

Health Education Programs

JANUARY TO JUNE 2017



■ ZUMBA® Aerobics Class

Have fun and get in shape! Beginners welcome! Ages 14 and up. Cost: \$1.



| | |
|---------------|---|
| Portland | Offered Mondays, Tuesdays, Wednesdays, and Thursdays, 5:00 to 6:00 PM. |
| East Broadway | Offered Mondays and Wednesdays, 6:00 to 7:00 PM. Offered Saturdays, 10:00 to 11:00 AM. |

■ Yoga Class

Relax, stretch, and strengthen your muscles. Yoga mats provided. Beginners welcome! Ages 14 and up. Cost: \$1.



| | |
|---------------|-------------------------------------|
| Portland | Offered Thursdays, 6:15 to 7:15 PM. |
| East Broadway | Offered Tuesdays, 6:00 to 7:00 PM. |

■ Freedom From Smoking® Class

Would you be better off as a non-smoker? Get the support and tools you need to quit. Free!



| | |
|---------------|---|
| East Broadway | Attend every Monday, 2/6 to 3/20, 12:00 to 1:30 PM. |
| Portland | Attend every Tuesday, 2/7 to 3/21, 11:00 AM to 12:30 PM. |
| Portland | Attend every Monday, 2/13 to 3/27, 6:00 to 7:30 PM. |
| East Broadway | Attend every Tuesday, 2/21 to 4/4, 5:30 to 7:00 PM. |
| Fairdale | Attend every Wednesday, 3/22 to 5/3, 11:30 AM to 1:00 PM. |
| Iroquois* | Attend every Monday, 3/27 to 5/8, 2:00 to 3:30 PM. |
| East Broadway | Attend every Monday, 4/10 to 5/22, 12:00 to 1:30 PM. |
| Portland | Attend every Tuesday, 4/11 to 5/23, 11:00 AM to 12:30 PM. |
| East Broadway | Attend every Tuesday, 5/16 to 6/27, 5:30 to 7:00 PM. |
| Portland | Attend every Monday, 6/5 to 7/17, 6:00 to 7:30 PM. |

*Meets at the Iroquois Library, 601 W. Woodlawn Ave. 40215.

MORE RESOURCES TO STOP SMOKING

- Freedom From Smoking at other locations: call 574-7867.
- One-on-one counseling: ask for a referral to Behavioral Health.
- Phone counseling: call 1-800-QUIT-NOW (1-800-784-8669).
- Online help: go to www.quitnowkentucky.org.
- Ask your provider for a prescription for nicotine replacement products or other medicines to help you quit.

■ Healthy Living Club

Get the support you need to eat better, get active, and lose weight. Earn healthy tools. Free!

| | |
|----------|-----------------------------------|
| Portland | Offered Mondays, 6:00 to 7:00 PM. |
|----------|-----------------------------------|

■ Meet the Dietician

Do you need help losing weight? Or staying healthy with a chronic condition like diabetes or high blood pressure? Meet with the dietician! Learn what to eat, how to follow a meal plan, and more. Sign up for one-on-one help before or after class. Earn healthy tools. Free!

| | |
|----------|---|
| Portland | Attend Monday, 1/30, 4/10, 4/24, 5/8, 5/22, 6/12, or 6/26, 10:00 to 11:30 AM. |
|----------|---|

■ Crockpot Cooking Class

Learn about healthy eating and try crockpot recipes. Attend both dates and earn a crockpot. Free!



| | |
|----------|---|
| Fairdale | Offered Tuesday 3/7 and 3/14, 11:00 AM to 12:30 PM. |
|----------|---|

■ Cooking Matters Class

Learn about healthy eating, cook in class, and take home a bag of groceries each week. Free!*



| | |
|---------------|--|
| Portland | Attend every Wednesday, 1/11 to 2/15, 1:30 to 3:30 PM. |
| East Broadway | Attend every Thursday, 2/23 to 3/30, 1:30 to 3:30 PM. |
| Portland | Attend every Tuesday, 4/11 to 5/16, 6:00 to 8:00 PM. |

*Must be eligible for WIC, food stamps, free/reduced lunch, food pantry, or other food assistance to attend.

■ Diabetes Prevention Program

Are you at risk of diabetes? Learn to eat better, get active, and lose weight to lower your risk. Earn a 12-week YMCA membership. Cost: varies.*



| | |
|---------------|---|
| Portland | Attend every Wednesday, 5:30 to 6:30 PM, starting 4/12. |
| East Broadway | Attend every Thursday, 12:00 to 1:00 PM, starting 5/11. |

*Cost is based on income and family size. Must meet health risk eligibility requirements.

To sign up for any of these programs, call 772-8588

Para más información, llame 772-8588

■ *Living Well Workshop*

Do you have diabetes, high blood pressure, pain, asthma, arthritis, depression, or other ongoing health problems? Want to feel better and be healthier, but having a hard time getting started? You need this program! Get support and learn how to manage your health. Earn an 8-week YMCA membership. Free!



| | |
|---------------|--|
| Portland | Attend every Tuesday, 2/21 to 3/28, 6:00 to 8:30 PM. |
| Portland | Attend every Friday, 2/24 to 3/31, 10:00 AM to 12:30 PM. |
| East Broadway | Attend every Monday, 3/13 to 4/17, 2:30 to 5:00 PM. |
| East Broadway | Attend every Tuesday, 4/11 to 5/16, 5:30 to 8:00 PM. |
| Fairdale | Attend every Tuesday, 4/18 to 5/23, 1:00 to 3:30 PM. |
| Portland | Attend every Friday, 5/12 to 6/16, 10:00 AM to 12:30 PM. |
| Portland | Attend every Thursday, 5/18 to 6/22, 6:00 to 8:30 PM. |

■ *Hypertension Management Class*

Do you have high blood pressure? Learn how to track your blood pressure and manage your health. Receive a blood pressure cuff, earn healthy tools, and be entered to win door prizes. Free!*

| | |
|---------------|---|
| Portland | Starts Fall 2017 – call for more information. |
| East Broadway | Starts Fall 2017 – call for more information. |

*Must be FHC patient to attend.

■ *Diabetes Management Appt.*

Do you have diabetes? Is your blood sugar too high? Make a one-on-one appointment with our Certified Diabetes Educator (CDE) or Clinical Pharmacists. Learn how to test your blood sugar, use your medicine, eat the right foods, and more. Earn a goody bag with healthy snacks, diabetic socks, measuring cups, and more. Free!*

| | |
|------------------------|--|
| Portland CDE | Offered Mondays, Tuesdays, Wednesdays, and Fridays. |
| East Broadway CDE | Offered Thursdays. |
| Iroquois CDE | Offered the 2 nd and 4 th Tuesday afternoon of each month. |
| Americana CDE | Offered the 2 nd and 4 th Tuesday morning of each month. |
| Portland PHARMACY | Ask health provider for referral. |
| East Broadway PHARMACY | Ask health provider for referral. |

*Must be FHC patient to attend.

■ *Diabetes Management Class*

Do you have diabetes? Is your blood sugar too high? Learn how to test your blood sugar, use your medicine, eat the right foods, and more. Earn a goody bag with healthy snacks, diabetic socks, measuring cups, and more. Free!

| | |
|----------|--|
| Portland | Attend Monday 1/23, 2/20, 3/20, 4/17, 5/15, or 6/19, 9:00 to 11:00 AM. |
| Portland | Attend Wednesday 1/4, 2/1, 3/1, 4/5, 5/3, or 6/7, 5:30 to 7:30 PM. |
| Fairdale | Attend Monday 1/30, 2/27, 3/27, 5/22, or 6/26, 1:30 to 3:30 PM. |

To sign up for any of these programs, call 772-8588

Para más información, llame 772-8588

Additional help from: Eternal Health Yoga, 502 Power Yoga, Louisville Metro Dept. of Public Health and Wellness, American Lung Association, Aetna, Dare to Care, YMCA of Greater Louisville, Stanford University, Kentucky Dept. of Public Health, KIPDA, University of Louisville Dept. of Neurology

Do you need a doctor?

Family Health Centers welcomes new patients!

We offer care for adults, pediatric care, women's health, prenatal care, behavioral health, lab and x-ray, dental care, pharmacy, health insurance help, and more.

We accept most health insurance, including Medicaid, Medicare, and private insurance. We also see patients with no health insurance.

Check out our website and patient portal!

www.fhclouisville.org

follow us on
twitter



Find us on
Facebook

Family Health Centers, Inc. locations

- PORTLAND: 2215 Portland Ave. 40212
- EAST BROADWAY: 834 E. Broadway 40204
- IROQUOIS: 4100 Taylor Blvd. 40215
- FAIRDALE: 1000 Neighborhood PI. 40118
- SOUTHWEST: 9702 Stonestreet Rd. Ste. 220 40272
- AMERICANA: 4805 Southside Dr. 40214
- PHOENIX: 712 E. Muhammad Ali Blvd. 40202

Prenatal & Family Programs

JANUARY TO JUNE 2017



Fathers and birth partners are encouraged to attend all programs!

■ Baby Shower

Welcome, baby! Games, cake, and door prizes. Free!



East Broadway Attend Wednesday 1/25 or 4/12, 1:00 to 2:30 PM.

Americana* TBD – call for more information.

*Meets at the Americana Community Center, 4801 Southside Dr.

■ Healthy Pregnancy

Learn how your baby grows and what to expect in pregnancy. Earn diapers and door prizes. Free!

East Broadway Attend Wednesday 2/1 or 4/19, 1:00 to 3:00 PM.

■ Healthy Journey for Two

Learn about healthy choices to have a healthy pregnancy and baby. Earn a gift card and door prizes. Free!



East Broadway Attend Friday 1/13, 2/3, 3/3, 5/5, or 6/9, 10:00 AM to 12:00 PM.

For classes at other locations, call 341-5400.

■ Prepared Childbirth

Learn what to expect during labor, options for coping, and parenting basics. Dinner provided. Earn diapers and door prizes. Free!

East Broadway Attend Thursdays, 2/9, 2/23, 3/9, and 3/23, 5:30 to 8:30 PM.

East Broadway Attend Thursdays, 4/27, 5/11, 5/25, and 6/8, 5:30 to 8:30 PM.

■ Breastfeeding Basics

Learn benefits of breastfeeding, how to get started, positions, and more. Earn diapers and door prizes. Free!



East Broadway Attend Wednesday 3/29 or 6/14, 1:00 to 3:00 PM.

- ▶ For prenatal classes at other locations, call 772-8588.
- ▶ To connect with family resources, call 211.
- ▶ For healthy pregnancy tips, text "BABY" to 511411.
- ▶ Ask your Medicaid provider about gift cards and other incentives for completing prenatal visits.

■ Arts in Play Family Playgroup

For parents and children 0 to 5 years old. Learn and have fun with your child through music, movement, and more! Free!



East Broadway Offered Thursdays, 10:00 to 11:00 AM.

Americana* Offered Tuesdays, 10:00 to 11:30 AM.

*Meets at the Americana Community Center, 4801 Southside Dr.

■ 5-2-1-0 Healthy Kids!



- Eat **5** servings of fruits and vegetables every day.
- Spend **2** hours or less on screen time daily.
- Enjoy **1** hour or more of physical activity daily.
- Have **0** sugary drinks daily.

Make a one-on-one appointment with our Health Educator. Learn about healthy eating, being active, and getting the whole family involved. Get referrals to programs to help you and your child maintain a healthy weight. Earn healthy tools. Free!

All locations By appointment.

■ Family Cooking Matters Class

For parents and children 5 to 13 years old. Cook in class, learn about healthy eating, and take home a bag of groceries each week. Free!*

East Broadway Attend every Thursday, 4/20 to 6/1, 5:30 to 7:30 PM.

*Must be eligible for WIC, food stamps, free/reduced lunch, food pantry, or other food assistance to attend. One child per family.

■ Smoke-Free Family

Get the support and tools you need to quit – for you, for your baby, for your family. Free!



PREGNANT WOMEN

- To enroll in Baby and Me Tobacco Free, call 574-6541.
- For phone counseling, call 1-800-QUIT-NOW.

PARENTS AND GUARDIANS

- To enroll in Freedom From Smoking classes, call 772-8588.
- For phone counseling, call 1-800-QUIT-NOW.
- For online help, go to www.quitnowkentucky.org.
- Ask for a prescription for nicotine replacement products or other medicines to use on your own.

To sign up for any of these programs, call 772-8588

Para más información, llame a 772-8588

■ Child Safety Program

Infant car seats for babies who are 4 to 35 pounds. Available to FHC prenatal patients only. Cost: \$20.

Convertible car seats for children up to 65 pounds. Available to FHC pediatric patients only. Cost: \$20.

Booster seats for kids who are 40+ inches tall, 40+ pounds, and 4+ years old. Available to FHC pediatric patients only. Free!

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

Bike helmets for kids, teens, and adults. Cost: \$5.

All locations By appointment.

Kentucky state law requires children 40 inches tall or less to ride in a child passenger restraint (car seat). Children 40 to 57 inches tall are required by law to use a booster seat until age 8.



■ Clases en ESPAÑOL

Clase de embarazo saludable

East Broadway Asista viernes 1/20, 3/10, ó 5/12 de 10:00 AM a 12:00 PM. Obtener una tarjeta de regalo y premios. ¡Gratis!

Trabajo de parto / alumbramiento, lactancia materna y cuidado Infantil, todo en una clase

East Broadway Asista sábado 3/25, de 9:00 AM a 3:00 PM. Refrigerios y premios. ¡Gratis!

Clase de lactancia materna

WIC Llame a Joan al 550-7343 para más información.

5-2-1-0 Niños Saludables

En todas las clínicas Aprender sobre comer sano, estar activo e involucrar a toda la familia. Ganar herramientas saludables. ¡Gratis!

Programa de seguridad infantil

En todas las clínicas Asientos de coche para bebés de 4 a 35 libras. Asientos convertibles de coche para niños de hasta 65 libras. Costo: \$20. Los asientos elevados para niños con más de 40 pulgadas de alto, 40 libras, y al menos 4 años de edad. ¡Gratis! Disponible únicamente a pacientes.

To sign up for any of these programs, call 772-8588

Para más información, llame a 772-8588

Additional help from: Mama to Mama, Centerstone, Norton Healthcare, The Louisville Ballet, Americana Community Center, Dare to Care, Safe Kids Louisville, and Buckle Up for Life

Family Fun and Learning!

Free Public Library www.lfpl.org / 574-1611

- ▶ Year-round and summer reading programs.
- ▶ Story times for babies, toddlers, and families.
- ▶ Homework help for kids and teens.
- ▶ Lists of computer games and apps for age 2+.
- ▶ Free use of TumbleBooks and ABC Mouse.



Metro Parks 456-8100

- ▶ Find parks, playgrounds, pools, community centers, youth sports leagues, and more.

Kentucky Science Center 560-7128

- ▶ Playdates with free admission for kids ages 0-4 and caregivers – call for dates and times.
- ▶ Admission only \$5 on Fridays and Saturdays starting at 5:00 PM (open until 9:00 PM).

Speed Art Museum 634-2700

- ▶ Free admission on Sundays, 12:00 to 5:00 PM.

Metro United Way Ages and Stages 292-6159

- ▶ Learn how to support your child's development and make sure they are on track. Receive free books.

Ready for Kindergarten: At home, On the bus, In the car!

SING the ABCs, The Itsy Bitsy Spider, make up a song!

PLAY hop on one foot; act out something you read

WRITE cut out a shape; use playdough to make letters

READ read 3 books a day; look for letters when out

TALK tell a story; compare sizes, colors, and shapes

Do you need a doctor?

Family Health Centers welcomes new patients!

We offer care for adults, pediatric care, women's health, prenatal care, behavioral health, lab and x-ray, dental care, pharmacy, insurance help, and more.

We accept most health insurance, including Medicaid, Medicare, and private insurance. We also see patients with no health insurance.

Check out our website and patient portal!

www.fhclouisville.org

Family Health Centers locations

- PORTLAND: 2215 Portland Ave. 40212
- EAST BROADWAY: 834 E. Broadway 40204
- IROQUOIS: 4100 Taylor Blvd. 40215
- FAIRDALE: 1000 Neighborhood Pl. 40118
- SOUTHWEST: 9702 Stonestreet Rd. Ste. 220 40272
- AMERICANA: 4805 Southside Dr. 40214
- PHOENIX: 712 E. Muhammad Ali Blvd. 40202