



# May WELLNESS CALENDAR

**FREE WELLNESS CLASSES AND EVENTS FOR HEALTHWEST STAFF AND PERSONS SERVED. MORE INFORMATION ON THE BACK.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SUPPORTED BY: 	SMART RECOVERY @ 2-3:30PM  <b>1</b>	NEW LOCATION! WALKING GROUP 11AM-12PM  <b>2</b>	CREATIVE COPING @ 2-3:30PM  CRAFT CLUB @ 12:30-1:30PM  SMART RECOVERY @ 2-3:30PM  <b>3</b>
SMART RECOVERY @ 2-3:30PM  CREATIVE WRITING @ 3-4:30PM  <b>6</b>	MOVING... MY WAY @ 10-11AM  JOURNEY TO HEALTH @ 1:30-3PM  EXERCISE GROUP @ 4-5 PM  <b>7</b>	SMART RECOVERY @ 2-3:30PM  <b>8</b>	WALKING GROUP 11AM-12PM  NEW! COOKING MATTERS 11AM-12PM  <b>9</b>	CREATIVE COPING @ 2-3:30PM  CRAFT CLUB @ 12:30-1:30PM  SMART RECOVERY @ 2-3:30PM  <b>10</b>
SMART RECOVERY @ 2-3:30PM  CREATIVE WRITING @ 3-4:30PM  <b>13</b>	MOVING... MY WAY @ 10-11AM  JOURNEY TO HEALTH @ 1:30-3PM  EXERCISE GROUP @ 4-5 PM  NEW! BASKETBALL CLUB @ 5-6 PM  <b>14</b>	SMART RECOVERY @ 2-3:30PM  <b>15</b>	WALKING GROUP 11AM-12PM  COOKING MATTERS 11AM-12PM  VETERAN GARDENING CLASS @ 10AM-3PM  <b>16</b>	CREATIVE COPING @ 2-3:30PM  CRAFT CLUB @ 12:30-1:30PM  SMART RECOVERY @ 2-3:30PM  <b>17</b>
SMART RECOVERY @ 2-3:30PM  CREATIVE WRITING @ 3-4:30PM  <b>20</b>	MOVING... MY WAY @ 10-11AM  JOURNEY TO HEALTH @ 1:30-3PM  EXERCISE GROUP @ 4-5 PM  BASKETBALL CLUB @ 5-6 PM  <b>21</b>	SMART RECOVERY @ 2-3:30PM  <b>22</b>	WALKING GROUP 11AM-12PM  COOKING MATTERS 11AM-12PM  <b>23</b>	CREATIVE COPING @ 2-3:30PM  SMART RECOVERY @ 2-3:30PM  <b>24</b>
NO CLASSES DUE TO MEMORIAL DAY  <b>27</b>	MOVING... MY WAY @ 10-11AM  JOURNEY TO HEALTH @ 1:30-3PM  EXERCISE GROUP @ 4-5 PM  BASKETBALL CLUB @ 5-6 PM  <b>28</b>	SMART RECOVERY @ 2-3:30PM  <b>29</b>	COOKING MATTERS 11AM-12PM  WALKING GROUP 11AM-12PM  CHRONIC PAIN SUPPORT GROUP @ 6-7PM  <b>30</b>	CREATIVE COPING @ 2-3:30PM  SMART RECOVERY @ 2-3:30PM  <b>31</b>

## CREATIVE WRITING

**MONDAYS (ENDS MAY 20)**  
**3 PM - 4:30 PM**  
**HEALTHWEST MHC**

This new group will provide participants with a quiet, calm space where they can reflect and write on a variety of topics. Participants will then have the opportunity to share their writing with other like-minded people.

**CONTACT: KERRY BASHAM AT 231-724-8875**  
**OR STACIE PETERSEN AT 231-724-3612**

## SMART RECOVERY

**MONDAYS, WEDNESDAYS & FRIDAYS**  
**2 PM - 3:30 PM**  
**HEALTHWEST MHC**  
**BOARD ROOM C**

This is an abstinence based, self-help support group (NOT a 12-step program) for both men and women based on concepts of Rational Emotive Behavior Therapy.

**CONTACT: LAUREN BODINE AT 231-724-3636**  
**OR PATTY MAPES AT 231-724-4884**

## MOVING... MY WAY

**TUESDAYS**  
**10 AM - 11 AM**  
**HEALTHWEST MHC**  
**BOARD ROOM B**

This seated fitness group provides gentle movement that ALL can participate in. Anyone who wants to improve their physical health and who are new to fitness groups should participate.

**CONTACT: DANNA BEAM AT 231-724-6060**

## JOURNEY TO HEALTH

**TUESDAYS**  
**1:30 PM - 3:00 PM**  
**HEALTHWEST MHC**

If you are a smoker and looking to improve your overall health, join us on a journey to a healthier you!

**CONTACT: HEATH EBARE AT 231-724-3627**  
**OR MIKE WILLACKER 231-332-3877**

## EXERCISE GROUP

**TUESDAYS (ENDS MAY 28)**  
**4 PM - 5 PM**  
**HEALTHWEST MHC**  
**BOARD ROOM B**

Individuals of every fitness level are welcome to join and work to get fit just in time for summer! This group is open to HealthWest staff and persons served.

**CONTACT: ALISSA OLSEN AT 231-724-1177**  
**OR SAM WOLFF AT 231-724-8866**

## BASKETBALL CLUB

**TUESDAYS**  
**5 PM - 6 PM**  
**ANGEL COMMUNITY CHURCH**

Find wellness in having fun. Join HealthWest Staff and individuals receiving HealthWest services at Angel Community Church to shoot some hoops. Open to the community! Bring a friend!

**CONTACT: STACIE PETERSEN AT 231-724-3612**

## VETERAN GARDENING CLASS

**THURSDAY, MAY 16**  
**10AM - 3PM**  
**HEALTHWEST**

Military veterans of any discharge type can join this FREE gardening program. Each veteran will receive FREE basic materials for a small garden, seeds, and lunch is provided on the day of the event. Registration is required.

**CONTACT: STACIE PETERSEN AT 231-724-3612**  
**TO REGISTER**

## WALKING GROUP

**THURSDAYS**  
**11AM - 12PM**  
**HACKLEY PARK**

Let's walk at Hackley Park. Walking group returns Mondays at Hackley Park in Downtown Muskegon. Join HealthWest staff and persons in services for a walk. Open to the community - bring a friend!

**CONTACT: STACIE PETERSEN AT 231-724-3612**  
**OR RANDY POWERS AT 231-724-1373**

## COOKING MATTERS

**THURSDAYS**  
**1 PM - 3 PM**  
**HEALTHWEST MHC**  
**KITCHEN**

Practice your cooking skills with a chef, tour a grocery store with a nutrition expert and leave each lesson with a free bag of groceries!

**CONTACT: ALICIA SPOELMAN AT 231-724-1160**

## CHRONIC PAIN SUPPORT GROUP

**LAST THURSDAY OF EVERY MONTH**  
**6 PM - 7 PM**  
**HEALTHWEST MHC**  
**BOARD ROOM A**

This is a Cold Burnings CRPS and Chronic Pain Support Group for individuals with chronic pain or disorders causing chronic pain. Family members and caregivers of chronic pain patients are also welcome.

**CONTACT: STEPH UMLOR AT**  
**STEPHUMLOR.CRPS@GMAIL.COM**

## CRAFT CLUB

**FRIDAYS (ENDS MAY 17)**  
**12:30 PM - 1:30 PM**  
**HEALTHWEST MHC**

Any and all crafters are welcome to join this healthy habits group! We'll be doing paper crafts and card making, with paper supplies provided. Those wanting to bring in their own craft projects and work alongside others are also encouraged to attend.

**CONTACT: JOANNA GOERBIG AT 231-332-3848**

## CREATIVE COPING

**FRIDAYS**  
**2 PM - 3:30 PM**  
**HEALTHWEST MHC**  
**CONFERENCE ROOM 3**

This group will help foster insight, awareness, and the ability to take control of your life through coping skills by using education, group exercise, discussion, and homework assignments.

**CONTACT: DAVE KENNEDY AT 231-724-3622**  
**OR KASSANDRA GANSEN AT 231-327-4712**