

Health Education Programs

JANUARY TO JUNE 2018



■ Know Your Healthcare Class

Are you confused about your health insurance? Worried about changes to Medicaid and the Affordable Care Act? Learn healthcare tips, health insurance basics, and get your questions answered! Free!



Portland	Attend Wednesday 2/21, 3/21, 4/18, 5/23, or 6/20, 2:30 to 4:00 PM.
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Aetna representative available 2/21 and 3/21 to answer questions.
Passport representative available 4/18 and 5/23 to answer questions.

■ 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.
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East Broadway	Offered Mondays and Wednesdays, 6:00 to 7:00 PM. Offered Saturdays, 10:00 to 11:00 AM.
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Americana*	Offered Thursday 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26, 5/10, 5/24, 6/14, and 6/28, 6:30 to 7:30 PM.
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*Meets at the Americana Community Center, 4801 Southside Dr.
For exercise classes at other locations: (502) 574-6585.

■ 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.
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East Broadway	Offered Tuesdays and Thursdays, 6:00 to 7:15 PM.
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East Broadway	YOGA FOR 12 STEPS RECOVERY Offered Friday 1/26, 2/16, 3/30, 4/27, and 5/25, 11:30 AM to 1:00 PM.
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For yoga classes at other locations: www.kentuckyyogainitiative.org.

■ Meditation Class

Learn how to calm and focus your mind. Beginners welcome! Ages 14 and up. Free!



Portland	Offered Thursday 2/8, 3/8, 4/5, 5/10, and 6/7, 5:30 to 6:00 PM.
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East Broadway	Offered Thursday 1/4, 2/1, 3/1, 4/5, and 5/10, 5:00 to 5:45 PM.
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■ Freedom From Smoking® Class

Would you be better off as a non-smoker? Get the support you need to quit. Some nicotine patches provided. Free!



East Broadway	Attend every Monday, 1/22 to 3/5, 12:00 to 1:30 PM.
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Portland	Attend every Wednesday, 1/24 to 3/7, 12:00 to 1:30 PM.
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Portland	Attend every Monday, 2/5 to 3/19, 6:00 to 7:30 PM.
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Fairdale	Attend every Wednesday, 2/28 to 4/11, 10:00 to 11:30 AM.
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East Broadway	Attend every Tuesday, 3/20 to 5/1, 5:30 to 7:00 PM.
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East Broadway	Attend every Monday, 4/2 to 5/14, 12:00 to 1:30 PM.
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Portland	Attend every Wednesday, 4/25 to 6/6, 12:00 to 1:30 PM.
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Portland	Attend every Monday, 6/4 to 7/16, 6:00 to 7:30 PM.
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MORE RESOURCES TO STOP SMOKING

- Freedom From Smoking at other locations: call (502) 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. Many types are free if you have Medicaid or private health insurance.

■ Living Well Workshop

Do you have diabetes, high blood pressure, pain, asthma, arthritis, depression, or other ongoing health problems? Get support and learn to manage your health. Earn an 8-week YMCA membership. Free!



Portland	Attend every Friday, 2/23 to 3/30, 10:00 AM to 12:30 PM.
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East Broadway	Attend every Tuesday, 2/27 to 4/3, 10:00 AM to 12:30 PM.
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Portland	Attend every Thursday, 3/1 to 4/5, 6:00 to 8:30 PM.
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East Broadway	Attend every Thursday, 3/22 to 4/26, 1:00 to 3:30 PM.
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Fairdale	Attend every Thursday, 4/5 to 5/10, 10:00 AM to 12:30 PM.
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Portland	Attend every Friday, 4/13 to 5/18, 10:00 AM to 12:30 PM.
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Portland	Attend every Wednesday, 5/9 to 6/13, 12:00 to 2:30 PM.
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Call to sign up for any of these programs: (502) 772-8588

Para más información, llame (502) 772-8588

■ Meet the Dietitian Appt.

Do you need help knowing what to eat? Make an appointment with the dietitian! Learn about healthy eating, how to follow a meal plan, and more. Earn healthy tools. Free!



Portland Offered Mondays.

■ Healthy Living Club

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

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

Fairdale Offered Tuesday 1/9, 2/13, 3/13, 4/10, 5/8, and 6/12, 1:00 to 2:00 PM.

■ Cooking Matters Class

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



East Broadway Attend every Tuesday, 1/9 to 2/13, 1:00 to 3:00 PM.

Portland Attend every Wednesday, 1/10 to 2/14, 1:00 to 3:00 PM.

Fairdale Attend every Thursday, 2/22 to 3/29, 1:00 to 3:00 PM.

East Broadway Attend every Tuesday, 4/10 to 5/16, 1:00 to 3:00 PM.

Portland Attend every Thursday, 4/12 to 5/17, 6:00 to 8:00 PM.

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

■ Slow Cooker Class

Learn about healthy eating and slow cooker recipes. Attend the 1-time class and be entered to win a slow cooker; attend the 6-week series and earn a slow cooker. Free!



Portland Attend Wednesday 1/24, 3/28, or 5/23, 10:00 to 11:30 AM.

East Broadway Attend Wednesday 2/21, 4/25, or 6/27, 10:00 to 11:30 AM.

Fairdale Attend every Tuesday, 5/8 to 6/12, 11:00 AM to 12:30 PM.

Portland Attend every Thursday, 5/10 to 6/14, 11:00 AM to 12:30 PM.

■ Diabetes Prevention Program

Are you at risk of diabetes? Join this year-long program to learn to eat healthy, get active, and lose weight to lower your risk. Earn healthy tools and a 12-week YMCA membership. Cost: varies.*



Location and time to be determined.

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

■ Hypertension Management Appt.

Is your blood pressure too high? Make an appointment with our hypertension team! Learn how to track your blood pressure and keep it in control. Receive an automatic blood pressure cuff. Free!*



Portland Offered Tuesdays.

*Must be FHC-Portland patient to attend.

■ Diabetes Management Appt.

Do you have diabetes? Is your blood sugar too high? Make an appointment with our Certified Diabetes Educator (CDE) or Clinical Pharmacist! 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 2nd and 4th Tuesday afternoon of each month.

Americana CDE Offered the 2nd and 4th Tuesday morning of each month.

Portland PHARMACIST Ask your provider for a 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 1/22, 2/19, 3/19, 4/16, 5/21, or 6/18, 9:00 to 11:00 AM.

Portland Attend Wednesday 1/3, 2/7, 3/7, 4/4, 5/2, or 6/6, 6:00 to 8:00 PM.

Fairdale Attend Monday 1/22, 2/26, 3/26, 4/23, 5/21, or 6/25, 1:30 to 3:30 PM.

■ Parkinson's Disease Support

Have Parkinson's Disease or care for someone who does? Learn, get support, and move! Free!

Portland LUNCH AND LEARN Offered Friday 2/9, 4/13, and 6/8, 11:30 AM to 12:30 PM.

East Broadway DANCE WISE Offered Fridays, 1:30 to 2:30 PM.

Offered with support from: Passport Health Plan, Eternal Health Yoga, 502 Power Yoga, Kentucky Yoga Initiative, Louisville Metro Public Health and Wellness, Kentucky Dept. of Public Health, KIPDA, Dare to Care, Aetna Better Health, Nutrition Education Program, YMCA of Greater Louisville, University of Louisville Dept. of Neurology, Dance Wise for Parkinson's

Prenatal & Family Programs

JANUARY TO JUNE 2018



Family Health Centers

■ *Healthy Journey for Two Class*

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

East Broadway Attend Friday 1/19, 2/16, 3/23, 4/20, 5/18, or 6/15, 10:00 AM to 12:00 PM.

For classes at other locations, call (502) 341-5400.

■ *Prenatal Series*

A complete series of classes to help you get ready for your baby. Attend one class or join us for the whole series. Free!

- Meets at FHC-East Broadway from 1:00 to 3:00 PM on the dates listed.
- Fathers and birth partners welcome.
- Snacks, diapers, and door prizes provided.



SERIES 1

Baby Shower Welcome, baby! Games and resources.	2/14
Healthy Pregnancy How baby grows and what to expect in pregnancy.	2/21
What to Expect During Labor How your body gets ready for baby to be born.	2/28
Staying Comfortable During Labor Positions, breathing, and other methods to cope.	3/7
What to Expect at the Hospital Common procedures and your options.	3/14
Postpartum and Newborn Care How to take care of yourself and baby after birth.	3/21
Breastfeeding Basics Benefits of breastfeeding, getting started, positions.	3/28

SERIES 2

Baby Shower Welcome, baby! Games and resources.	4/11
Healthy Pregnancy How baby grows and what to expect in pregnancy.	4/18
What to Expect During Labor How your body gets ready for baby to be born.	4/25
Staying Comfortable During Labor Positions, breathing, and other methods to cope.	5/2
What to Expect at the Hospital Common procedures and your options.	5/9
Postpartum and Newborn Care How to take care of yourself and baby after birth.	5/16
Breastfeeding Basics Benefits of breastfeeding, getting started, positions.	5/23

■ *Prenatal Yoga Class*

Relax, stretch, and strengthen your muscles. Yoga mats provided. Free!

East Broadway Offered Wednesday 2/28, 3/21, 4/25, and 5/16, 3:00 to 4:00 PM.



■ *Mother's Milk Club*

For pregnant and breastfeeding moms and their children. Weigh your baby, ask and answer questions, and talk with other moms. Free!



East Broadway Offered Thursday, 1/25, 3/22, and 5/24, 11:30 AM to 1:00 PM.

Americana* Offered Tuesday, 2/13, 4/10, and 6/12, 11:30 AM to 1:00 PM.

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

■ *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 11:30 AM.

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

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

■ *Yoga Playdate*

For parents and babies 0 to 1 year old. Relax, stretch, and strengthen your muscles while playing with your baby. Yoga mats provided. Free!



East Broadway Offered Tuesday 1/9, 2/13, 3/13, 4/10, and 5/8, 10:00 to 11:00 AM.

■ *5-2-1-0 Family*



- 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.

Ask your provider about programs to help you and your child maintain a healthy weight.

■ *Smoke-Free Family*

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



- Enroll in GIFTS: (502) 303-5663 (for pregnant women).
- Enroll in Freedom From Smoking classes: (502) 772-8588.
- Phone counseling: 1-800-QUIT-NOW.
- Online help: www.quitnowkentucky.org.

- ▶ Get healthy pregnancy tips: text "BABY" to 511411.
- ▶ Connect with local resources: call 211.

- ▶ Get gifts for going to prenatal visits: call your MCO.
- ▶ Sign up for WIC food help: call (502) 574-6676.

■ Child Safety Program

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

Convertible and forward-facing 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

East Broadway	<i>Fiesta de bienvenida del bebé / Baby Shower</i> Asistir el jueves 5/10 de 1:00 a 3:00 PM. Celebra a tu bebe con juegos, pastel y premios. ¡Gratis!
East Broadway	<i>Clase de embarazo saludable</i> Asista viernes 2/23, 4/27, o 6/22 de 10:00 AM a 12:00 PM. Obtener una tarjeta de regalo y premios. ¡Gratis!
East Broadway	<i>Trabajo de parto / alumbramiento, lactancia materna y cuidado Infantil, todo en una clase</i> Asista sábado 5/19, de 9:00 AM a 3:00 PM. Refrigerios y premios. ¡Gratis!
WIC	<i>Clase de lactancia materna</i> Llame a Joan al (502) 550-7343.
En todas las clínicas	<i>Programa de seguridad infantil</i> 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!

To sign up for any of these programs, call (502) 772-8588

Para más información, llame a (502) 772-8588

Additional help from: Centerstone, Mama to Mama, 502 Power Yoga, Kentucky Yoga Initiative, Louisville Metro Public Health and Wellness, The Louisville Ballet, Safe Kids Louisville, Buckle Up for Life, Norton Healthcare

Family Fun and Learning!

Free Public Library www.lfpl.org / (502) 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 (502) 456-8100

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

Kentucky Science Center (502) 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 (502) 634-2700

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

Metro United Way Ages and Stages . . (502) 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 outside

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

Do you need a doctor?

Do you need health insurance?

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.

We help patients sign up for free / low-cost health insurance through Medicaid or the Affordable Care Act.

Check out our website and patient portal!

www.fhclouisville.org



- PORTLAND: 2215 Portland Ave. (502) 774-8631
- EAST BROADWAY: 834 E. Broadway (502) 583-1981
- IROQUOIS: 4100 Taylor Blvd. (502) 366-4747
- FAIRDALE: 1000 Neighborhood Pl. (502) 361-2381