

Health Education Programs

JANUARY TO JUNE 2019



■ 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.
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+. Cost: \$1.



Portland	Offered Thursdays, 6:15 to 7:15 PM.
East Broadway	Offered Tuesdays and Thursdays, 6:00 to 7:15 PM.
East Broadway	YOGA FOR 12 STEPS RECOVERY Offered Fridays, 11:30 AM to 1:00 PM.

For yoga classes at other locations: www.kentuckyyogainitiative.org.

■ Healthier Meals, Healthier Me Class

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



Portland	Attend every Thursday, 2/14 to 3/21, 11:00 AM to 12:30 PM.
Fairdale	Attend every Tuesday, 3/26 to 4/30, 11:00 AM to 12:30 PM.
Portland	Attend every Thursday, 4/18 to 5/23, 11:00 AM to 12:30 PM.
East Broadway	Attend every Tuesday, 5/7 to 6/11, 11:00 AM to 12:30 PM.

■ Cooking Matters Class

Learn about healthy eating, meal-planning on a budget, and more. Cook in class. Take home a bag of groceries each week. Free!*



East Broadway	Attend every Wednesday, 2/20 to 3/27, 1:00 to 3:00 PM.
Portland	Attend every Thursday, 2/28 to 4/4, 6:00 to 8:00 PM.

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

■ Plan to Be Tobacco Free

Would you be better off as a non-smoker? Learn your options to quit smoking. Free!

Portland	Offered Wednesday 4/3 and 5/29, 11:30 AM to 12:30 PM.
East Broadway	Offered Monday 1/28, 11:30 AM to 12:30 PM.

RESOURCES TO STOP SMOKING

- Group classes: see below or 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.

■ Freedom From Smoking® Class

Get weekly help and support through the quitting process. Receive some nicotine patches. Free!



Portland	Attend every Wednesday, 1/23 to 3/6, 12:00 to 1:30 PM.
Portland	Attend every Monday, 1/28 to 3/11, 6:00 to 7:30 PM.
East Broadway	Attend every Monday, 2/4 to 3/18, 12:00 to 1:30 PM.
Fairdale	Attend every Wednesday, 2/20 to 4/3, 10:00 to 11:30 AM.
East Broadway	Attend every Tuesday, 3/5 to 4/16, 5:30 to 7:00 PM.
Portland	Attend every Monday, 3/18 to 4/29, 6:00 to 7:30 PM.
East Broadway	Attend every Monday, 4/8 to 5/20, 12:00 to 1:30 PM.
Portland	Attend every Wednesday, 4/10 to 5/22, 12:00 to 1:30 PM.
East Broadway	Attend every Tuesday, 5/7 to 6/18, 5:30 to 7:00 PM.
Portland	Attend every Wednesday, 6/5 to 7/17, 12:00 to 1:30 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 a 12-week YMCA membership. Cost: varies.*

East Broadway	Attend every Thursday, 1/17 to 5/2, 12:00 to 1:00 PM.
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YMCA locations Call for more information.

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

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

Para más información, llame (502) 772-8588

■ *Healthy Living Club*

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

Fairdale	Offered Tuesday 1/8, 2/12, 3/12, 4/9, 5/14, and 6/11, 1:00 to 2:00 PM.
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■ *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, 2/8 to 3/15, 10:00 AM to 12:30 PM.
East Broadway	Attend every Tuesday, 3/5 to 4/9, 10:00 AM to 12:30 PM.
Fairdale	Attend every Thursday, 4/11 to 5/16, 10:00 AM to 12:30 PM.
Portland	Attend every Friday, 4/12 to 5/17, 10:00 AM to 12:30 PM.
Portland	Attend every Thursday, 4/18 to 5/23, 5:30 to 8:00 PM.
East Broadway	Attend every Thursday, 5/9 to 6/13, 12:30 to 3:00 PM.
YMCA-Southwest*	Call for more information.

*Meets at YMCA-Southwest, 2800 Fordhaven Rd., 40214

■ *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 and other incentives. Free!*



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

*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 1/28, 2/18, 3/18, 4/15, 5/20, or 6/17, 9:00 to 11:00 AM.
Fairdale	Attend Monday 1/28, 2/25, 3/25, 4/22, 5/20, or 6/24, 1:30 to 3:30 PM.

■ *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.

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

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

Para más información, llame (502) 772-8588

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

Do you need a doctor or dentist? Do you need help with Medicaid or health insurance?

Everyone is welcome at Family Health Centers!

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Prenatal & Family Programs

JANUARY TO JUNE 2019

■ Baby Shower

Welcome, baby! Fun, snacks, resources, and door prizes. Free!



Portland Offered Wednesday 1/16 and 5/1, 1:00 to 2:30 PM.

■ Prenatal Group

Weekly conversations about everything you need to know to be ready for your baby: having a healthy pregnancy, what to expect during labor, breastfeeding, bringing home your baby, and more.



- Free! Join anytime!
- Fathers and birth partners welcome.
- Earn diapers and door prizes.

Portland Offered Wednesdays, 1:00 to 2:00 PM.

■ New Parent Group

Weekly conversations about everything you need to know as a new parent: infant care, feeding and sleep issues, tummy time, child development, and more.



- Free! Join anytime!
- Fathers and birth partners welcome.
- Earn diapers and door prizes.

Portland Offered Wednesdays, 2:00 to 3:00 PM.

■ 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 1/18, 2/15, 3/15, 4/19, 5/17, or 6/14, 10:00 AM to 12:00 PM.

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

PRENATAL RESOURCES

- ▶ For Healthy pregnancy tips: text "BABY" to 511411.
- ▶ To learn about incentives for going to prenatal visits: call your Medicaid provider.
- ▶ For food help from WIC: call (502) 574-6676.
- ▶ For all other help: call 211 or go to www.louieconnect.com.

■ Family Playgroup

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



East Broadway Offered Thursdays, 10:00 to 11:30 AM.

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

■ Arts in Healing Class

For parents and school-age children. Learn and have fun with your child through arts and crafts, music, drumming, dance, poetry, and more. Free!



East Broadway Offered Saturdays, 11:30 AM to 12:30 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 issues, resources for teens, and more. Ages 10+. Free!



East Broadway Offered Wednesday 2/6, 3/6, 4/3, 5/1, and 6/5, 5:00 to 6:00 PM.

■ 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

	<i>Fiesta de bienvenida del bebé / Baby Shower</i>
East Broadway	Asista jueves 1/31 o 4/25 de 1:00 a 3:00 PM. Celebra a tu bebe con pastel y premios. ¡Gratis!
	<i>Clase de embarazo saludable</i>
East Broadway	Asista viernes 1/11, 3/8 o 5/10 de 10:00 AM a 12:00 PM. Obtener una tarjeta de regalo y premios. ¡Gratis!
	<i>Trabajo de parto / alumbramiento, lactancia materna y cuidado Infantil, todo en una clase</i>
East Broadway	Asista sábado 2/9 o 5/11, de 9:00 AM a 12:00 PM. Refrigerios y premios. ¡Gratis!
	<i>Clase de lactancia materna</i>
WIC	Llame a Joan al (502) 550-7343.
	<i>Programa de seguridad infantil</i>
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: Mama to Mama, Louisville Metro Public Health and Wellness, Centerstone, KY Center for the Arts, 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.
 - ▶ Free use of TumbleBooks and ABC Mouse.
- Metro Parks.....(502) 456-8100
 - ▶ Find parks, playgrounds, pools, community centers, youth sports leagues, and more.
- KY Science Center...727 W. Main St....(502) 560-7128
 - ▶ Playdates with free admission for kids ages 0-4.
- Speed Art Museum....2035 S. 3rd St....(502) 634-2700
 - ▶ Free admission on Sundays, 12:00 to 5:00 PM.
- My Big Little Adventure...www.mybiglittleadventure.org
 - ▶ Find STEM activities to do at home and in the community.
- Imagination Library...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

Get more ideas at www.sayandplaywithwords.org!

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Do you need health insurance?

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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.

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- PORTLAND: 2215 Portland Ave. (502) 774-8631
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