



# Health Education Schedule

JANUARY TO JUNE 2010

## Family Health Centers

www.fhclouisville.org

### ■ Aerobic Exercise Class . . . . .

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



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| Portland | Offered Mondays, Tuesdays, and Wednesdays, 5:00 to 6:00 PM. |
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### ■ Cooper-Clayton Stop Smoking Class .

Would you be better off as a non-smoker? Join this 13-week class to get support from other smokers as you quit. Free NicodermCQ nicotine patches provided!



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| Portland I  | Attend every Thursday evening, January 14 <sup>th</sup> to April 8 <sup>th</sup> , 6:00 to 7:00 PM. |
| Portland II | Attend every Thursday evening, April 8 <sup>th</sup> to July 1 <sup>st</sup> , 6:00 to 7:00 PM.     |

### ■ TOPS: Take Off Pounds Sensibly

Want to lose weight? Join the TOPS weekly weight-loss group to get support and learn how to keep track of your eating. Cost: 50 cents/week.\*

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| Portland | Attend Monday evenings, 6:00 to 7:00 PM. |
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\*FHC will pay the \$26 yearly membership fee for clinic patients and staff. Non-patients pay their own membership fee.

### ■ Living Well Workshop . . . . .

Do you have diabetes, arthritis, depression, or other on-going health problems? Learn how to manage your condition and earn a free 8-week YMCA membership! One-time cost: \$15 (\$10 in advance).



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| Portland | Attend every Wednesday evening, March 3 <sup>rd</sup> to April 7 <sup>th</sup> , 5:30 to 8:00 PM.     |
| Fairdale | Attend every Friday morning, March 12 <sup>th</sup> to April 16 <sup>th</sup> , 10:00 AM to 12:30 PM. |

### ■ Diabetes Prevention Program . . . . .

Are you at high risk of diabetes? (Overweight? High blood sugar? Parent or sibling with diabetes? Over age 45? High blood pressure or cholesterol?) Join this proven weekly program to lower your risk. Learn to keep track of eating and earn a free 12-week YMCA membership! FHC patients only. One-time cost: \$10.

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| Portland I  | Attend every Tuesday evening, March 2 <sup>nd</sup> to June 29 <sup>th</sup> , 5:00 to 6:00 PM.    |
| Portland II | Attend every Thursday afternoon, May 6 <sup>th</sup> to August 26 <sup>th</sup> , 1:00 to 2:00 PM. |

### ■ Yoga Class . . . . .

Try yoga for stretching and relaxation. Classes taught by Eternal Health Yoga. Yoga mats provided. Ages 14 and up. Beginners welcome! Cost: \$1 per class.

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| Portland | Offered Thursdays, 5:00 to 6:00 PM. |
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### ■ Child Passenger Safety Program . . . . .

Car seats for newborns (at least 5 lbs) and toddlers (under 50 lbs). Available to FHC prenatal and pediatric patients only. Cost: \$15.



Booster seats for children 40 lbs. and up. Free!

Bike helmets for children, teens, and adults. Cost: \$8.

Car seat check-ups – bring your car seat and learn how to install it correctly. Free!

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| All clinics | By appointment. |
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Kentucky state law requires children under 40 inches tall to be in a child passenger restraint (car seat). Children under 50 inches tall are required to use a booster seat until age 7.

### ■ Diabetes Self-Management Series . . . . .

Learn how to take care of your diabetes by eating right, exercising, monitoring blood sugar, taking medication, foot/skin care, and preventing complications. Free!

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| Portland | Attend every Wednesday afternoon, April 7 <sup>th</sup> to April 28 <sup>th</sup> , 1:00 to 3:30 PM |
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### ■ Diabetes Management Class . . . . .

Learn about eating well, exercise, and taking medication to stay healthy with diabetes. Free!

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| Portland      | Attend 1/11, 2/8, 3/15, 4/19, 5/17, or 6/14 at 9:00 AM.  |
| East Broadway | Attend 1/25, 2/22, 3/22, 4/26, 5/24, or 6/21 at 9:00 AM. |
| Iroquois      | Attend 1/27, 2/24, 3/24, 4/28, 5/26, or 6/23 at 9:00 AM. |
| Fairdale      | Attend 1/21, 2/18, 3/18, 4/22, 5/20, or 6/17 at 9:00 AM. |
| Southwest*    | Attend 1/22, 2/19, 3/19, 4/23, 5/21, or 6/18 at 9:00 AM. |
| Americana     | Attend 1/19, 2/16, 3/16, 4/20, 5/18, or 6/15 at 9:00 AM. |
| Phoenix       | Attend 1/26, 2/23, 3/23, 4/27, 5/25, or 6/22 at 9:00 AM. |

\*Southwest diabetes class is taught at the Southwest Government Center, 7219 Dixie Highway, room 105.

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