Fees apply
Times Open 9:00 am to 5:00 pm. Please call for more information and consultation appointments.
Geographic Focus 50 mile radius of Grand Rapids
Target Audience This program is open to all.

PILATES FITNESS CENTER - MAT CLASS

Phone (616) 285-5575
Address 5747 28th St SE, Grand Rapids, MI 49546
Website www.pilatesfitnesscenter.com/

Program Summary

Get a great workout through a series of exercises done on the floor.

Costs Fees range from \$75 to \$55 per person depending class
Times Please call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all

RAPIDWHEELMEN

Website www.LMB.org/rapidwheels

Program Summary

This bicycling club has branched out into racing, mountain biking, invitational rides, safety education programs, advocacy and fund raising for charities. The core activities of the Wheelmen are the monthly meetings, weekly rides, a newsletter, and enthusiastic members. At monthly meetings we handle club business, see entertaining programs, feed hungry bikers, socialize, and talk shop. Weekly rides include all speeds, distances, and terrains, even competitive events.

Costs Three-year membership is \$20 for individuals and \$50 for families
Times Please call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

RIK BROWN, CERTIFIED PERSONAL TRAINER - FUNCTIONAL FITNESS



Phone (616) 957-9409
Address 2710 Hickorywood Lane SE, Grand Rapids, MI 49546

Program Summary

Personal Fitness Training

Costs Fees apply
Times 8:30 to 5:00pm
Geographic Focus Cascade, Ada and East Grand Rapids
Target Audience Most clients are females but program is open to all

ROCKFORD PUBLIC SCHOOLS - COMMUNITY RECREATION/EDUCATION DEPT - STRENGTH TRAINING

Phone (616) 863-6322
Address 350 North Main St, Rockford, MI 49341
Website www.rockfordschools.org/rce/sports/

Program Summary

Strength training to help participants feel younger, protect bone mass, lower stress levels, and energize their bodies.

Costs Fees apply
Times Varies. Please call for information.
Geographic Focus Rockford, Cedar Springs, Northern Grand Rapids area
Target Audience Adults

SAINT MARY'S HEALTH CARE - WELLNESS PROGRAM

Phone (616) 752-6432
Address 200 Jefferson SE, Grand Rapids, MI 49503
Website www.wegeinstitute.org/

Program Summary

The same healthcare professionals who staff St. Mary's Cardiac Rehabilitation program teach exercise fundamentals and lifestyle changes to improve health.

Costs Fees apply
Times Varies. Please call for information.
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

SAINT MARY'S HEALTH CARE - WEGE INSTITUTE - NATURAL WEIGHT REDUCTION

Phone (616) 752-6923
Address 300 Lafayette Ste. 2014 Grand Rapids, MI 49503
Website www.wegeinstitute.org/

Program Summary

Participants learn to use Qi (one's own energy) to move in a direction of improved health.

Costs Call for information.
Times Times vary. Call for a schedule.
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

SAINT MARY'S HEALTH CARE - WEGE INSTITUTE - PHYSICAL ACTIVITY PROGRAMS FOR ADULTS

Phone (616) 233-3499
Address 200 Jefferson SE, Grand Rapids, MI 49503
Website www.wegeinstitute.org/

Program Summary

Gentle movement classes that result in relaxation, improved posture and improved mobility. Programs use the Feldenkrais Method, Hatha Yoga techniques, and stretching.

Costs \$15
Times Thursdays 4-5pm
Geographic Focus Greater Grand Rapids
Target Audience Adults

SALVATION ARMY - KEEN AGERS - SENIOR MEALS PROGRAM



Phone (616) 454-1459 ext 252
Address 1215 E Fulton, Grand Rapids, MI 49503

Program Summary

This program is designed to benefit people of all ages and all conditions. Includes walking, 'sit and a stand' exercises and nutrition education.

Costs Donations from \$1-\$3 requested.
Times 10:00 am to 2:00 pm. Program varies by season. Please call for information.
Geographic Focus Kent County; people from GR, from Sparta; Kentwood; they come with the GO Bus!
Target Audience 50 and over; no specific race; also mentally challenged people; every walk of life

SCHNEIDER MANOR - COMMUNITY WELLNESS-WEIGHT LOSS CHALLENGE

Phone (616) 897-8909
Address 725 Bowes Road, Lowell, MI 49331

Program Summary

Focuses on fitness and nutrition education. Includes aerobic exercise, walking; exercise for children, and label reading.

Costs Most activities are free. Small fees apply in some cases.
Times Most activities are 1 hour in length. Sessions are held in the morning and during the evening.
Geographic Focus Focuses on residents of Lowell Township. Open to residents of surrounding townships.
Target Audience Open to all.

SCHNEIDER MANOR - SENIOR EXERCISES



Phone (616) 897-8909
Address 725 Bowes Road, Lowell, MI 49331

Program Summary

A variety of activities to help older adults stay active. Includes walking and aerobic exercise.

Costs Most activities are free. Small fees apply in some cases.
Times Most activities are 1 hour in length. Sessions are held in the morning.

Geographic Focus Focuses on residents of Lowell Township. Open to residents of surrounding townships.
Target Audience Open to all.

SENIOR MEALS - STEPS TO HEALTHY AGING 

Phone (616) 364-1107
Address 1930 Fuller Ave NE # B, Grand Rapids, 49505

Program Summary
A low impact exercise program which incorporates nutrition education.

Costs \$1 donation requested.
Times Mondays at 10:00 am.
Geographic Focus NE side of the county
Target Audience Adults over the age of 60

SENIOR NEIGHBORS - ENHANCE FITNESS 

Phone (616) 233-0283
Address 820 Monroe NW, Suite 460, Grand Rapids, MI
Website www.seniorneighbors.org/

Program Summary
An hour-long exercise class that addresses endurance and strength developed specifically for seniors.

Costs \$1 per class
Times Please call for information.
Geographic Focus Kent County
Target Audience Seniors

SLENDER LADY 

Phone (616) 954-7600
Address 3109 Broadmoor Ave SE, Grand Rapids, MI 49512; 901 Gezon Pkwy. Wyoming, MI; 2730 44th St. Grandville, MI
Website www.slenderlady.com/

Program Summary
Slender Lady is dedicated to improving the lives of women, children and families on a one-to-one personal level! This research based program offers each participant a realistic, healthy method of losing weight and keeping it off.

Costs Fees apply
Times Varies. Please call for information.
Geographic Focus Greater Grand Rapids

Target Audience Open to all women.

SOUTH END COMMUNITY OUTREACH MINISTRIES - AEROBICS PROGRAM

Phone (616) 452-7684
Address 1545 Buchanan Ave SW, Grand Rapids, MI 49507
Website www.secommministries.org/aboutus.html

Program Summary
Includes kick-boxing and cardio workouts.

Costs \$10 per month. Scholarships are available.
Times Monday through Thursday evenings. Please call for more information.
Geographic Focus Greater Grand Rapids area
Target Audience Targets male and female hispanic community members of all ages

SPARTA AREA SCHOOLS - COMMUNITY RECREATION/EDUCATION DEPT - RECREATION PROGRAMS

Phone (616) 887-7321
Address 1655 12 Mile Rd. Sparta, MI 49345
Website www.spartaschools.org/index.php?id=communityed#summer

Program Summary
Sparta's recreation department offers leisure, enrichment, recreation, and basic skills classes/activities that encourage physical activity. Examples include Tai Chi, Golf, Tennis, Basketball, Aerobics, Baseball, Volleyball, etc.

Costs Fees apply
Times Varies by season. Please call for information on days and times.
Geographic Focus Residents of the Sparta area and families with the Sparta School District
Target Audience Open to people of all ages (children and adults)

SPECTRUM HEALTH - HEARTREACH

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary
The HeartReach Program is a comprehensive school and community-based heart and stroke education and intervention service. The services addresses the root causes of preventable disease, particularly in minority populations. This is accomplished through five major avenues: heart health and stroke prevention; education; advocacy; research; and tobacco cessation/policy issues.

Costs All HeartReach programs are free.
Times Please call for information.

SPECTRUM HEALTH - HEARTREACH - WOMEN'S EXERCISE PROGRAM



Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148
Program Summary

This exercise program is for women and is led by a certified aerobics instructor. Call for site information and to register before attending.

Costs Free
Times Tuesday and Thursday, 6-7pm
Geographic Focus Inner-city Grand Rapids
Target Audience Adult Women

SPECTRUM HEALTH - WEIGHT MANAGEMENT CENTER - MAINTENANCE LIVING



Phone (616) 391-1851
Address 100 Michigan NE 49503 Mail Code 59
Program Summary

This exercise program for women combines both nutrition and strength training to achieve optimal weight-loss results. The 12-week class is taught by a registered dietitian and certified exercise instructor who helps women design their own realistic eating plan for weight loss while enjoying their favorite foods. Participants learn how to firm and energize their bodies doing simple exercises using hand and ankle weights.

Costs \$300—2 exercise classes and 1 nutrition class per week, \$250--1 exercise class and 1 nutrition class per week, \$175--2 exercise classes per week, \$125--1 nutrition class per week, \$125--1 exercise class per week
Discounts: Bring a friend and receive \$25 off the nutrition or exercise class or \$50 off the nutrition and exercise class.
Times Offered four times per year: January, March, June, and September
Geographic Focus Greater Grand Rapids
Target Audience Adult Women

SPECTRUM HEALTH - WEIGHT MANAGEMENT CENTER - SHAPEDOWN FOR KIDS

Phone (616) 391-1851
Address 100 Michigan NE 49503 Mail Code 59
Program Summary

Shapedown is a family-based weight management program for kids that focuses on behaviors associated with weight gain such as self-esteem, eating style, eating environment, assertiveness and peer interactions.

Costs \$200 per family. Pre-registration is required.
Times Offered three times per year: January, April and September
Geographic Focus Greater Grand Rapids
Target Audience Open to all.

UNITED METHODIST COMMUNITY HOUSE - FITNESS PROGRAM

Phone (616) 241-1645
Address 904 Sheldon NE

Program Summary
The United Methodist Community House offers older adults a walking club and exercise room.

Costs Donations are requested.

Times Daily and starts at 10:00 am.
Geographic Focus Primarily inner-city Grand Rapids, also deliver within the borders of East Beltline, Fulton, 28th St, 131
Target Audience 60+

WALKER ICE & FITNESS CENTER - PHYSICAL ACTIVITY PROGRAMS FOR ADULTS

Phone (616) 735-6286
Address 4151 Remembrance Road NW, Grand Rapids, MI 49534
Website <http://walkericeandfitness.com/>

Program Summary

Walker's fitness center has something for everyone, including mini health screens and personalized exercise programs.

Costs Membership fees apply.
Times Monday - Friday from 5:30am - 10:00pm, Saturday - Sunday from 8:00am - 8:00pm
Geographic Focus Residents of Walker and surrounding areas.
Target Audience Open to all.

WALKER SENIOR NEIGHBORS - SENIOR WALK



Phone (616) 453-0739, (6616) 459-6019
Address 1101 Wilson NW, Walker, MI 49534
Website www.seniornighbors.org/walkermeadow/

Program Summary

Older adults engage in walks ranging from a quarter mile to one mile. Benches and breaks are included.

Costs Basic program is free. Some fieldtrips have associated fees.
Times Weekly, starting at 2:00 pm.
Geographic Focus Primarily Walker, also Grand Rapids and Talmadge.
Target Audience Adults ages 60+

WALKER PARKS AND RECREATION DEPARTMENT - COMMUNITY RECREATION PROGRAMS

Phone (616) 791-6890
Address 4243 Remembrance Rd. NW, Walker, MI 49534
Website www.ci.walker.mi.us

Program Summary

Some of the programs offered by the Walker Parks and Recreation Department include golf and tennis lessons, fall craft show, bus trips, senior citizens bowling tournament, youth girl's softball, easter egg eggstravaganza, memorial day parade, youth soccer programs, 3-on-3 basketball tournament, adult summer softball leagues for men, women, and co-ed teams, and the Walker Senior Citizens Group.

Costs Fees vary by program.
Times Call for times and locations.

Geographic Focus Residents of Walker and surrounding areas.
Target Audience Open to all.

WEIGHT WATCHERS - THE AT WORK PROGRAM

Phone (616) 363-2075
Address 3144 Plainfield NE, Suite A Grand Rapids, MI 49525
Website www.ww-wmi.com

Program Summary

This program allows a company's employees to attend Weight Watchers at their workplace. Employees participate in a safe, scientific weight management program that is designed to help them lose weight, maintain a healthy weight, and live a healthier lifestyle.

Costs Fees apply
Times Please call for information on days and times.
Geographic Focus Western Michigan and Northern Indiana
Target Audience Corporations and their employees

WELLNESS CENTER OF WESTERN MICHIGAN - EXECUTIVE HEALTH PROGRAM

Phone (616) 252-7198
Address 973 Ottawa, Grand Rapids, MI.
Website www.thewellnesscenter.com

Program Summary

A comprehensive, time efficient health screen for busy executives.

Costs Prices vary by services
Times 7:00 am to 9:00 am. Please call for further information.
Geographic Focus Western Michigan
Target Audience Executives

WYOMING PARKS AND RECREATION - OLDER ADULT EXERCISE PROGRAM

Phone (616) 530-3164
Address 1155 28th St SW, Wyoming, MI
Website www.ci.wyoming.mi.us/parksrec.htm

Program Summary

Wyoming's older adult exercise program provides opportunities to exercise and improve your health. Programs are offered at entry and moderate-levels of exertion.

Costs Free
Times Please call for information!
Geographic Focus City of Wyoming and the surrounding area

Target Audience age 55+, but no race or gender targets

WYOMING PARKS AND RECREATION - YOUTH SPORTS

Phone (616) 530-3164
Address 1155 28th St SW, Wyoming, MI
Website www.ci.wyoming.mi.us/parksrec.htm

Program Summary

Youth sports offer participants an opportunity to socialize and develop skills through team sports.

Costs Fees apply
Times Varies. Please call for information
Geographic Focus City of Wyoming and the surrounding area
Target Audience age 5 to late elementary, all ages, all races

WYOMING PARKS AND RECREATION--WYOMING SENIOR CENTER - STEPPING STONES 

Phone 616-530-3190
Address 2380 Dehoop SW, Wyoming, MI
Website www.ci.wyoming.mi.us/parksrec.htm

Program Summary

Stepping Stones is an in-home recreational therapy program designed to help you or your loved one, once again enjoy leisure activities in or outside your home.

Costs Minimal fees apply.
Times Please call for information
Geographic Focus Kent County Residents
Target Audience Eligibility must be 60 or better, live in Kent County, recently discharged from the hospital or rehab or recently homebound due to injury or illness.

WYOMING PUBLIC SCHOOLS - COMMUNITY RECREATION/EDUCATION DEPT - LEISURE PROGRAM

Phone 616-530-7500
Address 3575 Gladiola SW, Wyoming, MI 49519
Website www.wyoming.k12.mi.us/

Program Summary

Wyoming Parks and Rec offers a variety of classes to the community. Examples include ball room dancing, karate and basketball and a program to help you quit smoking.

Costs Fees apply
Times Varies by season. Please call for information on days and times.
Geographic Focus Primarily residents of Wyoming Public School District

Target Audience No

YMCA GREATER GRAND RAPIDS - GET HEALTHY GET MOVING CORPORATE PROGRAM

Phone (616) 855-9613
Address 475 Lake Michigan Dr, Grand Rapids, MI 49546
Website www.grymca.org

Program Summary

Participants monitor their physical activity with a fitness coach. A personal plan including goal setting, accountability, and friendly competition is created. Fitness and nutrition are tracked on the YMCA website.

Costs Fees apply
Times Call for information.
Geographic Focus Kent County
Target Audience Corporate Groups

YMCA GREATER GRAND RAPIDS - PHYSICAL ACTIVITY PROGRAMS FOR ADULTS

Phone (616) 855-9622
Address 475 Lake Michigan Dr, Grand Rapids, MI 49546
Website www.grymca.org

Program Summary

The mission of the YMCA of Greater Grand Rapids is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. A wide variety of fitness activities are available including strength training, cardiovascular workouts, aerobic classes, basketball, volleyball, and rock climbing.

Costs Fees vary by program and membership status.
Times Varies. Please call for information.
Geographic Focus Greater Grand Rapids, Grandville, Belmont, Southeast area Grand Rapids, Caledonia, Lowell, and Ionia
Target Audience Our programs are for all, regardless of age, race, creed, gender, or economic status

YMCA OF GREATER GRAND RAPIDS - HEALTHY U PROGRAM

Phone (616) 855-9673
Address 475 Lake Michigan Dr, Grand Rapids, MI 49546
Website www.grymca.org

Program Summary

This is an afterschool health and wellness that combats childhood obesity through teaching and practicing healthy lifestyles.

Costs Free
Times Varies. Please call for information.
Geographic Focus Inner city Grand Rapids and Greater Grand Rapids area.
Target Audience Select elementary and middle school age children.

YOGA STUDIO

Phone (616) 776-0836
Address 419 Norwood SE Suite 170, Grand Rapids, MI 49506
Website www.gryoga.com

Program Summary

Hatha yoga is taught. This type of yoga helps the body develop better balance, better breathing, raises awareness, and helps people become more centered and focused.

Costs Eight-week class cost \$80-\$90 depending on length of class.

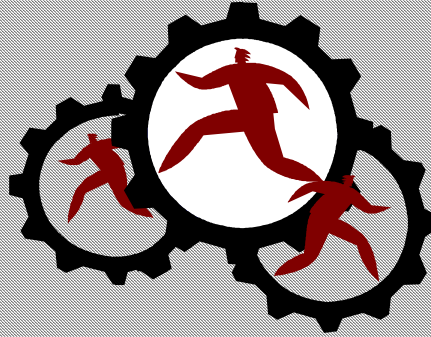
Times Evening and daytime.

Geographic Focus Greater Grand Rapids, Southeast Grand Rapids

Target Audience No-any age or ability is welcome.

3 - Services & Resources for Emotional Well-being

Maintaining a healthy emotional state is one way to support a healthy heart. People who live in a chronically stressed-out condition are more likely to take up smoking and overeating, and are far less likely to exercise. This means that stress management and emotional well-being are vital factors in the prevention and management of cholesterol, blood pressure, and heart disease. The programs listed below form a diverse group of opportunities for Kent County residents to improve and maintain their emotional well-being.



ARBOR CIRCLE - OUTPATIENT COUNSELING SERVICES

Phone (616) 456-6571
Address 1101 Ball Ave NE, Grand Rapids, MI 49505
Website www.arborcircle.org/contact.htm

Program Summary

Counseling services are provided for children, youth, adults and families dealing with traumatic life issues including depression, anxiety, family violence, development issues, sexual and physical abuse. Services include individual, group and family therapy, psychological testing and psychiatric evaluations all aimed at healing psychological scars and promoting healthy development.

Costs Most insurances are accepted and a sliding fee scale is available.

Times Individual appointments vary

Geographic Focus Greater Grand Rapids

Target Audience Children, Youth, Adults, Families

CRESTON NEIGHBORHOOD ASSOCIATION - STRESS REDUCTION CLASS

Phone (616) 454-7900, (616) 336-8800, (616) 336-8611
Address 205 Carrier St NE, Grand Rapids, MI 49505
Website www.crestongr.org/

Program Summary

Focused time where participants can become aware of what prevents us from living fully and freely. Participants will also learn good habits and how to say "no".

Costs Free

Times Classes offered on Thursdays from 6:30 pm to 8:30 pm. Classes run for 10 to 12 weeks.

Geographic Focus Primarily for residents of Creston neighborhood, but others are welcome.
Target Audience This program is open to all.

DWELLING PLACE OF GRAND RAPIDS - FERGUSON RENAISSANCE CENTER

Phone (616) 454-0928
Address 101 Sheldon Blvd SE # 2, Grand Rapids, 49503
Website www.dwellingplace.org

Program Summary

The Ferguson Center is a community-based, integrated center that provides physical, mental, and spiritual support services for low-income, previously homeless community members.

Costs Sliding Scale Available
Times 8:30-5pm M-F
Geographic Focus Grand Rapids Area
Target Audience Individuals with a history of being homeless

EXPRESSIONS OF GRACE YOGA & BOOKS - YOGA FOR DEPRESSION

Phone (616) 361-8580
Address 5161 Northland Dr NE, Grand Rapids, MI 49525
Website www.expressionsofgraceyoga.com/

Program Summary

Specifically designed to help you manage your mood through breath and movement. In addition this program will help you relax, calm anxiety, energize, and elevate your depressed mood.

Costs \$14 per class
Times Program is offered on Friday mornings at 10:45 a.m.
Geographic Focus Greater Grand Rapids
Target Audience This program is open to all.

GRAND VALLEY HEALTH PLAN - HEALTHWORKS EDUCATIONAL CLASSES

Phone (616) 949-2410
Address 829 Forest Hill Ave SE, Grand Rapids, MI 49546
Website <http://www.gvhpcchoosewell.com/>

Program Summary

Class focuses on stress management, a non-diet approach to healthy eating, smoking cessation, and weight control.

Costs Fees Apply
Times Please call for information
Geographic Focus Greater Grand Rapids Area

Target Audience Businesses and their employees

GRAND VALLEY HEALTH PLAN - WELLNESS HEALTH FAIR PACKAGE

Phone (616) 949-2410
Address 829 Forest Hill Ave SE, Grand Rapids, MI 49546
Website <http://www.gvhpchooswell.com/>

Program Summary

The Wellness Fair Package provides employees with vital information in maintaining and/or improving their health, along with giving them a snap shot view of their overall wellness.

Costs Fees Apply
Times Please call for information
Geographic Focus Greater Grand Rapids Area
Target Audience Businesses and their employees

HOLISTIC CARE APPROACH - OPTIMUM HEALTH - STRESS MANAGEMENT PROGRAM

Phone (616) 361-9221
Address 3368 Bellline Ct NE, Grand Rapids, MI 49525
Website www.holisticcareapproach.com/

Program Summary

The Stress Management Program includes massage, hypnotherapy, and classes on meditation and breathing.

Costs Fees apply
Times Six days per week Monday-Friday from 9-7pm & Saturday from 9-3pm
Geographic Focus Greater Grand Rapids
Target Audience This program is open to all.

HORIZON COMPLEX

Phone (616) 669-7722
Address 6462 Center Industrial Dr

Program Summary

The staff at Horizon Complex believe that if people feel good about themselves, they can move the world. Because of this belief, the Horizon Complex offers services that focus on self esteem.

Costs Fees apply. Some scholarships are available.
Times Open daily. Please call for information and appointments.
Geographic Focus Greater Grand Rapids
Target Audience Ages four months to adult in this facility

INNOVATIVE WELLNESS - STRESS REDUCTION THROUGH BIOFEEDBACK AND BIOENERGETICS

Phone (616) 485-0299

Program Summary

This program uses biofeedback and bioenergetics to reduce stress. SAF (Symptom Awareness Formula) Coaching, ESI (Emotional Stress Integration), Rieki, and Meditation are some of the services offered.

Costs Fees apply

Times Days and times vary by activity/program. Please call for information.

Geographic Focus West Michigan

Target Audience This program is open to all.

KENT COUNTY HEALTH DEPARTMENT - STRESS MANAGEMENT PRESENTATION

Phone (616) 632-7124

Address 700 Fuller Ave NE, Grand Rapids, MI 49503

Website www.accesskent.com/Health

Program Summary

This is a stress management presentation that covers topics such as: stress warning signs, how stress affects the body and how to reduce the effects of stress..

Costs Free for non-profit organizations and schools; \$50 for for-profit organizations

Times Please call for information

Geographic Focus Kent County

Target Audience This program is open to all Kent County residents 18 and older.

KOOISTRA, JANSMA & TEITSMA - MICHIGAN MENTAL HEALTH NETWORKER

Phone (734) 761-8813

Address 3330 Claystone St SE, Grand Rapids MI 49546

Program Summary

The goal of the Networker is to provide mental health services information to treatment professionals, social service organizations and the general community of Michigan

Costs Please call for information

Times Please call for information.

Geographic Focus The Networker actively collects information about mental health services in the communities of Ann Arbor, Battle Creek, Bay City, Detroit Metro, Flint, Grand Rapids, Jackson, Kalamazoo, Lansing, Midland, Monroe, Saginaw and maintains and updates that info

SCHNEIDER MANOR - STRESS EDUCATION

Phone (616) 897-8908

Address 725 Bowes Road, Lowell, MI 49331

Program Summary

Costs Most activities are free. Small fees apply in some cases.
Times Meets the 1st and 3rd Tuesday of each month @ 9:30 a.m.
Geographic Focus Focuses on residents of Lowell Township. Open to residents of surrounding townships.
Target Audience Open to all.

SHELDON COMPLEX - HEALTH COUNSELING

Phone (616) 336-4000
Address 121 Franklin SE Grand Rapids, MI 49507

Program Summary

Costs Please call for information
Times Please call for information
Geographic Focus Greater Grand Rapids Area
Target Audience Sites for free public health clinics staffed by Kent County public health nurses

SPECTRUM HEALTH - WOMEN'S HEALTHY HEART



Phone (616) 391-5000
Address 320 Michigan NE Grand Rapids 49503
Website www.spectrum-health.org

Program Summary

This program focuses on community presentations to impact women's heart health and increase knowledge base. Presentations can be tailored to women of different ages and cultures.

Costs Free
Times Varies. Please call for information on days and times.
Geographic Focus Kent County and beyond
Target Audience Women

SPECTRUM HEALTH - PREVENTIVE CARDIOLOGY & REHABILITATION

Phone (616) 774-7936
Address 1840 Wealthy St. SE
Website www.spectrum-health.org

Program Summary

PCR is an exercise and education program designed to provide individuals with poor cardiovascular history the information, tools, and confidence to lead a healthy and productive life. Education topics include risk factors for heart disease, exercise, stress management, nutrition, and medications. Exercise is performed in a monitored setting using telemetry.

Costs Fess apply. Insurance is accepted.
Times Classes offered 5 days a week from 7:00 am to 5:30 pm.
Geographic Focus Kent County and Holland/Kalamazoo/Fremont/Big Rapids
Target Audience This program is open to all but is designed for individuals with poor cardiovascular histories

SPECTRUM HEALTH - HEALTHIER COMMUNITIES - BABY AND ME: OUR MORNING OUT



Phone (616) 391-5000
Address 320 Michigan St. NE Grand Rapids, MI 49503
Website www.spectrum-health.org

Program Summary

Nurture the bond between you and your baby and join other moms to go beyond the basics of baby care. This six-week series on Tuesday mornings will help you learn valuable tips for making the most of your time with your little one. Your baby needs a healthy, happy mom, so we've included suggestions to nurture you as well - information on weight loss, exercise and adjusting to your new role.

Costs \$30 fee.
Times Offered every Tuesday for 6 weeks, from 11:00 am to 12:00 pm.
Geographic Focus Grand Rapids and surrounding areas
Target Audience Women and babies (babies must be at least 6 weeks old)

CALVIN COLLEGE- COMMUNITY HEALTH WORKER PROGRAM

Phone (616) 526-6814
Website www.spectrum-health.org

Program Summary

Community Health Workers conduct home visits in targeted neighborhoods to promote access to health care and improve health literacy.

Times Please call for information.
Geographic Focus Five neighborhoods in Grand Rapids including Creston, Belknap, Baxter, Madison and Burton Heights

HEALTH INTERVENTION SERVICES (HIS)

Phone (616) 475-8446
Address 25 Andre SE Grand Rapids, MI 49507
Website www.spectrum-health.org

Program Summary

Health Intervention Services is a Christian-centered, non-profit health care center that provides comprehensive healthcare to the medically uninsured and working poor primarily in Kent and Ottawa counties. HIS partners with local organizations to serve and treating the whole person—body, soul and spirit.

Times Please call for information.
Geographic Focus Urban Grand Rapids

Target Audience Individuals that are uninsured.

CATHOLIC SOCIAL SERVICES - BEHAVIORAL HEALTH FOR SPANISH-SPEAKERS

Phone (616) 456-1443
Address 40 Jefferson SE Grand Rapids, MI 49503
Website www.spectrum-health.org

Program Summary

The Behavioral Health for Spanish-Speakers program provides bi-lingual/bi-cultural ethnically sensitive counseling, and psycho-educational and group support services for Spanish-speaking people.

Times Please call for information.

Target Audience Individuals who speak Spanish.

SPECTRUM HEALTH - HEARTREACH

Phone (616) 486-2530
Address 100 Michigan NE Grand Rapids, MI 49503 Mail Code 148

Program Summary

The HeartReach Program is a comprehensive school and community-based heart and stroke education and intervention service. The services addresses the root causes of preventable disease, particularly in minority populations. This is accomplished through five major avenues: heart health and stroke prevention; education; advocacy; research; and tobacco cessation/policy issues.

Costs HeartReach programs are free of charge

Times Please call for information.

SPECTRUM HEALTH - HEARTREACH - STRESS PRESENTATION

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

The Interactive Stress Presentation is designed to help adults identify stressors, discuss the physical and emotional effects of stress, and explore constructive ways of coping with stress.

Costs Free
Geographic Focus Kent County
Target Audience Adults

SPECTRUM HEALTH/UNITED MEMORIAL/UNITED LIFESTYLES - STRESS LECTURE

Phone (616)754-6185
Address 407 S Nelson St. Greenville, MI 48838
Website <http://www.spectrum-health.org/?s=7&nid=296702FF7E2F46C38A020A20E81B02B6&Intro=0&id=BE0628B995B04FD2B704CAC92E9420BC>

Program Summary

This program is designed to help you identify the sources of stress in your life and provide you with tools to cope with it

Costs Free
Times Program offered 2 times a year on varying days. Please call for information.
Geographic Focus Kent County, Ionia, Mouncaim
Target Audience Open to all

SPECTRUM HEALTH/UNITED MEMORIAL/UNITED LIFESTYLES - WALK AND TALK

Phone (616) 754-6185, ext 100
Address 407 S Nelson St. Greenville, MI 48838
Website <http://www.spectrum-health.org/?s=7&nid=296702FF7E2F46C38A020A20E81B02B6&Intro=0&id=BE0628B995B04FD2B704CAC92E9420BC>

Program Summary

Walk and Talk includes a 10 minute nutrition lecture and 10 minute walk.

Costs Fees apply.
Times Varies. Please call for information.
Geographic Focus Kent County, Ionia, Mouncaim
Target Audience Open to all

WESTSIDE CENTER FOR THERAPY & CONSULTING - ANGER MANAGEMENT/MENTAL HEALTH COUNSELING

Phone (616) 791-9505
Address 468 Kinney Ave NW, Grand Rapids, MI

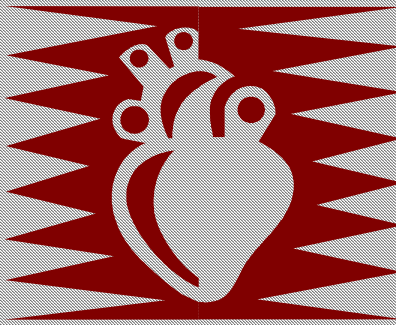
Program Summary

This program helps people understand and cope with emotional problems, replacing self-defeating behaviors and thoughts with those that are self-improving.

Costs Sliding-scale fees based on ability to pay.
Times By appointment. Please call us for information.
Geographic Focus Walker, Grandville, North Kent, East Ottawa
Target Audience Ages 18+

4 – Cardiovascular & Related Health Resources

Overall heart health is closely intertwined with other health factors such as blood pressure, blood cholesterol levels, diabetes and family history of disease. This section focuses on linking the community with resources for prevention and health management.



AMERICAN DIABETES ASSOCIATION - DIABETES UPDATE

Phone (616) 458-9341, (248) 433-3830
Address 648 Monroe Ave NW, Suite 004, Grand Rapids, MI 49503
Website www.diabetes.org

Program Summary

Diabetes Update is a half-day educational seminar that covers topics including prevention, management, resources, myths and other tips.

Costs \$10 registration fee
Times This program is offered annually, typically on a Saturday morning and it lasts half a day.
Geographic Focus Michigan and NW Ohio
Target Audience This program is open to all.

AMERICAN DIABETES ASSOCIATION - PROJECT POWER

Phone (616) 458-9341
Address 648 Monroe Ave NW, Suite 004, Grand Rapids, MI 49503
Website www.diabetes.org

Program Summary

This faith-based program reaches out to African Americans with messages about diabetes awareness, the importance of managing diabetes, making healthy food choices and staying active.

Costs Free
Times Offered year round. Times vary by site.
Geographic Focus Michigan and NW Ohio
Target Audience Designed for use in African American churches, but can be used in any denomination. Currently exploring the effectiveness of the program in Latino and Native American communities.

AMERICAN HEART ASSOCIATION - GO RED FOR WOMEN



Phone (616) 285-1888
Address 3940 Peninsular Dr Suite 180 SE, Grand Rapids, MI 49546
Website www.goredforwomen.org and www.americanheart.org

Program Summary

This is a nationwide campaign to raise awareness about heart disease as women's number one killer. The program features our annual Wear Red Day, the Go Red For Women Luncheon, and the Go Red Heart Check-Up, and shopgored.org. Through this campaign, the goal is to empower women with the knowledge and tools they need to make positive lifestyle changes that will help reduce their risk of heart disease.

Costs Free
Times This program is computer based so it is not time limited
Geographic Focus National
Target Audience Women

AMERICAN HEART ASSOCIATION - HEART AT WORK PROGRAM

Phone (616) 285-1888
Address 3940 Peninsular Dr Suite 180 SE, Grand Rapids, MI 49546
Website www.americanheart.org

Program Summary

This online health promotion program is targeted towards companies and their employees. It includes awareness, education and behavior change activities for employees.

Costs \$300 annual membership for companies. Free for employees.
Times This program is computer based so it is not time limited
Geographic Focus National
Target Audience Businesses and their employees

AMERICAN STROKE ASSOCIATION - POWER TO END STROKE

Phone (616) 285-1888
Address 3940 Peninsular Dr SE Grand Rapids, MI 49546
Website www.strokeassociation.org

Program Summary

Power to End Stroke is a movement to raise stroke awareness in the African American community. Many people don't pay attention to their stroke risk factors, yet African Americans have even higher risks of heart disease and stroke. Power to End Stroke encourages people to assess their stroke risk, and to work towards a stroke free, healthy lifestyle. Examples of online tools are available through this program include: a family health tree, a soul food cookbook, stroke risk survey and stroke pledge.

Costs Free
Times This is primarily an online program so it is not time limited.
Geographic Focus Program is nationwide. Local office serves Grand Rapids, Lakeshore, Kalamazoo, Battle Creek
Target Audience African Americans

AMERICAN STROKE ASSOCIATION - SEARCH YOUR HEART

Phone (616) 285-1888
Address 3940 Peninsular Dr SE Grand Rapids, MI 49546

Website www.strokeassociation.org

Program Summary

This faith-based program for heart health and stroke prevention is informative, interactive and fun. It can help every member of your faith-based organization learn and develop healthy lifestyle habits. Program includes six fun and iterative activity modules.

Costs Call for information.
Times Call for information.
Geographic Focus Program is nationwide. Local office serves Grand Rapids, Lakeshore, Kalamazoo, Battle Creek
Target Audience Minority Populations

AMERICAN STROKE ASSOCIATION - START PROGRAM

Phone (616) 285-1888
Address 3940 Peninsular Dr SE Grand Rapids, MI 49546
Website www.strokeassociation.org/presenter.jhtml?identifier=1200037

Program Summary

Start! is a movement that calls on all Americans and their employers to create a culture of physical activity and health to live longer, heart-healthy lives through walking.

Costs Call for information.
Times This program will begin in 2007
Geographic Focus Local office serves Grand Rapids, Lakeshore, Kalamazoo, Battle Creek
Target Audience Businesses and their employees

CALVIN COLLEGE- COMMUNITY HEALTH WORKER PROGRAM

Phone (616) 526-6814
Website www.spectrum-health.org

Program Summary

Community Health Workers conduct home visits in targeted neighborhoods to promote access to health care and improve health literacy.

Times Please call for information.
Geographic Focus Five neighborhoods in Grand Rapids including Creston, Belknap, Baxter, Madison and Burton Heights

CATHERINE'S CARE CENTER - CONFIDENTIAL SCREENINGS

Phone (616) 336-8800
Address St. Alphonsus Church 224 Carrier St. NE Grand Rapids, MI 49505
Website www.crestongr.org/CCC/CatherinesCareCenter.html

Program Summary

Catherine's Care Center offers confidential screenings for blood pressure (hypertension), blood sugar (diabetes), communicable diseases, tuberculosis, cholesterol, glaucoma, stroke, breast cancer, lead, etc.

Costs Fees Apply
Times Times Vary. Call for information.
Geographic Focus Grand Rapids' Northeast Side
Target Audience This program is open to all.

CATHERINE'S CARE CENTER - MONTHLY HEALTH WORKSHOPS

Phone (616) 336-8800
Address St. Alphonsus Church 224 Carrier St. NE Grand Rapids, MI 49505
Website www.crestongr.org/CCC/CatherinesCareCenter.html

Program Summary

This program provides monthly health workshops on various topics that are available at Catherine's Care Center.

Costs Free
Times Times Vary. Call for information.
Geographic Focus Grand Rapids' Northeast Side
Target Audience This program is open to all.

CATHERINE'S CARE CENTER/CRESTON NEIGHBORHOOD ASSOCIATION DIABETES SUPPORT GROUP - DIABETES SUPPORT

Phone (616) 784-7900
Address St. Alphonsus Church, 224 Carrier St. NE Grand Rapids, MI 49505
Website www.crestongr.org/CCC/CatherinesCareCenter.html

Program Summary

This program includes a support group where people can talk about the daily problems and challenges of living with diabetes.

Costs Free
Times Program is offered once a month, on the second Monday at 7:00 pm.
Geographic Focus Greater Grand Rapids
Target Audience This program is open to all.

CATHOLIC SOCIAL SERVICES - BEHAVIORAL HEALTH FOR SPANISH-SPEAKERS

Phone (616) 456-1443
Address 40 Jefferson SE 49503

Program Summary

The Behavioral Health for Spanish-Speaking program provides counseling to improve the personal, family, and social functioning of Spanish-speaking individuals and families in Grand Rapids. The program provides bilingual/ bicultural, ethnically sensitive counseling, and psycho-educational and group support services for Spanish-speaking people.

Times Please call for information.
Geographic Focus Grand Rapids
Target Audience Individuals who speak Spanish.

CDE DIABETES SUPPORT GROUP - DIABETES CLASS

Phone (616) 752-5082 or (616) 752-6079
Address 300 Lafayette SE, Ste. 2045, Grand Rapids, MI
Website www.diabetesinmichigan.org/SGdisp.asp?Don=TENDON

Program Summary

This program is a three-day series that explains how to self-manage diabetes.

Costs Fees apply, client insurance is accepted.
Times Program includes 4 classes per month with sessions offered at all times of the day.

Geographic Focus West Michigan
Target Audience Adults

CHERRY STREET HEALTH SERVICES - BLOOD PRESSURE CHECKS

Phone (616)235-7272
Address Nine locations including main office located at 540 Cherry St. SE, Grand Rapids, MI
Website www.cherryhealth.org

Program Summary

Cherry Street Health offers routine blood pressure checks.

Costs Sliding Scale
Times Call for information
Geographic Focus Kent County
Target Audience This program is open to all

CHERRY STREET HEALTH SERVICES - HEALTH SCREENING AND COUNSELING

Phone (616)235-7272
Address Nine locations including main office located at 540 Cherry St. SE, Grand Rapids, MI
Website www.cherryhealth.org

Program Summary

Health Screening and counseling is available at Cherry Street Health locations.

Costs Sliding Scale
Times Call for information
Geographic Focus Kent County
Target Audience This program is open to all

CORPORATE FITNESS SYSTEMS - CORPORATE PROGRAMS

Phone (616)493-0476
Address 333 Bridge St. Suite #130 Grand Rapids, MI 49503
Website www.mccahillgroup.com

Program Summary

Corporate fitness systems offers cholesterol screening, seminars on nutrition and exercise.

Costs Free to employees at participating corporations.
Times Varies
Geographic Focus Grand Rapids
Target Audience This program is targeted towards employers and their employees

GERONTOLOGY NETWORK - PATH - (PERSONAL ACTION TOWARD HEALTH) PROGRAM 

Phone (616) 456-6135
Address 4695 Danvers SE, Grand Rapids, MI 49512
Website www.michiganseniors.org/

Program Summary

This six-week workshop teaches people how to manage their disease. Uses deep breathing and other stress management techniques. Also teaches more about specific diseases and provides tips on interfacing with medical professionals regarding the disease.

Costs Free
Times Please call for information.
Geographic Focus Kent County
Target Audience Ages 60+

GRAND RAPIDS PUBLIC SCHOOLS - SCHOOL BASED HEALTH CENTERS

Phone (616) 819-2159
Address 1331 Franklin SE Grand Rapids 49506

Program Summary

This program provides medical, dental and counseling services to adolescents. Special programs are offered on prevention, self esteem, relationships and other important topics.

Costs Fees apply. Insurance and Medicaid are accepted.
Times Students may access care throughout the day on a walk in basis; no appointments are necessary.
Geographic Focus Serves the following schools within the Grand Rapids Public School District: Cresten, Ottawa, Union High School and Burton
Target Audience Open to all. Special outreach to those that do not have access to care due to financial hardships.

GRAND VALLEY HEALTH PLAN - DISEASE MANAGEMENT SCREENING PACKAGE

Phone (616) 949-2410
Address 829 Forest Hill Ave SE, Grand Rapids, MI 49546
Website <http://www.gvhpcchoosewell.com/>

Program Summary

This package provides employees with information, physical assessment, and professional consultation on individual results.

Costs Fees Apply
Times Please call for information
Geographic Focus Greater Grand Rapids Area
Target Audience Businesses and their employees

GRAND VALLEY HEALTH PLAN - WELLNESS HEALTH FAIR PACKAGE

Phone (616) 949-2410
Address 829 Forest Hill Ave SE, Grand Rapids, MI 49546
Website <http://www.gvhpcchoosewell.com/>

Program Summary

The Wellness Fair Package provides employees with vital information in maintaining and/or improving their health, along with giving them a snap shot view of their overall wellness.

Costs Fees Apply
Times Please call for information
Geographic Focus Greater Grand Rapids Area
Target Audience Businesses and their employees

GRAND VALLEY STATE UNIVERSITY - FITNESS AND WELLNESS CENTER - DIETICIAN

Phone (616) 331-3659
Address 215 Fieldhouse, Allendale, MI 49401-9403
Website www.gvsu.edu/rec

Program Summary

Registered dietician assists individuals in addressing specific issues related to eating habits including: how to eat better on campus, heart healthy eating strategies, weight management, diabetes and heart disease prevention, eating disorder screenings and consultations also available.

Costs Free (for students and faculty). Fees apply for non-GVSU members.
Times Please call for information
Geographic Focus Greater Grand Rapids, Allendale
Target Audience Open to students, faculty, staff, and community members

GRAND VALLEY STATE UNIVERSITY - FITNESS AND WELLNESS CENTER - HEALTH SCREENINGS

Phone (616) 331-3659
Address 215 Fieldhouse, Allendale, MI 49401-9403
Website www.gvsu.edu/rec

Program Summary

Tests for blood pressure, body composition, body mass index, cholesterol, as well as health risk and fitness appraisals

Costs Fitness Appraisals are free to GVSU students, faculty, staff and retirees. There is \$35 fee for dependents, alumni and Fieldhouse members. Call for non-member pricing.
Times Please call for information
Geographic Focus Greater Grand Rapids, Allendale
Target Audience Open to students, faculty, staff, and community members

HEALTH INTERVENTION SERVICES (HIS)

Phone (616) 475-8446
Address 25 Andre SE Grand Rapids 49507

Program Summary

Health Intervention Services is a Christian-centered, non-profit health care center. HIS partners with local organizations to serve and treating the whole person—body, soul and spirit.

Times Please call for information.
Geographic Focus Urban Grand Rapids
Target Audience Individuals that are uninsured.

HERKIMER HEALTH CENTER

Phone 616-831-0404 or 616-831-0402
Address 319 S. Division, Grand Rapids, MI 49503

Program Summary

A nurse practitioner provides basic screening, assessment, and health education that includes health promotion, management of common health problems, monitoring of chronic problems, substance abuse prevention, and treatment of mental health conditions.

Costs 100% sliding scale discount with \$1 fee

Times Monday and Wednesday from 2-5; Tuesday from 4-7; Thursday from 11-2
Geographic Focus Grand Rapids
Target Audience Residents of the Herkimer Apartment Complex and others including: Medicare/Medicaid eligible, veterans, uninsured; low and very-low income, some homeless

HOLISTIC CARE APPROACH - OPTIMUM HEALTH - HEART HEALTH PROGRAM

Phone (616) 361-9221
Address 3368 Bellline Ct NE, Grand Rapids, MI 49525
Website www.holisticcareapproach.com/

Program Summary

The Heart Health Program includes lymphatic massage, therapeutic massage, sessions with the naturopathic doctor for NAET, supplements, bio-identical hormone replacement, and consultation with our herbalist.

Costs Fees apply
Times Six days per week Monday-Friday from 9-7pm & Saturday from 9-3pm
Geographic Focus Greater Grand Rapids
Target Audience This program is open to all.

HURON POTAWATOMI - DPP/DIABETES PREVENTION

Phone 616-249-0159
Address 2221 1½ Mile Road, Fulton, Michigan 49052

Program Summary

This program reaches out to tribal members who are at risk for developing diabetes and provides education.

Costs Please call for information
Times Please call for information
Geographic Focus 7 counties: Kent, Ottawa, Allegan, Berry, Branch, Kalhoun and Kalamazoo
Target Audience Tribal members within the Huron Potawatomi community

HURON POTAWATOMI - HEALTHY HEART

Phone 616-249-0159
Address 2221 1½ Mile Road, Fulton, Michigan 49052

Program Summary

A heart health education program designed to help tribal members to live longer and healthier lives.

Geographic Focus 7 counties: Kent, Ottawa, Allegan, Berry, Branch, Kalhoun and Kalamazoo
Target Audience Tribal members within the Huron Potawatomi community

HURON POTAWATOMI/CENTER FOR DISEASE CONTROL - STEPS FOR HEALTHIER U.S

Phone 1-269-966-1101
Address 2775 West Dickman Rd. Suite 1 Battle Creek, MI

Program Summary

This program aims to help members to live longer and healthier lives by targeting diabetes, weight and asthma. Tobacco use, physical inactivity and nutrition are also addressed.

Costs Free
Times Please call for information.
Geographic Focus 7 counties: Kent, Ottawa, Allegan, Berry, Branch, Kalhoon and Kalamazoo
Target Audience Tribal members within the Huron Potawatomi community

KENT COUNTY HEALTH DEPARTMENT - CHOLESTEROL & BLOOD PRESSURE TESTING

Phone (616) 632-7290
Address 700 Fuller Ave NE, Grand Rapids, MI 49503
Website www.accesskent.com/Health/HealthDepartment/Health_Promotion/Choles_Blood.htm

Program Summary

This program offers two types of testing: 1. Fasting Screen which includes total cholesterol, HDL, LDL, and triglycerides. Clients also receive two blood pressure measurements, BMI calculation, risk factor assessment and counseling. 2. Non Fasting Screen which includes total cholesterol and HDL. Clients also receive two blood pressure measurements, BMI calculation, risk factor assessment and counseling.

Costs Fees vary, call for information
Times Times vary, call for information
Geographic Focus Kent County
Target Audience This program is open to all Kent County residents 18 and older.

KENT COUNTY HEALTH DEPARTMENT - PERSONAL ACTION TOWARD HEALTH (PATH)

Phone (616) 632-7285
Address 700 Fuller Ave NE, Grand Rapids, MI 49503
Website www.accesskent.com/Health

Program Summary

PATH is a six-week self-management program for people with chronic diseases with topics including strategies for dealing with frustration, pain, fatigue, and isolation; appropriate exercises for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; nutrition tips; how to communicate effectively with health professionals; and how to evaluate new treatments.

Costs \$75
Times Please call for information
Geographic Focus Kent County
Target Audience This program is focused on Kent County residents 18 and older who have a chronic disease.

KENT HEALTH PLAN AND SPECTRUM HEALTH MEDICATION ASSISTANCE PROGRAM

Phone (616) 726-8204

Program Summary

The Medication Assistance Program coordinates resources in order to help uninsured patients access their prescriptions.

Costs Please call for information.

Times Please call for information.

KENTWOOD PARKS AND RECREATION DEPARTMENT - SENIOR ADULTS 

Phone (616) 656-5278
Address 355 48th St, Kentwood, MI 49548
Website www.ci.kentwood.mi.us

Program Summary

Kentwood has a large variety of clubs and leagues for older adults that meet weekly. Clubs that focus on exercise are included. Leagues include golf and bowling. In addition, various services are available. Examples include blood pressure checks and hearing screenings.

Costs \$7 a year for Residents. \$22 a year for Non-Residents.
Times Call for information.
Geographic Focus Focus is on residents of the City of Kentwood or the Kentwood or Kelloggsville School Districts. Non-residents are welcomed.
Target Audience Senior Citizens

LOWELL SENIOR NEIGHBORS - PATH 

Phone (616) 459-6019
Address 314 S Hudson, Lowell, MI
Website www.seniorneighbors.org/lowell/

Program Summary

This workshop on disease management is for people living with chronic health challenges.

Costs Free
Times Days and times vary. Please call for information.
Geographic Focus Lowell
Target Audience Ages 60+

METRO HEALTH - CARDIAC REHABILITATION

Phone (616) 252-4457
Address 1919 Boston SE, Grand Rapids, MI 49506
Website www.metrohealth.net

Program Summary

The program provides a structured exercise plan, lifestyle counseling, and evaluations. It also offers the opportunity to meet and compare experiences with others participating in cardiac rehab.

Geographic Focus West Michigan
Target Audience Patients with heart disease, who have had a recent heart attack, heart surgery, or are having angina.

METRO HEALTH - CONTROLLING BLOOD PRESSURE

Phone (616) 252-4900
Address 1919 Boston SE, Grand Rapids, MI 49506

Website www.metrohealth.net

Program Summary

Metro Health offers free blood pressure screenings throughout West Michigan. The screenings provide a great opportunity to ask questions one-on-one with a nurse as well as receive important health-related literature.

Costs Free.
Times Times and locations vary. Call for information.
Geographic Focus West Michigan
Target Audience Open to all.

METRO HEALTH - EXECUTIVE HEALTH PROGRAM

Phone (616) 252-7198
Address 1919 Boston SE, Grand Rapids, MI 49506
Website www.metrohealth.net

Program Summary

The Executive Health Program, located at Metro Health Hospital, is a comprehensive, time efficient health screening program. The program packages includes, but is not limited to: health history, physical examination, resting electrocardiogram, nutritional analysis, complete blood profile, urinalysis, stool hemoccult, strength and flexibility testing, body composition analysis, consult with physicians and/or health educator, heart function exam, and disease screening.

Costs Call for information.
Times Scheduling availability varies. Call for information.
Geographic Focus West Michigan
Target Audience Executives

METRO HEALTH - BRETON CENTER - DIABETES SELF-MANAGEMENT PROGRAM

Phone (616) 252-4100
Address 1925 Breton Road SE, Grand Rapids, MI 49506
Website www.metrohealth.net/about/plazas/breton.php

Program Summary

This program focuses on behavioral change and glucose monitoring.

Costs \$427 for 9 hour class. Accepts most insurances.
Times Program varies by time and site. Please call for information.
Geographic Focus Grand Rapids; Cascade, Caledonia, Lowell, Cedar Springs
Target Audience over 18 type 1 and type 2 diabetes and gestational diabetes

NATIONAL KIDNEY FOUNDATION - DODGE THE PUNCH - HEART OF THE COMMUNITY

Phone (616) 458-9520
Address 731 Front St NW, Grand Rapids, MI 49504
Website www.nkfm.org/branch_offices.htm

Program Summary

In this program, hair stylists talk to their clients about health and fitness issues.

Costs Free
Times Please call for more information
Geographic Focus The City of Grand Rapids
Target Audience African American males

NATIONAL KIDNEY FOUNDATION OF MICHIGAN - DODGE THE PUNCH

Phone (734) 222-9800 or 800-482-1455
Address 1169 Oak Valley Dr, Ann Arbor MI 48108
Website www.nkfm.org/branch_offices.htm

Program Summary

In this program, Barbers talk to their clients about their numbers (cholesterol, blood sugar, blood pressure, GFR numbers).

Costs Free
Times Please call for more information
Geographic Focus The City of Grand Rapids
Target Audience African American males

SAINT MARY'S HEALTH CARE - CARDIAC REHAB PROGRAM

Phone (616) 752-6432
Address 310 Lafayette NE, Grand Rapids, MI 49503

Program Summary

A program to facilitate risk factor modification, education, and exercise rehabilitation for people with cardiac issues.

Costs Fees vary
Times Varies. Please call for information.
Geographic Focus Kent County and surrounding areas
Target Audience Open to all.

SAINT MARY'S HEALTH CARE - CENTER FOR DIABETES AND ENDOCRINOLOGY - DIABETES EDUCATION CLASSES

Phone (616) 732-3098
Address 200 Jefferson SE, Grand Rapids, MI 49503
Website www.smmmc.org/clinicalservices/diabetes/index.shtml

Program Summary

This program provides fitness routines to help people live and better life combined with one on one nutrition counseling.

Costs Basic program is free. \$84 free for nutrition counseling.
Times Monday through Friday all day
Geographic Focus 18 and older; no children
Target Audience Open to all.

SAINT MARY'S HEALTH CARE - CENTER FOR DIABETES AND ENDOCRINOLOGY - DIABETES MANAGEMENT

Phone (616) 732-3098
Address 200 Jefferson SE, Grand Rapids, MI 49503
Website www.smmmc.org/clinicalservices/diabetes/index.shtml

Program Summary

A comprehensive management and education program to meet the needs of people with diabetes.

Costs Fees apply
Times Varies. Please call for information.
Geographic Focus Kent County and surrounding areas
Target Audience Open to all.

SAINT MARY'S HEALTH CARE- CENTER FOR DIABETES AND ENDOCRINOLOGY - DIABETES SUPPORT GROUPS

Phone (616) 732-3098
Address 200 Jefferson SE, Grand Rapids, MI 49503
Website www.smmmc.org/clinicalservices/diabetes/index.shtml

Program Summary

Meetings include educational presentations, general good health information, and time spent learning from and supporting each member as we all live daily with our disease. The group is not a replacement for individual diabetes self-management education and treatment from a physician, but a supplement to both.

Costs Free
Times Varies. Please call for information.
Geographic Focus Kent County and surrounding areas
Target Audience Open to all.

SCHNEIDER MANOR - DIABETIC EDUCATION AND SUPPORT GROUPS

Phone (616) 897-2760
Address 725 Bowes Road Lowell, MI
Website www.diabetesinmichigan.org/SGdisp.asp?Don=TENDON

Program Summary

The support group covers Type I and Type II Diabetes. In addition, a diabetic educator from Cornell University provides training.

Costs Most activities are free. Small fees apply in some cases.
Times Meets the 1st and 3rd Tuesday of each month @ 9:30 a.m.
Geographic Focus Focuses on residents of Lowell Township. Open to residents of surrounding townships.
Target Audience Open to all.

SECOND TIME AROUND - TRANSPLANT SUPPORT GROUP

Phone (616) 774-7641
Address Locations of group meetings vary

Program Summary

This program provides support and education for pre and post transplant patients and their families.

Costs Free
Times Meetings are held 2nd Monday of every month after 6:30 pm. Drop-ins are welcome.
Geographic Focus West Michigan
Target Audience Post transplant patients and their families

SENIOR NEIGHBORS - PATH 

Phone (616) 233-0283
Address 820 Monroe Ave NW # 460, Grand Rapids, MI
Website www.seniorneighbors.org/ or www.mipath.org

Program Summary

This program provides a six-week workshop that teaches people how to better manage chronic conditions. Uses deep breathing and other stress management techniques. Also teaches more about specific diseases and provides tips on interfacing with medical professionals regarding the disease.

Costs Free
Times Varies. Please call for information.
Geographic Focus Kent County
Target Audience Those diagnosed with a chronic disease

SHELDON COMPLEX - BLOOD PRESSURE CHECKS

Phone (616) 336-4000
Address 121 Franklin, Grand Rapids, MI 49507
Website www.grcmc.org/inthedia_19990811.php

SPECTRUM HEALTH - HEALTH ADVOCACY

Phone 616-819-2155
Address Call for information

Program Summary

Health Advocacy is a partnership among Spectrum Health, Grand Rapids Public Schools, Cedar Springs Public Schools and Godfrey-Lee Public Schools to improve the health of area students. Trained health aides and nurses are placed in selected schools to provide a variety of services such as first aid, administration of medication, tracking and facilitating of immunizations, lice screening and treatment, and medical home referrals. All health aides are supervised by an R.N. and supported by protocols from DeVos Children's Hospital.

Costs Free
Times Program offered during the school year. Please call for information.
Geographic Focus Three districts: Cedar Springs; Godfrey; Grand Rapids Public
Target Audience Open to all. Special outreach to those that do not have access to care

SPECTRUM HEALTH - DIABETES SERVICES

Phone (616) 391-9199
Address 2023 E Fulton St., Grand Rapids, MI 49503

Website www.spectrum-health.org

Program Summary

This program provides comprehensive self-management education for all types of diabetes, prediabetes, and gestational diabetes. Covers all pertinent topics including nutrition, physical activity, medications, monitoring, risk reduction. Individual appointments with certified diabetes educator nurses and dietitians. Group classes available for Type 2 diabetes. Physician referral required.

Costs Fees apply. Insurance is accepted.
Times Please call for information
Geographic Focus Kent County
Target Audience Adults age 18 and above with diabetes or pre-diabetes

SPECTRUM HEALTH - PREVENTIVE CARDIOLOGY & REHABILITATION

Phone (616) 774-7936
Address 320 Michigan SE Grand Rapids 49503
Website <http://heartcenter.spectrum-health.org>

Program Summary

This program provides services for people after they had surgery and heart attack or any type of procedure

Costs Fees apply. Insurance is accepted.
Times Classes offered 5 days a week from 7:00 am to 5:30 pm.
Geographic Focus Kent County/Holland/Kalamazoo/Fremont/Big Rapids
Target Audience Program targets people people who have had heart procedures, heart surgery or a heart attack.

SPECTRUM HEALTH - TYPE 1 AND 2 DIABETES SUPPORT GROUPS

Phone (616) 391-9199
Address 2023 E Fulton St., Grand Rapids, MI 49503
Website www.spectrum-health.org

Program Summary

This program provides presentations on a different topic pertaining to diabetes every month. Program varies from speakers to discussion groups.

Costs Free
Times Varies. Please call for times and locations

SPECTRUM HEALTH - WOMEN'S HEALTHY HEART



Phone (616) 391-5000
Address 320 Michigan SE Grand Rapids 49503

Program Summary

This program focuses on community presentations to impact women's heart health and increase knowledge base. Presentations can be tailored to women of different ages and cultures. .

Costs Free
Times Varies. Please call for information on days and times.
Geographic Focus Kent County and beyond

Target Audience Women

OMNI FAITH HEALTH PARTNERSHIP PROGRAM

Phone (616) 391-6130
Website www.spectrum-health.org/healthiercommunities

Program Summary

The Omni Faith Health Partnership program works with faith communities to build healthy faith partnerships. The program does surveys of congregations and helps health ministry teams to develop programs according to needs that have been identified.

Costs Free
Times Ongoing. Please call for information.
Geographic Focus Greater Grand Rapids
Target Audience Faith communities made up of population that faces health disparities

SPECTRUM HEALTH - HEALTHIER COMMUNITIES - PROGRAMA DE APOYO A NUESTRA COMUNIDAD (PANC) - HELPING OUR COMMUNITY

Phone (616) 391-6186
Website www.spectrum-health.org/healthiercommunities

Program Summary

This program is designed to help the Latino community access health care.

Costs Free
Times Once a month, evening time for 2 hours and 1/2.
Geographic Focus Kent County
Target Audience Latino community

SPECTRUM HEALTH - HEALTHIER COMMUNITIES - PROJECT ACCESS (KENT COUNTY MEDICAL SOCIETY AND OSTEOPATHIC ASSOCIATION)

Phone (616) 391-5000
Website www.spectrum-health.org

Program Summary

This program supports volunteer physicians in order to help uninsured individuals access medical care. Patients are partnered with physicians and local hospitals to receive primary and specialty care, ancillary and diagnostic tests, and help in accessing community agencies.

Target Audience Individuals who do not have insurance

SPECTRUM HEALTH - HEALTHIER COMMUNITIES - STRENGTH TRAINING: BUILDING STRONGER BONES

Phone (616) 391-5000
Website www.spectrum-health.org/healthiercommunities

Program Summary

This program offers resistive strength training using free weights, theratubing, physioballs and foam rollers. Exercises are safe and effective for persons with osteopenia or osteoporosis. Class size is limited to allow for individual coaching as needed.

Costs \$60
Times Call for information, Pre-registration is required.

Geographic Focus Kent County
Target Audience Open to all.

SPECTRUM HEALTH - HEARTREACH

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

The HeartReach Program is a comprehensive school and community-based heart and stroke education and intervention service. The services addresses the root causes of preventable disease, particularly in minority populations. This is accomplished through five major avenues: heart health and stroke prevention; education; advocacy; research; and tobacco cessation/policy issues.

Costs All HeartReach programs are free.
Times Please call for information.

SPECTRUM HEALTH - HEARTREACH - DIABETES INFORMATION AND PREVENTION

Phone (616) 486-2531
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

Currently referring to Diabetes Services within Spectrum Health. Call (616) 391-9199

SPECTRUM HEALTH - HEARTREACH - HEALTH FAIRS

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

Health Fairs can be tailored to meet your needs with presentations or displays of the cardiovascular topics you desire. Fairs at schools can include family and community participation.

Costs Free
Times Varies
Geographic Focus Kent County
Target Audience Varies

SPECTRUM HEALTH - HEARTREACH - HEALTH SCREEN FOR SCHOOL STAFF/PARENTS

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

HeartReach staff will check blood pressure, cholesterol, glucose, and height/weight for body mass index. We will discuss risk factors for heart disease and stroke and healthy behaviors to decrease this risk.

Costs Free
Times Varies
Geographic Focus Kent County

Target Audience Adults

SPECTRUM HEALTH - HEARTREACH - HEART DISEASE AND RISK FACTORS LECTURE FOR ADULTS

Phone (616) 486-2531
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

This presentation gives an overview of what heart (coronary artery) disease is, risk factors associated with heart disease, and healthy lifestyle modifications to reduce the risk of heart disease.

Costs Free
Times Varies
Geographic Focus Kent County
Target Audience All Adults

SPECTRUM HEALTH - HEARTREACH - STROKE LECTURE FOR ADULTS

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

This presentation gives an overview of what a stroke is, what risk factors contribute to developing a stroke, recognizing signs and symptoms of stroke, responding to stroke as an emergency, and healthy lifestyle modifications to reduce the risk of having a stroke.

Costs Free
Times Varies
Geographic Focus Kent County
Target Audience Adults

SPECTRUM HEALTH DIABETES SERVICES - COMPREHENSIVE TYPE 2 DIABETES CLASS

Phone (616) 391-9199
Address 2023 E Fulton St., Grand Rapids, MI 49503
Website www.spectrum-health.org

Program Summary

Costs Fees apply. Scholarships are available and education is typically covered by insurance plans. Physician referral required.
Times Classes are offered mornings and afternoons, with some evening classes. Classes are by appointment only. New classes begin each month.

SPECTRUM HEALTH DIABETES SERVICES - DIABETES REFRESHER/UPDATE CLASS

Phone (616) 391-9199
Address 2023 E Fulton St., Grand Rapids, MI 49503
Website www.spectrum-health.org

Program Summary

Costs Fees apply. Scholarships are available and education is typically covered by insurance plans. Physician referral required.
Times Classes are offered mornings and afternoons, with some evening classes. Classes are by appointment only. New classes begin each month.

SPECTRUM HEALTH DIABETES SERVICES - DIABETES SERVICES

Phone (616) 391-9199
Address 2023 E Fulton St., Grand Rapids, MI 49503
Website www.spectrum-health.org

Program Summary

Education is the key to successful self-management of diabetes and pre-diabetes. Our nurses and dietitians are certified diabetes educators. A variety of services fit individual needs.

Costs Fees apply. Scholarships are available and education is typically covered by insurance plans. Physician referral required.
Times Monday through Friday, sessions offered all times of the day.
Geographic Focus Kent County and half of Eastern Ottawa
Target Audience adults; 18 and above with diabetes or pre-diabetes

SPECTRUM HEALTH DIABETES SERVICES - PRE-DIABETES CLASS

Phone (616) 391-9199
Address 2023 E Fulton St., Grand Rapids, MI 49503
Website www.spectrum-health.org

Program Summary

Costs Fees apply. Scholarships are available and education is typically covered by insurance plans. Physician referral required.
Times Classes are offered mornings and afternoons, with some evening classes. Classes are by appointment only. New classes begin each month.

SPECTRUM HEALTH - TAI CHI: MEDITATION IN MOTION

Phone (616) 486-3078
Website www.spectrum-health.org

Program Summary

Tai chi is a blend of the healing and martial arts whose purpose for centuries has been physical health and spiritual strength. It employs breathing exercises and slow, fluid movements to achieve harmony between body and mind. This class is taught by a physical therapist and is beneficial for improving balance, decreasing stress, improving flexibility and increasing strength. It is a safe and beneficial exercise for those with or at risk for osteoporosis.

Costs \$5 per class.
Times Call for information.
Geographic Focus Kent County
Target Audience Open to all.


UNITED METHODIST COMMUNITY HOUSE - PATH

Phone (616) 241-1645
Address 904 Sheldon Ave SE, Grand Rapids, MI 49507
Website <http://www.umchousegr.org/>

Program Summary

This program provides a workshop that teaches people how to manage their chronic disease. Uses deep breathing and other stress management techniques. Also teaches more about specific diseases and provides tips on interfacing with medical professionals regarding the disease.

Costs Donations are requested.
Times Daily and starts at 10:00 am.
Geographic Focus Primarily inner-city Grand Rapids, also deliver within the borders of East Beltline, Fulton, 28th St, 131
Target Audience 60+

WALKER PARKS AND RECREATION - BI-WEEKLY SENIOR BLOOD PRESSURE CLINIC/POTLUCK 

Phone (616) 791-6890
Address 4243 Remembrance Rd. NW, Walker, MI 49534
Website www.ci.walker.mi.us/Departments/ParksAndRec/DepartmentOverview.htm

Program Summary

This is a group of older adults who come together to stay active and engage in fellowship.

Costs Basic program is free. Some fieldtrips have associated fees.
Times Bi-weekly from 10:00 am to 2:00 pm.
Geographic Focus Residents of Walker and surrounding areas
Target Audience 60+ years old; no race; no gender

WEIGHT WATCHERS - THE AT WORK PROGRAM

Phone (616) 363-2075
Address 3144 Plainfield NE, Suite A Grand Rapids, MI 49525
Website www.ww-wmi.com

Program Summary

This program allows a company's employees to attend Weight Watchers at their workplace. Employees participate in a safe, scientific weight management program that is designed to help them lose weight, maintain a healthy weight, and live a healthier lifestyle.

Costs Fees apply
Times Please call for information on days and times.
Geographic Focus West Michigan and Northern Indiana
Target Audience Corporations and their employees

WELLNESS CENTER OF WESTERN MICHIGAN - EXECUTIVE HEALTH PROGRAM

Phone (616) 252-7198
Address 973 Ottawa, Grand Rapids, MI
Website www.thewellnesscenter.com

Program Summary

A comprehensive, time-efficient health screen for busy executives.

Costs Prices vary by services
Times 7:00 am to 9:00 am. Please call for further information.
Geographic Focus Greater Grand Rapids
Target Audience Executives

WYOMING PARKS AND RECREATION - ADULT FITNESS AND SPORTS

Phone (616) 530-3164
Address 1155 28th St SW, Wyoming, MI
Website www.ci.wyoming.mi.us/parksrec.htm

Program Summary

Participants are offered the opportunity exercise and improve their health. Classes/activities range from yoga, to team sports, to geocaching.

Costs Fees apply
Times By appointment. Please call us for information.
Geographic Focus City of Wyoming and the surrounding area
Target Audience age 18+, but no race or gender targets

WYOMING PARKS AND RECREATION - OLDER ADULT EXERCISE PROGRAM

Phone (616) 530-3164
Address 1155 28th St SW, Wyoming, MI
Website www.ci.wyoming.mi.us/parksrec.htm

Program Summary

Wyoming's older adult exercise program provides opportunities to exercise and improve your health. Programs are offered at entry and moderate-levels of exertion.

Costs Free
Times Please call for information!
Geographic Focus City of Wyoming and the surrounding area
Target Audience age 55+, but no race or gender targets

YMCA OF GREATER GRAND RAPIDS - HEALTHY U PROGRAM

Phone (616) 855-9600
Address 475 Lake Michigan Dr, Grand Rapids, MI 49546
Website www.grymca.org

Program Summary

This is an afterschool health and wellness that combats childhood obesity through teaching and practicing healthy lifestyles.

Costs Free

Times Varies. Please call for information.
Geographic Focus Inner city Grand Rapids and Greater Grand Rapids area.
Target Audience Open to all elementary and middle school age children.

5 - Substance Abuse Programming

Substance abuse rapidly takes a toll on an individual's heart. Addressing substance abuse issues is an important step towards long term heart health. The programs below offer services that combat addictions ranging from alcohol to tobacco to cocaine.



ADDICTION RECOVERY FROM CRACK COCAINE - SUBSTANCE ABUSE PROGRAM

Phone (616) 827-9362
Address 4445 B Breton Rd SE, #214, Kentwood, MI
Website www.crackcocainerecovery.com/

Program Summary

This program is a ministry that helps people conquer crack cocaine addiction with a weekly live radio program and internet support groups.

Costs Cost of materials (approx. \$17-\$20 for each book, four books in a set) plus \$19.95 for the 75-day program.
Times This is an online program that lasts 75 days. Classes are accessible any time of the day via the internet.
Geographic Focus Worldwide through the Internet.
Target Audience This program is open to all.

ALCOHOL & CHEMICAL ABUSE CONSULTANTS (ACAC INC) - SUBSTANCE ABUSE PROGRAM

Phone (616) 957-5850
Address 3949 Sparks Dr SE, Suite 103, Grand Rapids, MI 49546
Website www.mhweb.org/westmichigan/acac.htm

Program Summary

This program provides outpatient counseling for mental health and substance abuse issues.

Costs Fees apply
Times Classes are held Monday to Friday. Appointments are scheduled anytime between 9:00 am and 7:00 pm. Length of class is based on individual needs.
Geographic Focus Kent County and Muskegon
Target Audience Age 10 and up

**ALCOHOLICS ANONYMOUS, KENT COUNTY CENTRAL OFFICE OF SUBSTANCE ABUSE - ALCOHOL ABUSE
HOTLINE & SUPPORT GROUP SERVICES**

Phone (616) 913-9216
Address 1404 Plainfield Ave NE, Grand Rapids, MI 49505
Website www.grandrapidsaa.org/

Program Summary

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism.

Costs Free
Times Meetings are held between 7 a.m. and 12 a.m. Frequency of attendance determined by individuals, though 90 meetings in 90 days recommended.
Geographic Focus Kent County, Holland, Muskegon, Grand Haven
Target Audience This program is open to all who have a desire to .

AMERICAN INSTITUTE OF HYPNOSIS - SMOKING CESSATION

Phone (616) 285-9966
Address 6143 28th St SE, Suite C6, Grand Rapids, MI 49546

Program Summary

In session, people are informed about hypnosis and then discuss their addiction to cigarettes. After the discussion, individuals are hypnotized for 40 minutes, which cures them of their addiction to smoking. The program has a 90% success rate.

Costs Smoking cessation costs \$150.
Times This program is offered throughout the year, Monday through Friday by appointment. One session includes 40 minutes of hypnosis.
Geographic Focus Clients come from all over the country.
Target Audience This program is open to all.

ANDERSON SUBSTANCE ABUSE TREATMENT CENTER - SUBSTANCE PROGRAM

Phone (616) 975-0400
Address 3501 Lake Eastbrook Blvd SE, Suite 120, Grand Rapids, MI 49546
Website www.mhweb.org/westmichigan/andersonctr.htm

Program Summary

This program provides substance abuse treatment for people who are struggling to save their lives.

Costs Sliding scale fees based on client income
Times This program is offered during evening times on Tuesdays and Thursdays.
Geographic Focus Greater Grand Rapids area
Target Audience This program is open to all.

ARBOR CIRCLE - AOS

Phone (616) 456-6571
Address 1331 Lake Drive SE , Grand Rapids, MI 49506
Website www.arborcircle.org/contact.htm

Program Summary

AOS of Arbor Circle offers outpatient counseling services that restore individuals and families affected by substance abuse issues to productive healthy lifestyles.

Costs Sliding scale fees based on client income apply. Most insurances are accepted.
Times Call for an individual appointment
Geographic Focus Greater Grand Rapids area
Target Audience Children, Youth, Adults, Families

BEAUCHAMP CONSULTING ASSOCIATES INC - OUTPATIENT SUBSTANCE ABUSE TREATMENT SERVICES



Phone (616) 235-9303
Address 8500 Algoma St, Rockford, MI
Website www.beauchampconsulting.com/index.html

Program Summary

The mission of this program is to provide quality counseling at an affordable price to the West Michigan community. The approach to treatment ensures that each individual will be treated with dignity, respect, and confidentiality.

Costs Fees apply. Private health insurance is accepted.
Times Individual appointments vary
Geographic Focus Greater Grand Rapids area
Target Audience Services for adolescents, women, DUI/DWI offenders

CALEDONIA COMMUNITY SCHOOLS - CALEDONIA RESOURCE CENTER- HYPNOSIS (SMOKING AND WEIGHT CONTROL)

Phone (616) 891-8185
Address 9749 Duncan Lake Ave. Caledonia, MI 49316

Program Summary

This program provides services for those who are attempting to stop smoking, lose weight, and maintain overall physical health.

Costs Fees apply
Times Call for information.
Geographic Focus Caledonia and surrounding areas
Target Audience Adults

CATHOLIC SOCIAL SERVICES - BEHAVIORAL HEALTH

Phone (616) 456-1443
Address 49 Jefferson Ave SE, Grand Rapids, MI
Website www.cssgr.org/

Program Summary

Services include (but are not limited to) personal growth, coping with depression, anxiety, and grief, parent/child relationships and communication, blended family development and growth, divorce adjustment for children and adults, pre-marital preparation, domestic violence, stress management, chronic pain, and substance abuse counseling.

Costs Sliding-scale fees based on income and family size.
Times Program is offered 5 days a week. Appointments are available for all times of the day.
Geographic Focus Grand Rapids, Jenison, Grandville, Ionia, Big Rapids, and Stanton
Target Audience Program is open to the general public and to those who with court orders. Services available in English and Spanish

CENTER FOR FAMILY RECOVERY

Phone (616) 949-3911
Address 4477 Cascade Road SE, Grand Rapids, MI 49546

Program Summary

This program provides outpatient substance abuse and mental health services

Costs Fees apply. Medicaid and private health insurance is accepted.
Times Call to schedule an individual appointment
Geographic Focus Grand Rapids/Cascade area
Target Audience Adults

EASTERN CLINIC

Phone (616) 243-6262
Address 1555 Eastern St SE, Grand Rapids, MI

Program Summary

This program strives to provide excellence in addiction treatment and methadone maintenance treatment. Services include substance abuse treatment, detoxification, methadone maintenance, and methadone detoxification.

Costs Intake fee of \$155, \$70 per week.
Times Schedule goes from 6am to 10:30pm. Call for information and appointment.
Geographic Focus Primarily West Michigan, open to other areas
Target Audience Adults

FAMILY OUTREACH CENTER - OUTPATIENT MENTAL HEALTH SERVICES

Phone (616) 247-3815
Address 1939 South Division Ave SE, Grand Rapids, MI 48507
Website www.familyoutreachcenter.org/

Program Summary

The Outpatient Mental Health program is committed to providing quality mental health and substance abuse services, as well as other supportive services (advocacy) in order to promote healthy living for children, adolescents, adults, and families living in Kent County.

Costs Fees apply. Insurance is accepted
Times Times available by individual appointment
Geographic Focus Greater Grand Rapids area
Target Audience A special emphasis is placed on services to people of color and those who are low income.

GERONTOLOGY NETWORK - BEHAVIORAL HEALTH SERVICES 

Phone (616) 855-9843
Address 4695 Danvers SE, Grand Rapids, MI 49512
Website www.michiganseniors.org/

Program Summary

This program provides outpatient individual and group counseling for older adults with substance dependency or abuse with or without a co-occurring disorder.

Costs Fees apply
Times Program varies according to treatment plan. Please call for information.
Geographic Focus Kent County
Target Audience Adults age 55 or older

GRAND VALLEY STATE UNIVERSITY - FITNESS AND WELLNESS CENTER - SMOKING CESSATION

Phone (616) 331-3659; also (616) 975-0123 for Tobacco Free Partners
Address 215 Fieldhouse, Allendale, MI 49401-9403
Website www.gvsu.edu/rec

Program Summary

GVSU offers the Tobacco Free Partners community group class designed to help tobacco users deal with triggers, weight control, withdrawal symptoms, daily stress, and setback prevention

Costs Free
Times Please call for information
Geographic Focus Greater Grand Rapids, Allendale

GUIDING LIGHT MISSION - SUBSTANCE ABUSE

Phone (616) 451-0236
Address 255 South Division St
Website www.guidinglightmission.org/home.php

Program Summary

A comprehensive drug and alcohol abuse program.

Costs Free
Times Program is offered at all times of the day. Please call for information.
Geographic Focus Open to people from all over the county, mainly serves Greater Grand Rapids
Target Audience Males 18 and over

HOLISTIC CARE APPROACH - OPTIMUM HEALTH - SMOKING CESSATION PROGRAM

Phone (616) 361-9221
Address 3368 Bellline Ct NE, Grand Rapids, MI 49525
Website www.holisticcareapproach.com/

Program Summary

This is a smoking cessation program that includes one hypnotherapy session and two acupuncture sessions.

Costs Fees apply
Times Six days per week Monday-Friday from 9-7pm & Saturday from 9-3pm
Geographic Focus the midwest
Target Audience This program is open to all.

HOLISTIC CARE APPROACH - OPTIMUM HEALTH - SUBSTANCE ABUSE PROGRAM

Phone (616) 361-9221
Address 3368 Bellline Ct NE, Grand Rapids, MI 49525
Website www.holisticcareapproach.com/

Program Summary

The Substance Abuse Program includes hypnotherapy, acupuncture, NADA protocol, kinesiology, and NAET.

Costs Fees apply
Times Six days per week Monday-Friday from 9-7pm & Saturday from 9-3pm
Geographic Focus The Greater Grand Rapids Area
Target Audience This program is open to all.

HURON POTAWATOMI - BEHAVIORAL HEALTH COUNSELING

Phone 616-249-0159
Address 2221 1½ Mile Road, Fulton, Michigan 49052

Program Summary

This program provides one on one and group counseling on behavioral health and substance abuse.

Geographic Focus 7 counties: Kent, Ottawa, Allegan, Berry, Branch, Kalhoon and Kalamazoo
Target Audience This program is restricted to tribal members within the Huron Potawatomi community

JENISON PSYCHOLOGICAL SERVICES - SMOKING CESSATION

Phone (616) 457-0016
Address 7610 Cottonwood Dr, Jenison, MI 49428
Website www.jenisonpsych.com

Program Summary

Jenison Psychological Services uses the Quitsmart method from Duke for smoking cessation. The program deals with all three parts of addiction: the habit, the psychological need it fulfills, and the nicotine/chemical addiction.

Costs \$500
Times Please call for information.
Geographic Focus Greater Grand Rapids, Saugatuck, Lansing

Target Audience Adults

LIFE GUIDANCE SERVICES - COUNSELING FOR MENTAL HEALTH AND SUBSTANCE ABUSE

Phone (616) 954-1991
Address 678 Front Ave NW, Suite 180, Grand Rapids, MI
Website www.lifeguidanceservices.org/counseling_services.shtml

Program Summary

Helping individuals and families to live life.

Costs Fees apply. Some assistance is available.
Times Typically offered between 8am-9pm Monday through Friday. Other times are available upon request.
Geographic Focus Primary focus is Kent County. Some services are available in Ottawa and Ionia Counties.
Target Audience This program is open to all.

LIFE GUIDANCE SERVICES - ONE*TWO*THREE STOP SMOKING PROGRAM

Phone (616) 954-1991
Address 678 Front Ave NW, Suite 180, Grand Rapids, MI
Website www.lifeguidanceservices.org/counseling_services.shtml

Program Summary

A 3 step smoking cessation program which uses hypnosis and acupuncture to assure success. In addition, this program offers ongoing assurance of success with the use of provided audio tapes and further optional acupuncture sessions.

Costs \$295 for three sessions
Times Program involves 3 sessions. Please call for scheduling.
Geographic Focus Greater Grand Rapids Area
Target Audience Adults

LIFE GUIDANCE SERVICES - PROJECT CHARLIE

Phone (616) 954-1991
Address 678 Front Ave NW, Suite 180, Grand Rapids, MI
Website www.lifeguidanceservices.org/counseling_services.shtml

Program Summary

Substance abuse prevention program targeting elementary aged youth. Utilizes a trained volunteer base for implementation.

Costs Free
Times Program offered during school hours and some evenings. Please call for information.
Geographic Focus All of Kent County and some in Ionia County
Target Audience Children in elementary school

LIFE GUIDANCE SERVICES - "RIGHTS OF PASSAGE"

Phone (616) 954-1991
Address 678 Front Ave NW, Suite 180, Grand Rapids, MI

Website www.lifeguidanceservices.org/counseling_services.shtml

Program Summary

This afterschool program presents a culturally specific prevention program aimed at African American male youth.

Costs Free

Times Times and days vary according to need. Please call for information.

Geographic Focus All of Kent County and some in Ionia County

Target Audience Elementary through High school male students from African-American communities, but other races/ethnicities may also participate.

LIFE GUIDANCE SERVICES - YO PUEDO

Phone (616) 954-1991

Address 678 Front Ave NW, Suite 180, Grand Rapids, MI

Website www.lifeguidanceservices.org/counseling_services.shtml

Program Summary

This prevention program targets Hispanic youth attending selected middle or high schools within Grand Rapids Public Schools.

Costs Free

Times Program offered after school hours and some evenings. Please call for information.

Geographic Focus All of Kent County and some in Ionia County

Target Audience Middle School through High school students in Latino communities

MEL TROTTER MINISTRIES-SHELTER FOR PUBLIC INEBRIATES

Phone (616) 454-3028

Address 225 Commerce SW Grand Rapids, MI 49503

Website <http://www.spectrum-health.org/?s=5&nid=FE211931916D4718865277A7B956B573>

Program Summary

The Shelter for Public Inebriates at the Mel Trotter Ministries provides a safe environment in which inebriates can recover and receive compassionate, appropriate care.

Times Please call for information.

NATIVE AMERICAN COMMUNITY SERVICES - SUBSTANCE ABUSE EDUCATION/PREVENTION

Phone (616) 458-4078

Address 671 Davis NW, STE 103, Grand Rapids, MI

Website www.itcni.org/hacsgr.html

Program Summary

This program utilizes education to prevent substance abuse. Diabetes and mental health services are also available.

Costs Fees are determined by a sliding scale based on income

Times Please call for scheduling

Geographic Focus Kent County and the surrounding areas

Target Audience Tribal members within the Native American community

NETWORK 180 COMMUNITY MENTAL HEALTH & SUBSTANCE ABUSE SERVICES - CORNERSTONE HELPLINE

Phone 616-336-3909 Main line or 616-336-3535 Crisis line
Address 833 Lake Drive SE, Grand Rapids, MI 49506
Website <http://www.network180.org/Services.aspx>

Program Summary

This program includes 24 hour telephone or in-person mental health crisis intervention.

Costs We provide services to Medicaid enrolled citizens of Kent County. We also offer services using a sliding-fee-scale for people who are uninsured or have little or no income.
Times Available 24 hours
Geographic Focus Kent County
Target Audience Adults with Mental Health and Substance Abuse Disorders, Individuals with Developmental Disabilities, Children and Families

NEW BEGINNINGS HEALTHY SOLUTIONS - LOW LEVEL LASER THERAPY FOR SMOKING CESSATION

Phone (616) 285-4510
Address 5747 28th St SE, #105, Grand Rapids, MI 49546
Website <http://justquitnow.com/page1.htm>

Program Summary

New Beginnings Healthy Solutions technicians use a pencil-shaped, low-power laser to stimulate the release of their client's natural "feel good" chemicals called endorphins and serotonin. These "feel good" chemicals help to reduce nicotine cravings, withdrawal symptoms, and the stress associated with quitting smoking.

Costs The cost of the treatment is comparable to the amount of money spent in eight weeks if you have a "Pack-a-Day" habit. Call for details.
Times The program consists of one initial treatment. Booster treatments are available if needed. Please call for more information.
Geographic Focus Greater Grand Rapids Area
Target Audience Adults

NEW BEGINNINGS HEALTHY SOLUTIONS - MAKING YOUR ENVIRONMENT SMOKE FREE

Phone 1-866-33-I-Quit (4-7848)
Website <http://justquitnow.com/page1.htm>

Program Summary

New Beginnings Healthy Solutions will assist you in helping your employees end their nicotine addiction, regardless of the size of your company. Mobile lasers are available to come to your business, making it more convenient, cost efficient, and less time consuming for you and your employees.

Costs Fees apply.
Times Please call for more information
Geographic Focus National
Target Audience Corporations and their employees

OUR HOPE ASSOCIATION - RESIDENTIAL TREATMENT FOR ALCOHOLIC/DRUG DEPENDENT WOMEN



Phone (616) 451-2039
Address 324 Lyon NE, Grand Rapids, MI 49503
Website www.ourhopeassociation.org/

Program Summary

This program provides residential treatment for women recovering from alcohol and drug abuse.

Costs Fees apply
Times Please call for information
Geographic Focus Kent County
Target Audience Women

PINE REST - GROUP COUNSELING: OUTPATIENT MENTAL HEALTH COUNSELING AND SUBSTANCE ABUSE

Phone (616) 742-9940
Address Services are available at 13 clinics in the Grand Rapids area. Call or visit the Pine Rest website for exact locations.
Website www.pinerest.org/services/michigan/outpatient/clinics/belknap.asp

Program Summary

With this program, you will focus on abstinence from drugs and alcohol.

Costs Fees apply
Times Time and day varies. Please call for information.
Geographic Focus Services available in the Grand Rapids area, Greenville, Hastings, Hastings, Kalamazoo, the Lakeshore Area, Northern Michigan, and Iowa
Target Audience This program is open to all.

PINE REST - INDIVIDUAL COUNSELING: OUTPATIENT MENTAL HEALTH COUNSELING AND SUBSTANCE ABUSE

Phone (616) 742-9940
Address Services are available at 13 clinics in the Grand Rapids area. Call or visit the Pine Rest website for exact locations.
Website www.pinerest.org/services/michigan/outpatient/clinics/belknap.asp

Program Summary

With this program, you will focus on abstinence from drugs and alcohol.

Costs Fees apply
Times Time and day varies by appointment. Please call for information.
Geographic Focus Services available in the Grand Rapids area, Greenville, Hastings, Hastings, Kalamazoo, the Lakeshore Area, Northern Michigan, and Iowa
Target Audience criminal offenders

SALVATION ARMY - TURNING POINT

Phone (616) 742-0351
Address 72 Sheldon Blvd SE, Grand Rapids, MI 49503
Website www.usc.salvationarmy.org/uscsvcs.nsf/0/bcc2e2b5ab815acf8625671b0056d73b?OpenDocument

Program Summary

Turning Point is the Salvation army's drug and alcohol treatment center.

Costs Please call for information
Times Please call for information.
Geographic Focus Downtown Grand Rapids
Target Audience Adults

SPECTRUM HEALTH - NARCOTICS ANONYMOUS

Phone (616) 486-3000
Address Spectrum Health Kent Community Campus 750 Fuller NE Grand Rapids
Website www.spectrum-health.org

Program Summary

This support group is open to all drug addicts, regardless of the particular drug or combination of drugs used. Members share their successes and challenges in overcoming active addiction and living drug-free productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions of NA.

Costs Free
Times Every week, Wednesdays from 7:30 am to 9:00 pm
Geographic Focus Greater Grand Rapids
Target Audience Individuals struggling with drug addictions

SPECTRUM HEALTH - HEARTREACH - HEALTH EFFECTS OF TOBACCO

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

The presenter discusses the health consequences of tobacco use utilizing visual aids (diseased lungs, heart, clogged arteries, etc.). Emphasis is on prevention. Tobacco cessation and resources are discussed

Costs Free
Times Varies
Geographic Focus Kent County
Target Audience Older Teens and Adults

SPECTRUM HEALTH - HEARTREACH - MONSTER CIGARETTE

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

In this program, facts about second hand smoke (made of 4, 700 chemicals that are dangerous to the smoker and the people around the smoker) are addressed. Participants will help fill the empty monster cigarette with models of dangerous substances pulled from the Tobacco Pollution Pail to help reinforce the concept of the dangers of second hand smoke. Emphasis is put on a smoker "having an unhealthy addiction" vs. the smoker being a "bad person."

Costs Free
Times Varies
Geographic Focus Kent County

Target Audience Adults

SPECTRUM HEALTH - HEARTREACH - SECONDHAND SMOKE

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

These adult presentations on the impact of secondhand smoke on children and adults can be customized to the audience. A 12-minute video, Poisoning Your Children, covers the health risks for children exposed to secondhand smoke. Slide programs are also available. Resources such as SAFE's Action Kit (restaurant advocacy cards, window decals from the Children Need Clean Air campaign of the DeVos Children's Hospital, brochures, etc.) and a web resource for Dining Smokefree in Michigan provide participants with advocacy tools.

Costs Free
Times Varies
Geographic Focus Kent County
Target Audience All Adults, Culturally Sensitive Programs Available

SPECTRUM HEALTH - HEARTREACH - TEEN SMOKING CESSATION

Phone (616) 486-2530
Address 100 Michigan NE 49503 Mail Code 148

Program Summary

Call HeartReach for teenage specific tobacco cessation classes.

Costs Free
Times Varies
Geographic Focus Kent County
Target Audience Teens

SPECTRUM HEALTH - MOMS- TEAMING UP TO QUIT



Phone (616) 391-6176
Address 75 Sheldon SE

Program Summary

This is a 7-week smoking cessation program for pregnant and parenting moms. Must call to enroll.

Costs Free
Times Wednesday from 4-6pm
Geographic Focus Kent County
Target Audience Pregnant and parenting moms

SPECTRUM HEALTH - MOMS - CIRCLE OF FRIENDS



Phone (616) 391-6176
Address 75 Sheldon SE

Program Summary

This is a smoking cessation support group for women who have attended the Teaming Up to Quit smoking cessation program

Costs Free

Times Every 2nd and 4th Tuesday from 6-8pm
Geographic Focus Kent County
Target Audience Pregnant and parenting moms

SPECTRUM HEALTH/PINE REST - BELKNAP COMMONS CLINIC

Phone (616) 742-9955
Address 100 Michigan NE Grand Rapids, MI 49503
Website www.spectrum-health.org

Program Summary

The Belknap Commons Clinic offers outpatient counseling services, free community resources and referrals, information on mental health or family topics, and answers to general questions about family wellness in addition to a wide array of services and mental health treatment. Concerns addressed include depression, anxiety, bereavement, abuse issues, trauma, parent/child conflict, marital issues, substance abuse/addictions issues and divorce adjustment.

Times Monday, Tuesday, and Wednesday from
8:00am to 5:00pm
Geographic Focus Greater Grand Rapids

SPECTRUM HEALTH/UNITED MEMORIAL/UNITED LIFESTYLES - SMOKING CESSATION

Phone (616) 754-6185
Address 100 Michigan NE Grand Rapids, MI 49503
Website www.heartcenter.spectrum-health.org

Program Summary

An 8- week program to help you quit smoking.

Costs Free
Times Varies. Please call for more information.
Geographic Focus Kent County, Ionia, Mouncaim
Target Audience Everybody

WESTSIDE CENTER FOR THERAPY & CONSULTING - SUBSTANCE ABUSE COUNSELING

Phone (616) 791-9505
Address 468 Kinney Ave NW, Grand Rapids, MI

Program Summary

This program helps people to understand and overcome their dependence on chemicals and achieve lasting sobriety.

Costs Sliding-scale fees based on ability to pay.
Times By appointment. Please call us for information.
Geographic Focus Walker, Grandville, North Kent, East Ottawa
Target Audience Ages 18+

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