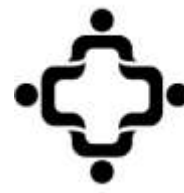


Health Education Programs

JULY TO DECEMBER 2018



Family Health Centers

■ Know Your Healthcare Class

Our health care system is complex. Are you confused about health insurance? Unsure where to go when you are sick? Wondering how changes to the Kentucky Medicaid program may affect you or your family? Learn more about these issues and how to get help. Free!

Portland Attend Wednesday 7/18, 8/15, 9/19, 10/17, 11/14, or 12/12, 2:30 to 4:00 PM.

■ 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, 7/27 to 8/31, 10:00 AM to 12:30 PM.
Portland	Attend every Tuesday, 8/21 to 9/25, 5:30 to 8:00 PM.
East Broadway	Attend every Tuesday, 9/11 to 10/16, 10:00 AM to 12:30 PM.
Portland	Attend every Friday, 10/5 to 11/9, 10:00 AM to 12:30 PM.
Fairdale	Attend every Thursday, 10/11 to 11/15, 10:00 AM to 12:30 PM.

■ Meet the Dietitian Appt.

Do you need help knowing what to eat due to an ongoing health problem? Learn how to improve your symptoms and health. Free!

Portland Offered Mondays and Wednesdays.

■ 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 to lower your risk of heart attack and stroke. Receive an automatic blood pressure cuff. Free!



Portland*	Offered Tuesdays.
West Market*	Offered Tuesdays.
YMCA locations	Call for more information.

*Must be FHC 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. Receive 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.
Phoenix CDE	Offered the 3 rd Tuesday morning of each month.
Portland PHARMACIST	Ask your provider for a referral.
West Market 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. Receive healthy snacks, diabetic socks, measuring cups, and more. Free!

Portland	Attend Monday 7/16, 8/20, 9/17, 10/15, 11/19, or 12/17, 9:00 to 11:00 AM.
Portland	Attend Wednesday 7/11, 8/1, 9/5, 10/3, 11/7, or 12/5, 5:30 to 7:30 PM.
Fairdale	Attend Monday 7/23, 8/27, 9/24, 10/22, 11/26, or 12/10, 1:30 to 3:30 PM.

Call to sign up for any of these programs: (502) 772-8588

Para más información, llame (502) 772-8588

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

■ *Healthy Living Club*

Get the support you need to eat better, be active, and reduce stress. Free!

Fairdale	Offered Tuesday 8/14, 9/11, 10/9, 11/13, and 12/11, 1:00 to 2:00 PM.
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■ *ZUMBA® Aerobics Class*

Have fun and get in shape! Beginners welcome! Ages 14+. 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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■ *Yoga Class*

Relax, stretch, and strengthen your muscles. Yoga mats provided. Beginners welcome! Ages 14+. 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 7/13, 7/27, 8/10, 8/24, 9/14, 9/28, 10/12, 10/26, 11/9, 12/14, and 12/28, 11:30 AM to 1:00 PM.
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For yoga classes at other locations: www.kentuckyyogainitiative.org.

■ *Freedom From Smoking® Class*

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



Portland	Attend every Wednesday, 7/18 to 8/29, 12:00 to 1:30 PM.
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East Broadway	Attend every Tuesday, 7/24 to 9/4, 5:30 to 7:00 PM.
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East Broadway	Attend every Monday, 9/10 to 10/22, 12:00 to 1:30 PM.
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Portland	Attend every Monday, 9/10 to 10/22, 6:00 to 7:30 PM.
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Portland	Attend every Wednesday, 9/26 to 11/7, 12:00 to 1:30 PM.
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East Broadway	Attend every Tuesday, 10/2 to 11/13, 5:30 to 7:00 PM.
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Fairdale	Attend every Wednesday, 10/3 to 11/14, 10:00 to 11:30 AM.
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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.

■ *Healthier Meals, Healthier Me Class*

Learn about healthy eating, meal-planning on a budget, and more. Earn a slow cooker. Free!

Fairdale	Attend every Tuesday, 8/21 to 10/2, 11:00 AM to 12:30 PM.
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Portland	Attend every Thursday, 8/23 to 10/4, 11:00 AM to 12:30 PM.
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■ *Slow Cooker Class*

Learn about healthy eating and how slow cookers make meals easy and delicious. Earn a slow cooker. Free!



East Broadway	Attend Tuesday 8/14 and 8/21, 1:00 to 2:30 PM.
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Portland	Attend Thursday 10/11 and 10/18, 1:00 to 2:30 PM.
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■ *Cooking Matters Class*

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



Portland	Attend every Thursday, 11/1 to 12/13, 6:00 to 8:00 PM.
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East Broadway	Attend every Tuesday, 11/6 to 12/11, 1:00 to 3:00 PM.
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*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? Join this year-long program to learn to eat healthy, get active, and lose weight to lower your risk. Earn a 12-week YMCA membership. Cost: varies.*

East Broadway	Attend every Thursday, 10/18/18 to 2/7/19, 12:00 to 1:00 PM.
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YMCA locations	Call for more information.
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*Cost is based on income and family size. Must meet health risk eligibility requirements.

PROGRAM LOCATIONS

- 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
- WEST MARKET: 2500 W. Market St. (502) 778-8400
- AMERICANA: 4805 Southside Dr. (502) 772-8860
- PHOENIX: 712 E. Muhammad Ali Blvd. (502) 568-6972

Check out our website: www.fhclouisville.org



Call to sign up for any of these programs: (502) 772-8588

Para más información, llame (502) 772-8588

Prenatal & Family Programs

JULY TO DECEMBER 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 7/13, 8/10, 9/7, 10/12, 11/9, or 12/7, 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.	8/8
Healthy Pregnancy How baby grows and what to expect in pregnancy.	8/15
What to Expect During Labor How your body gets ready for baby to be born.	8/22
Staying Comfortable During Labor Positions, breathing, and other methods to cope.	8/29
What to Expect at the Hospital Common procedures and your options.	9/5
Postpartum and Newborn Care How to take care of yourself and baby after birth.	9/12
Breastfeeding Basics Benefits of breastfeeding, getting started, positions.	9/19

SERIES 2

Baby Shower Welcome, baby! Games and resources.	10/3
Healthy Pregnancy How baby grows and what to expect in pregnancy.	10/10
What to Expect During Labor How your body gets ready for baby to be born.	10/17
Staying Comfortable During Labor Positions, breathing, and other methods to cope.	10/24
What to Expect at the Hospital Common procedures and your options.	10/31
Postpartum and Newborn Care How to take care of yourself and baby after birth.	11/7
Breastfeeding Basics Benefits of breastfeeding, getting started, positions.	11/14

Prenatal Yoga Class

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

East Broadway Offered Wednesday 8/15, 8/22, 8/29, 9/5, 9/12, 9/19, 10/10, 10/17, 10/24, 10/31, 11/7, and 11/14, 3:00 to 3:45 PM.



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.

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, 7/26 and 9/27, 11:30 AM to 1:00 PM.

Americana Offered Tuesday, 8/14, 10/9, and 12/11, 11:30 AM to 1:00 PM.

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 health 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.

Teen Health Workshop

Do you want to know more about your reproductive health? Learn about safe sex practices, LGBTQ health, resources, and more. Ages 10+. Free!

East Broadway Offered Wednesday 8/1, 8/15, 9/5, 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, and 12/19, 5:00 to 6:30 PM.

- ▶ Get healthy pregnancy tips: text "BABY" to 511411.
- ▶ Get help: call 211 or go to www.louieconnect.com.

- ▶ Get gifts for going to prenatal visits: call your MCO.
- ▶ Sign up for WIC food: 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

Fiesta de bienvenida del bebé / Baby Shower
East Broadway Asista jueves 8/30 o 11/1 de 1:00 a 3:00 PM. Celebra a tu bebe con juegos, pastel y premios. ¡Gratis!

Clase de embarazo saludable
East Broadway Asista viernes 8/24, 10/19, o 12/14 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 9/8 o 11/10, de 9:00 AM a 12:00 PM. Refrigerios y premios. ¡Gratis!

Clase de lactancia materna
WIC Llame a Joan al (502) 550-7343.

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 (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, 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.
- ▶ 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

Speed Art Museum (502) 634-2700

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

Imagination Library (502) 637-5415

- ▶ www.imaginationlibrarylouisville.com
- ▶ Sign up to get free books in the mail! (certain zip codes)

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

follow us on
twitter

Find us on
Facebook

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