



Women's health. Designed for you.

The Women's Health & Wellness Center
Summer 2021 E-Newsletter



Supporting your child's mental health

School is out. Summer has arrived. The pools have opened, and so have most places and activities as vaccinations rise and COVID-19 cases decline. While it may seem like we are getting back to normal, the pandemic will have lingering effects, especially on our children. Here are some ways to spot anxiety and worry in children, and tips to help.

[Read more](#)

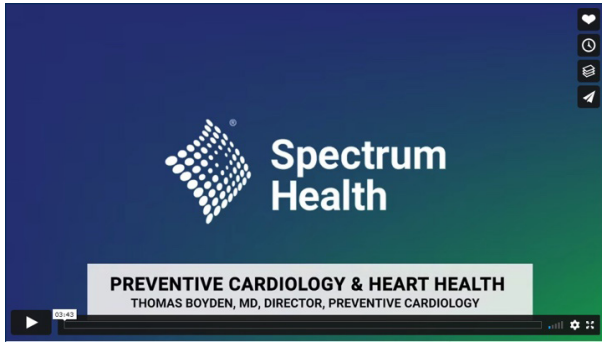
[Tips & Resources](#)



Feeling bloated and uncomfortable? You're not alone.

A bloated stomach can be uncomfortable and even painful. Constipation or menstruation are the most common causes for women, but there could also be an underlying condition. To alleviate temporary bloating, simple lifestyle changes can make a big difference.

[Read more](#)



From the experts: women and heart health

Heart disease is the #1 killer of women in the U.S, and risk increases after menopause. In this short video, Dr. Thomas Boyden, Director of Preventive Cardiology at Spectrum Health, discusses the importance of preventative care when it comes to your heart health. He also shares simple lifestyle and diet tips that can help prevent and even reverse heart disease.

[Watch video](#)



A Taste of Summer Harvest Cooking Class

Thursday, July 22, from 5:30 to 7:30 p.m.

Take advantage of the bounty of colorful summer produce that has arrived in our gardens, farms and markets. Join us from your own kitchen for this virtual, plant-based cooking class, led by a Spectrum Health Culinary Medicine chef and registered dietitian. By the end of class, you'll have a complete healthy dinner to enjoy, dessert included!

[Register](#)



Spectrum Health

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