

# Health Education Schedule

JULY 2011 TO JANUARY 2012



www.fhclouisville.org  
REV 6/29/11

## ■ Aerobic Exercise Class . . . . .



Improve your health and lose weight! A fun workout for all abilities that includes aerobic exercise and strength training. Ages 14 and up. Beginners welcome! Cost: \$1 per class or \$7 per month.

Portland Offered Mondays, Tuesdays, Wednesdays, and Thursdays, from 5:00 to 6:00 PM.

Call Metro Parks 456-8173 or the YMCA 587-9622 for information about more free and low-cost exercise classes in the community.

## ■ Yoga Class . . . . .



Try yoga for stretching, strengthening, and relaxation. Mats provided. Beginners welcome! Cost: \$1 per class.

Portland Offered Thursdays, from 6:15 to 7:15 PM.

## ■ Cooper-Clayton Stop Smoking Class

Would you be better off as a non-smoker? Join this 13-week class to get support as you quit. All participants are provided 10 weeks of nicotine patches in class. Free!



Portland Attend every Thursday, 6/30 to 9/22, from 6:00 to 7:00 PM.

Portland Attend every Thursday, 9/22 to 12/8, from 6:00 to 7:00 PM.

## ■ TOPS: Take Off Pounds Sensibly



Join the TOPS weight-loss group to get support and learn healthy eating and cooking habits. Free!\*

Portland Attend Mondays, from 6:30 to 7:30 PM.

\*FHC will pay the \$26 yearly membership fee for clinic patients and staff. Non-patients must pay their own membership fee.

## ■ Child Passenger Safety Program



Infant car seats for newborns 5 to 22 pounds. Available to FHC prenatal patients only. Cost: \$15.  
Convertible car seats for toddlers up to 50 pounds. Available to FHC pediatric patients only. Cost: \$15.  
Booster seats for children 40 pounds and up. Free!  
Bike helmets for children, teens, and adults. Cost: \$5.

All clinics By appointment.

Kentucky state law requires children under 40 inches tall to ride in a child passenger restraint (car seat). Children under 50 inches tall are required by law to use a booster seat until age 7.

## ■ Diabetes Prevention Program . . . . .

Are you at risk of getting diabetes? (High blood sugar? Parent or sibling with diabetes? Overweight?) This program is proven to lower your risk! Learn to keep track of your eating and earn a free 12-week YMCA membership. FHC patients only. One-time cost: \$10.

Portland Attend every Thursday, 8/25 to 12/15, from 5:30 to 6:30 PM.

Portland Attend every Tuesday, 10/4 to 1/17, from 5:30 to 6:30 PM.

## ■ Diabetes Class / Class sobre Diabetes

Do you have diabetes? Learn how to take care of your health by eating the right foods, exercising, checking your blood sugar, and using medication. Free!

Portland (AM classes) Attend Monday 7/11, 8/8, 9/12, 10/10, 11/7, or 12/5, from 9:00 to 11:00 AM.

Portland (PM classes) Attend Tuesday 7/19 and 7/26, at 5:30 PM.

Portland (En español) Asista el martes 8/23 y el 8/30 a las 5:30 PM.

East Broadway Attend Monday 7/28, 8/22, 9/19, 10/17, 11/14, or 12/12, from 9:00 to 11:00 AM.

Iroquois Attend Wednesday 7/27, 8/17, 9/21, 10/19, 11/16, or 12/7, from 9:00 to 11:00 AM.

Fairdale Attend Thursday 7/14, 8/11, 9/15, 10/13, 11/10, or 12/8, from 9:00 to 11:00 AM.

Southwest\* Attend Friday 7/29, 8/12, 9/16, 10/14, 11/11, or 12/9, from 9:00 to 11:00 AM.

Americana\* Attend Tuesday 7/12, 8/9, 9/13, 10/11, 11/8, or 12/6, from 9:00 to 11:00 AM.

Phoenix Attend Tuesday 7/26, 8/16, 9/20, 10/18, 11/15, or 12/13, from 9:00 to 11:00 AM.

\*Southwest class is taught in the Southwest Government Center, 7219 Dixie Highway, room 105; Americana class is taught in the Americana Community Center library, 4801 Southside Drive, 2<sup>nd</sup> floor.

## ■ Living Well Workshop . . . . .

Do you have diabetes, arthritis, high blood pressure, asthma, pain, depression, or any other ongoing health problems? Learn how to manage your condition and earn a free 8-week YMCA membership! Free!

Portland Attend every Wednesday, 9/14 to 10/19, from 5:30 to 8:00 PM.

Portland Attend every Tuesday, 9/27 to 11/1, from 5:30 to 8:00 PM.

To sign up for any of these classes, call Kristin: 772-8588

Para inscribirse en cualquiera de estas clases, llame a Kristin: 772-8588