

**Louisville Metro Department of Public Health & Wellness
 Health & Wellness Class Schedule
 January - April 2010**

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.

Southwest Regional Public Library

10375 Dixie Hwy.

Thursdays, 1:00 - 3:30 pm

February 4 - Diabetes Types, High & Low
 Blood Sugar, Sick Days

February 11 - Diet & Exercise

February 18 - Diabetes Pills & Insulin,
 Preventing Complications I

February 25 - Preventing Complications II,
 Foot & Skin Care, Glucose
 Monitoring & Standards of Care

Fairdale Library

10616 W. Manslick Rd.

Mondays, 5:00 - 7:30 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

Self-Management Series (continued)

Family Health Center - Portland

2215 Portland Ave.

Wednesdays, 1:00 - 3:30 pm

April 7 - Diabetes Types, High & Low
 Blood Sugar, Sick Days

April 14 - Diet & Exercise

April 21 - Diabetes Pills & Insulin,
 Preventing Complications I

April 28 - Preventing Complications II,
 Foot & Skin Care, Glucose
 Monitoring & Standards of Care

Diabetes series is free.

Please call 574-6663 to register.

Diabetes Support Group

*A partnership with the Louisville Metro
 Department of Public Health & Wellness
 Diabetes Program, the Jefferson County
 Cooperative Extension Service, and Park
 DuValle Community Health Center.*

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

No registration required.

Park DuValle Community Health Center

3015 Wilson Ave.

2nd Thursday of every month: 9:30 - 11:00 am

January 14 - Medications: What You Need to Know

February 11 - Winter Soups

March 11 - Dietary Fats: Friend or Foe?

April 8 - Getting the Most Nutrients out of Vegetables.

EXERCISE:

Dept. of Public Health & Wellness

400 E. Gray St. - FORUM

Tai Chi Classes

Mondays & Wednesdays, 5:30 - 7:00 pm

Low Impact Aerobics

Bring your own mat. 25 cents per class.
 Tuesdays & Thursdays, 5:00 - 6:00 pm

**Exercise classes do not require
 registration. All classes are FREE unless
 otherwise stated.**

Visit the Louisville Metro
 Department of Public Health & Wellness
 website:

www.louisvilleky.gov/health

for more information on:

- Diabetes
- Weight Control
- Nutrition
- Heart Health
- Stroke
- High Blood Pressure
- Exercise
- Quitting Smoking

You may also access this class schedule and
 printable health education materials on-line by
 visiting our website.

Did you know?

The beginning of the year is a great time to adopt a healthy life-style. Whether you are new to healthy eating and activity or just need to get back on track, anyone can meet their health and wellness goals. Take small steps and don't try to change everything at once.

- Walk and take the stairs whenever you can.
- Take a few extra laps around stores before starting shopping and park your car in the back of the lot.
- Stay hydrated with plenty of calorie free beverages.
- If you don't get the recommended amounts of fruits and vegetables, start by packing a piece of fruit everyday and have at least one vegetable with lunch and dinner.
- Be sure to schedule your check up at the doctor.

Please help us keep our mailing list current by calling (502) 574-6663 or e-mailing Erin.VanGundy@louisvilleky.gov if your contact information needs to be added, removed or corrected.

We are now sending our class schedule via e-mail.

If you would like to receive our information electronically, please contact us.

Health Calendar:

January - Glaucoma Awareness Month
February - American Heart Month
March - National Nutrition Month
April - Public Health Week (5-11)

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. A small registration fee covers the workshop and textbook.

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 Spring 2010.

For more information and to register for the Living Well Workshop, call (502) 852-1804.

Department of Public Health and Wellness services are provided without discrimination on the basis of race, color, disability, national origin, gender, sexual orientation, age or religion.

Louisville Metro Public Health & Wellness
Health & Wellness Class Schedule
400 E. Gray Street
Louisville, KY 40202



**HEALTH &
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**JANUARY -
APRIL
2010**

(502) 574-6663

