



Family Health Centers

www.fhclouisville.org

Health Education Schedule

JULY TO DECEMBER 2008

■ *Weight Control Series*

Topics: meal planning, grocery tips, cooking light, and eating on the go. Taught by a Dietician. Free!

Portland Attend every Tuesday, 6:30 to 8:30 PM, July 8th to July 29th.

■ *TOPS: Take Off Pounds Sensibly*

Want to lose weight? Join the TOPS weekly weight-loss support group. Cost: 50 cents/week.*

Portland Attend every Thursday evening (weigh-in: 6:00 PM; meeting: 6:30 PM).

*FHC will pay the \$24 yearly membership fee for clinic patients and staff. Non-patients pay their own membership.

■ *Jazzercise Class*

Get moving to improve your health and lose weight! A fun workout for all abilities. Ages 14 & up. Beginners welcome! Cost: \$1/class or \$7/month.

Portland Offered Mondays, Tuesdays, and Thursdays, 5:00 to 6:00PM; Saturdays, 12:00 to 1:00PM.

■ *Yoga Class*

Try yoga for relaxation and stress relief. Yoga mats available. Beginners welcome! Ages 14 & up. Class provided free by Eternal Health Yoga instructors!

Portland Offered Wednesdays, 5:00 to 6:00 PM starting August 6th.

■ *Living Well Workshop*

Do you have diabetes, arthritis, asthma, cancer, depression, or other on-going health problems? Learn how to manage your condition and earn a free 2-month YMCA membership! Cost: \$15

Portland* Attend Tuesday evenings, September 23rd to October 28th, from 5:30 to 8:00 PM.

Fairdale Attend Friday mornings, September 19th to October 24th, from 10:00 AM to 12:30 PM.

*Portland Living Well Workshop is taught in the Portland Plaza Community Room, 3400 Portland Plaza, 40212.

■ *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!

Portland I Attend every Tuesday evening, July 1st to September 23rd, 5:30 to 6:30 PM.

Portland II Attend every Tuesday evening, September 23rd to December 16th, 5:30 to 6:30 PM.

■ *WeCAN Workshop*

For parents of 7–13 year olds. Help your child eat better and be more active to maintain a healthy weight. Class includes a Parent Handbook, cooking demos, and a chance to talk with other parents. Free!

Portland I Attend every Monday evening, September 8th to September 29th, 6:30 to 7:30 PM.

Portland II Attend every Monday evening, November 10th to December 1st, 6:30 to 7:30 PM.

■ *Diabetes Management Class*

Learn about diabetes and self-management through eating well, exercise, and taking medication. Free!

Portland Attend 9/15, 10/6, 10/20, 11/3, 11/17, 12/1, or 12/15 at 9:00 AM.

East Broadway Attend 9/29, 10/27, 11/24, or 12/22 at 9:00AM.

Iroquois Attend 9/17, 10/22, 11/19, or 12/17 at 9:00AM.

Fairdale Attend 9/18, 10/23, 11/20, or 12/18 at 9:00AM.

Southwest* Attend 9/19, 10/24, 11/21, or 12/19 at 9:00AM.

Phoenix Attend 9/30, 10/28, 11/25, or 12/23 at 9:00AM.

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

■ *Car Seat Safety Class*

Car seats are provided and can be used for newborns up to toddlers weighing 50 lbs. Cost: \$15.

Portland By appointment.

Iroquois Attend 8/11, 9/8, 10/13, 11/10, or 12/8 at 9:00 AM.

Fairdale Attend 8/12, 9/9, 10/14, 11/11, or 12/9 at 1:00 PM.

FHC also has FREE booster seats (children 40–80 lbs.) and \$8 bike helmets (toddlers to adults). Call for information.

■ *Family Planning Class*

Learn about birth control and STDs. Free!

Portland By appointment.

East Broadway By appointment.

Iroquois Attend the 1st Friday or 1st or 3rd Wednesday of every month at 3:00 PM.

Fairdale Attend the 1st or 3rd Monday of every month at 3:00 PM.

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