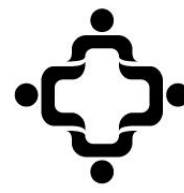


Health Education Programs

JANUARY TO JUNE 2019



Family Health Centers

■ 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.
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!

www.fhclouisville.org

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