

Health & Wellness Schedule

DIABETES: SELF-MANAGEMENT SERIES

Taught by Certified Diabetes Educators. Attendance at all sessions in a series is strongly encouraged. Please arrive 15 minutes early for the first class. **Registration required.**

East Government Center

200 Juneau Drive - Tuesdays, 1:00 - 3:30 pm

- Feb. 1 Diabetes Types, High & Low Blood Sugar, Sick Days
- Feb. 8 Diet & Exercise
- Feb. 15 Diabetes Pills & Insulin, Preventing Complications I
- Feb. 22 Preventing Complications II, Foot & Skin Care, Glucose Monitoring & Standards of Care

Southwest Regional Public Library

10375 Dixie Hwy. - Tuesdays, 1:00 - 3:30 pm

- March 8 Diabetes Types, High & Low Blood Sugar, Sick Days
- March 15 Diet & Exercise
- March 22 Diabetes Pills & Insulin, Preventing Complications I
- March 29 Preventing Complications II, Foot & Skin Care, Glucose Monitoring & Standards of Care

Douglass Community Center

2305 Douglass Blvd. - Mondays, 5:00 - 7:00 pm

- April 4 Diabetes Types, High & Low Blood Sugar, Sick Days
- April 11 Diet & Exercise
- April 18 Diabetes Pills & Insulin, Preventing Complications I
- April 25 Preventing Complications II, Foot & Skin Care, Glucose Monitoring & Standards of Care

DIABETES MINI-CLASSES

For people who have diabetes and their family and/or caretakers. **No charge to attend and no registration is required.**

Douglass Community Center

2305 Douglass Blvd. - 2nd Thursday of Every Month
5:00 to 6:30 pm

January 13, February 10, March 10, and April 14

LIVING FUN AND FIT WITH DIABETES

Cook up some fun in this class! Learn about healthy cooking methods and some new recipe ideas! **Registration required.**

Shawnee Community Center

607 S. 37th St. - 1st Tuesday of every month: 12:00 - 1:00 pm
January 4, February 1, March 1, and April 5

DIABETES BASICS/Datos Básicos de la Diabetes

Family Health Center Portland - 2215 Portland Ave.

- Thursday, January 20 - 5:30 - 7:00 pm
- Tuesday, February 15, 5:30 - 7:30 pm (en español)
- Asista 2/15 de la 5:30 a las 7:30 pm**
- Thursday, March 24, 5:30 - 7:00 pm
- Tuesday, April 12, 5:30 - 7:30 pm (en español)
- Asista 4/12 de la 5:30 a las 7:30 pm**

NUTRITION BASICS / Principios de nutrición

Family Health Center Portland - 2215 Portland Ave.

- Thursday, January 27 - 5:30 - 7:00 pm
- Tuesday, February 22, 5:30 - 7:30 pm (en español)
- Asista 2/22 de la 5:30 a las 7:30 pm**
- Thursday, March 31, 5:30 - 7:00 pm
- Tuesday, April 19, 5:30 - 7:30 pm (en español)
- Asista 4/19 de la 5:30 a las 7:30 pm**

All Classes are FREE. Phone 574-6663

ACTIVE STEPS FOR DIABETES

A FREE Innovative 9-week Program

For people with Type 2 Diabetes who have trouble exercising due to pain or fatigue

WHEN: Tuesdays & Thursdays beginning Jan. 18 through March 17 from 11:30 am - 1:00 pm.

WHERE: Park DuValle Community Health Center, 3015 Wilson Ave. Advance registration required. Call 574-6663



LIVING WELL WORKSHOPS

Do you have diabetes, arthritis, asthma, heart or lung disease, high blood pressure, cancer, pain, depression, or other on-going health conditions?

The Living Well Workshop is a chronic disease self-management program where you can get support and learn how to manage your condition. Workshops meet once a week for 6 weeks. Participants who complete the workshop get a free 8-week membership to the YMCA of Greater Louisville!

Workshops will be offered at various locations in Winter/Spring 2011. For more information and to register for the Living Well Workshop, call (502) 852-1804.

EXERCISE CLASSES

No charge to attend and no registration required for any of these classes. Please note classes at area Community Centers only run from January 3rd to March 12th.

Tai Chi Classes

Public Health & Wellness
400 E. Gray St. - FORUM
Mondays & Wednesdays, 5:30 - 7 pm

Low Impact Aerobics

Public Health & Wellness
400 E. Gray St. - FORUM
Tuesdays & Thursdays, 5 pm

Mixed Aerobics

Chestnut Street YMCA
930 W. Chestnut St.
Mondays, 12 pm

Yoga

Shelby Park Community Center
600 E. Oak St. • Mondays, 6 - 7 pm



Zumba

South Louisville Community Center
2911 Taylor Blvd. • Mondays, 6 - 7 pm

Cyril Allgeier Community Ctr.
4101 Cadillac Ct. • Tuesdays, 11 am - 12 pm

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4101 Cadillac Ct. • Tuesdays, 12 - 1 pm

Chestnut Street YMCA
930 W. Chestnut St. • Fridays, 12 pm

Kickboxing

Newburg Community Center
4810 Exeter Ave. • Tuesdays, 5:30 - 6:30 pm

California Community Center
1600 W. St. Catherine • Sat., 10:30 - 11:30 am

Parkhill Community Center
1703 S. 13th St. • Saturdays, 12 - 1 pm

Cross Training

Shawnee Community Center
607 S. 37th St. • Mondays, 6 - 7 pm

Baxter Community Center
1125 Cedar Ct. • Tuesdays, 6 - 7 pm

Portland Community Center
640 N. 27th St. • Tuesdays, 6 - 7 pm

South Louisville Community Center
2911 Taylor Blvd. • Wednesdays, 6 - 7 pm

Cyril Allgeier Community Center
4101 Cadillac Ct. • Thursdays, 11 am - 12 pm

Cyril Allgeier Community Center
4101 Cadillac Ct. • Thursdays, 12 - 1 pm

Newburg Community Center
4810 Exeter Ave. • Thursdays, 5:30 - 6:30 pm

Baxter Community Center
1125 Cedar Ct. • Thursdays, 7 - 8 pm

Southwick Community Center
3621 Southern Ave. • Fridays, 6 - 7 pm

Shawnee Community Center
607 S. 37th St. • Saturdays, 10 - 11 am





Cooper Clayton Smoking Cessation Programs

This highly successful program provides 13 one-hour sessions that combine nicotine replacement therapy with group support. **Classes are free.** Phone 574-STOP (7867) to register.

- January 4, 2011 Tuesdays 5:30 - 6:30 pm**
Norton Suburban Hospital, Medical Plaza II
3rd Floor Conference Room, 3991 Dutchmans Ln.
- January 4, 2011 Tuesdays 6:00 - 7:00 pm**
Jewish Medical Center South,
1905 W Hebron Lane, Shepherdsville, KY
- January 10, 2011 Mondays 11:30 am - 12:30 pm**
Norton Suburban Hospital, Medical Plaza II,
3991 Dutchmans Ln., 3rd Floor, Joan Riehm Conference Room
- January 11, 2011 Tuesdays 2:00 - 3:00 pm**
Bullitt County Health Department,
181 Lee Valley Rd., Shepherdsville, KY
- January 12, 2011 Wednesdays 11:00 am - 12:00 pm**
Norton Suburban Hospital, Medical Plaza II, Suite 400,
Cancer Prevention & Resource Center, 3991 Dutchmans Ln.
- January 13, 2011 Thursdays 6:00 - 7:00 pm**
Family Health Center Portland, 2215 Portland Ave.

- January 19, 2011 Wednesdays 6:00 - 7:00 pm**
Oldham County Health Department, 1786 Commerce Pkwy.,
LaGrange, KY 40031
- January 21, 2011 Fridays 12:00 - 1:00 pm**
Kentucky Cancer Program, James Graham Brown Cancer Center,
Mint Jubilee, 529 S. Jackson St., 1st floor
- March 24, 2011 Thursdays 12:00 - 1:00 pm**
Louisville Metro Public Health & Wellness, 400 E. Gray Street
- April 4, 2011 Mondays 12:00 - 1:00 pm**
Park DuValle Community Health Center, 3015 Wilson Ave.
- April 7, 2011 Thursdays 6:00 - 7:00 pm**
Family Health Center Portland, 2215 Portland Ave.
- May 13, 2011 Fridays 12:00 - 1:00 pm**
Kentucky Cancer Program, James Graham Brown Cancer Center,
Mint Jubilee, 529 S. Jackson St., 1st floor
- June 30, 2011 Thursdays 6:00 - 7:00 p.m.**
Family Health Center Portland, 2215 Portland Ave.

So you want to quit using tobacco products?
Here are more options:

Kentucky's Tobacco Quit Line
1-800-QUIT NOW (1-800-784-8669)
A multi-language toll-free number that provides Kentuckians with support, information, and referrals.

www.becomeanex.org

Instead of just throwing your cigarettes out one morning and trying to stop smoking, you can use the free EX quit smoking plan to prepare yourself by "re-learning life without cigarettes."

Breastfeeding Class Call 574-5279 to reserve a space!

All classes are FREE! Learn how to be successful at breastfeeding. Dates and times are subject to change. A reminder call/card will be sent out to remind attendees.

DIXIE HEALTH CENTER (English)

7219 Dixie Highway - Tuesday's - 2:00 to 3:30 pm
Jan 5, Feb 2, Mar 2, Apr 6, May 4, Jun 1
Call to schedule appointment - 744-1242 (Shannon)

NEIGHBORHOOD PLACE EAST (English)

810 Barret Avenue - Tuesday's - 1:30 to 3:00 pm
Jan 7, Feb 4, Mar 4, Apr 1, May 6, Jun 3
Call to schedule appointment - 541-2569 (Jenell)

NEWBURG HEALTH CENTER (English)

4810 Exeter Avenue - Friday's - 3:00 to 4:30 pm
Jan 14, Feb 11, Mar 11, Apr 8, May 13, Jun 10
Call to schedule appointment - 544-3405 (Kallie)

BRIDGES OF HOPE NEIGHBORHOOD PL (English)

1411 Algonquin Parkway - Wednesday's - 10:30 to 12:00 pm
Dec 15, Jan 19, Feb 16, Mar 16, Apr 20, May 18, Jun 15
Call to schedule appointment - 544-3405 (Kallie)

NEIGHBORHOOD PLACE SOUTH CENTRAL

4255 Hazelwood Avenue - Monday's (English) 5:00 to 6:30 pm
Jan 10, Feb 14, Mar 14, Apr 11, May 9, Jun 13
Call to schedule appointment - 744-1242 (Shannon)

L & N NEIGHBORHOOD PLACE (English)

908 West Broadway - Wednesday's - 1:30 to 3:30 pm
Jan 12, Feb 9, Mar 9, Apr 13, May 11, Jun 8
Call to schedule appointment - 541-2569 (Jenell)

MIDDLETOWN HEALTH CENTER (English)

200 Juneau Drive - Thursday's - 5:00 to 6:30 pm
Jan 13, Feb 10, Mar 10, Apr 14, May 12, Jun 9
Call to schedule appointment - 744-1284 (Renee)

FAMILY HEALTH CENTER FAIRDALE (English)

1000 Neighborhood Place - Wednesday's - 10:30 to 12:00 pm
Dec 15, Jan 19, Feb 16, Mar 16, Apr 20, May 18, Jun 15
Call to schedule appointment - 744-1284 (Renee)

FAMILY HEALTH CENTER PORTLAND (English)

2215 Portland Avenue - Friday's - 2:30 to 4:00 pm
Jan 14, Feb 11, Mar 11, Apr 8, May 13, Jun 10
Call to schedule appointment - 551-4384 (Nina)

Community Evening Classes

BABIES R US 4623 Shelbyville Road
Tuesday's 6:30pm to 8:30 pm
Call for dates 502-896-9994 Ext. 4 Baby Registry

Mammograms

By U of L Hospital, James Graham Brown Cancer Center For women 40 yrs and over. No cost to program eligible women without Insurance. If you have Insurance, Medicare, or Medicaid, U of L Hospital will bill that agency

Sponsored by: Louisville & Jefferson County Partnership in Cancer Control

December 17th Sun Valley Comm. Ctr. 8:30am - 3:30pm
6505 Bethany Lane (40272) - Scheduling # - 852-6318 (Kentucky Cancer Program)

January 11th Hillebrand House 8:30am - 3:30pm
1235 South 3rd Street (40203) - Scheduling # - 636-1453

January 15th Antioch Baptist Church 8:30am - 3:30pm
3315 Dixie Hwy. (40216) - Scheduling # - 386-1271

