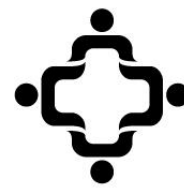


Health Education Programs

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