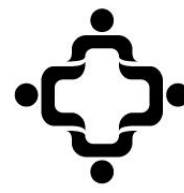


Health Education Programs

JULY TO DECEMBER 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 Saturdays, 10:00 to 11:00 AM.

■ Yoga Class

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



East Broadway Offered Tuesdays and Thursdays, 6:00 to 7:00 PM.

Portland Offered Thursdays, 6:15 to 7:15 PM.

■ Meditation Class

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



East Broadway Offered Thursday 9/12, 9/19, 9/26, 10/3, 10/10, and 10/17, 5:00 to 5:45 PM.

■ Healthier Meals, Healthier Me Class

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



East Broadway Attend every Tuesday, 8/27 to 10/1, 11:00 AM to 12:30 PM.

Portland Attend every Thursday, 8/29 to 10/3, 11:00 AM to 12:30 PM.

East Broadway Attend every Tuesday, 10/15 to 11/19, 11:00 AM to 12:30 PM.

Portland Attend every Thursday, 10/17 to 11/21, 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!*



Portland Attend every Thursday, 10/17 to 11/21, 6:00 to 8:00 PM.

East Broadway Attend every Tuesday, 11/5 to 12/10, 10:00 AM to 12:00 PM.

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

■ Plan to Be Tobacco Free Appt.

Would you be better off as a non-smoker? Learn your options to stop smoking and get help making your plan to quit. Free!

All locations By appointment.

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.
- Ask your health provider for a prescription for nicotine replacement products or other medicines to help you quit.

■ Freedom From Smoking® Class

Get weekly support as you stop smoking. Receive some nicotine patches. Free!



Portland Attend every Wednesday, 8/7 to 9/18, 12:00 to 1:30 PM.

East Broadway Attend every Tuesday, 8/20 to 10/1, 5:30 to 7:00 PM.

East Broadway Attend every Monday, 9/9 to 10/21, 12:00 to 1:30 PM.

Portland Attend every Monday, 9/9 to 10/21, 6:00 to 7:30 PM.

East Broadway Attend every Monday, 10/28 to 12/10, 12:00 to 1:30 PM.

Portland Attend every Monday, 10/28 to 12/10, 6:00 to 7:30 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, 8/16 to 9/20, 10:00 AM to 12:30 PM.

Portland Attend every Thursday, 8/29 to 10/3, 5:30 to 7:00 PM.

East Broadway Attend every Thursday, 9/12 to 10/17, 12:30 to 3:00 PM.

Portland Attend every Friday, 10/4 to 11/8, 10:00 AM to 12:30 PM.

East Broadway Attend every Wednesday, 10/16 to 11/20, 10:00 AM to 12:30 PM.

YMCA locations Call for more information.

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

Para más información, llame (502) 772-8588

■ 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 7/15, 8/19, 9/16, 10/21, 11/18, or 12/16, 9:00 to 11:00 AM.
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■ 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	Offered Thursdays.
West Market	Offered Tuesdays and Wednesdays.
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. 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.
Fairdale CDE	Offered the 4 th Monday 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.

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

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

Para más información, llame (502) 772-8588

Do you need a doctor or dentist?

Everyone is welcome at Family Health Centers!

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

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

Check out our website and patient portal!

www.fhclouisville.org



@FHCLouisville



Find us on Facebook

www.facebook.com/FHCLouisville

Do you need health insurance?

We can help! You may be eligible for Medicaid (free) or private insurance (discounts, payment help, and tax credits available through the Affordable Care Act). For help applying or to learn more:

- In person – call (502) 772-8182
- Online – go to <http://benefind.ky.gov>
- By phone – call 1-855-459-6328

Do you need help with housing, food, or utilities?

We can help! We know that social needs affect your health. FHC patients, call (502) 772-8370 and we'll find the right resource for you. For other help:

- By phone – call 2-1-1
- Online – go to <http://www.louieconnect.com>
- Online – go to <http://kpca.auntbertha.com>

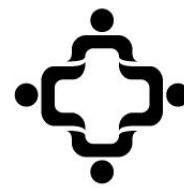
Family Health Centers locations

PORTLAND: 2215 Portland Ave. 40212
 IROQUOIS: 4100 Taylor Blvd. 40215
 SOUTHWEST: 9702 Stonestreet Rd. Ste. 220 40272
 PHOENIX: 712 E. Muhammad Ali Blvd. 40202

EAST BROADWAY: 834 E. Broadway 40204
 FAIRDALE: 1000 Neighborhood Pl. 40118
 WEST MARKET: 2500 W. Market St. 40212
 AMERICANA: 4805 Southside Dr. 40214

Prenatal & Family Programs

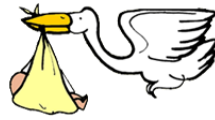
JULY TO DECEMBER 2019



Family Health Centers

■ Baby Shower

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



Portland	Offered Wednesday 7/17 or 11/6, 1:00 to 2:30 PM.
East Broadway	Offered Wednesday 9/4, 1:00 to 2:30 PM.

■ Beautiful Beginnings Class

FHC partners with the University of Louisville Hospital Center for Women and Infants to make sure our patients have the best possible prenatal care. Learn about healthy pregnancy, preparing for childbirth, breastfeeding, and infant care; go on a tour of the delivery rooms. To register, call 562-3094. Free!



UofL Hospital	Attend Sat. 7/20, 9:00 AM to 4:00 PM.
UofL Hospital	Attend every Tuesday 9/10 to 10/8, 6:00 AM to 8:00 PM.
UofL Hospital	Attend Sat. 11/9, 9:00 AM to 4:00 PM.

MORE CHILDBIRTH CLASSES

- Norton Healthcare: 629-1234, www.nortonhealthcare.com
- Baptist Health: 897-8131, www.baptisthealth.com

■ New Parent Group

Weekly conversations about pregnancy and parenting, including childbirth, infant care, feeding and sleep issues, tummy time, child development, and more. Fathers and birth partners welcome. Earn diapers. Join anytime! Free!



East Broadway Offered Wednesdays, 12:00 to 2:00 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 7/12, 8/23, 9/6, 10/18, 11/8, or 12/20, 10:00 AM to 12:00 PM.

■ 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.

Holy Name Catholic Church Offered Tuesdays, 10:00 to 11:30 AM.

■ Family Arts Program

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 and for your family.

- Enroll in Freedom From Smoking classes: 772-8588.
- Phone counseling: 1-800-QUIT-NOW.
- Online help: www.quitnowkentucky.org.
- Ask your health provider for a prescription for NRT.

■ Clases en ESPAÑOL

Fiesta de bienvenida del bebé

East Broadway Asista jueves 8/29 o 11/7 de 1:00 a 2:30 PM. Celebra a tu bebe con pastel y premios. ¡Gratis!

Clase de embarazo saludable

East Broadway Asista viernes 7/26, 9/13 o 11/15 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 9/7 o 11/16, de 9:00 AM a 12:00 PM. Refrigerios y premios. ¡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 (502) 772-8588

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

■ Child Safety Program

KY state law requires children less than 40 inches tall to ride in a child passenger restraint (car seat). Older children are required to use a booster seat until they are 57 inches tall or 8 years old. Seats are available at all FHC locations by appointment:

- 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.



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.
- ▶ Free use of TumbleBooks and ABC Mouse.

Metro Parks.....456-8100

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

KY Science Center.....727 W. Main St. / 560-7128

- ▶ Playdates with free admission for kids ages 0-4.

Speed Art Museum.....2035 S. 3rd St. / 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.....292-6159

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

At home, on the bus, in the car



- SING** the ABCs, The Itsy Bitsy Spider, make up a song!
- READ** read 3 books a day; look for letters when outside
- PLAY** hop on one foot; act out something you read
- TALK** tell a story; compare sizes, colors, and shapes
- WRITE** cut out a shape; use playdough to make letters

More ideas: www.sayandplaywithwords.org

Support for new parents!

- ▶ For Healthy pregnancy tips: text "BABY" to 511411.
- ▶ For parenting support: call HANDS, 893-3900 x230 (1st time parents).
- ▶ For parenting support: call Healthy Start, 574-6661 (residents of 40202, 40203, 40208, 40210, 40211, and 40212).
- ▶ To learn about incentives for going to prenatal visits, call your Medicaid provider.

Do you need help with housing, food, or utilities?

We can help! We know that social needs affect your family's health. FHC patients, call 772-8370 and we'll find the right resource for you. For other help:

- By phone – call 2-1-1
- Online – go to <http://www.louieconnect.com>
- Online – go to <http://kpc.auntbertha.com>

Do you need health insurance?

We can help! You may be eligible for Medicaid (free) or private insurance (discounts, payment help, and tax credits available through the Affordable Care Act). For help applying or to learn more:

- In person – call 772-8182 for an appointment
- Online – go to <http://benefind.ky.gov>
- By phone – call 1-855-459-6328

Do you need a doctor or dentist?

Everyone is welcome at Family Health Centers!

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

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

Check out our website and patient portal!

www.fhclouisville.org

follow us on
twitter

@FHCLouisville



Find us on
Facebook

www.facebook.com/FHCLouisville

Program locations

- FHC-PORTLAND: 2215 Portland Ave. (502) 774-8631
- FHC-EAST BROADWAY: 834 E. Broadway (502) 583-1981
- FHC-IROQUOIS: 4100 Taylor Blvd. (502) 366-4747
- FHC-FAIRDALE: 1000 Neighborhood Pl. (502) 361-2381
- UofL HOSPITAL: 530 S. Jackson St. (502) 562-3094
- HOLY NAME CATHOLIC CHURCH: 2914 S. 3rd St.

Additional help from: Mama to Mama, Centerstone, KY Center for the Arts, Safe Kids Louisville, Buckle Up for Life, Norton Healthcare