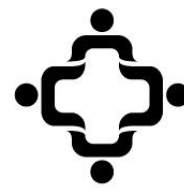


# Health Education Programs

JANUARY TO JUNE 2020



# 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 3/5, 3/12, 3/19, 3/26, 4/2, and 4/9, 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 Tuesday 3/17 and 3/24, 10:00 to 11:30 AM.

Portland Attend Thursday 4/16 and 4/23, 10:00 to 11:30 AM.

## ■ 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, 2/27 to 4/2, 6:00 to 8:00 PM.

East Broadway Attend every Tuesday, 5/19 to 6/23, 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 Call for 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](http://www.quitnowkentucky.org).
- Ask your health provider for a prescription for nicotine replacement products or other medicines to help you quit. Most health insurance plans pay for at least one quit attempt per year.

## ■ Freedom From Smoking® Class

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



Portland Attend every Monday, 1/27 to 3/9, 6:00 to 7:30 PM.

East Broadway Attend every Monday, 2/17 to 3/30, 12:00 to 1:30 PM.

East Broadway Attend every Tuesday, 3/24 to 5/5, 5:30 to 7:00 PM.

Portland Attend every Wednesday, 4/22 to 6/3, 12:00 to 1:30 PM.

Portland Attend every Monday, 6/1 to 7/13, 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, 3/6 to 4/10, 10:00 AM to 12:30 PM.

Portland Attend every Thursday, 4/9 to 5/14, 5:30 to 8:00 PM.

East Broadway Attend every Wednesday, 4/22 to 5/27, 10:00 AM to 12:30 PM.

Portland Attend every Friday, 5/8 to 6/12, 10:00 AM to 12:30 PM.

East Broadway Attend every Tuesday, 5/12 to 6/16, 5:30 to 8:00 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

## ■ 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 appointment.
East Broadway	Call for appointment.
Iroquois	Call for appointment.
Fairdale	Call for appointment.
West Market	Offered Wednesdays.
YMCA locations	Call for appointment.

\*Must be FHC patient to attend.

**Offered with support from:** Eternal Health Yoga, 502 Power Yoga, Kentucky Yoga Initiative, Mindfulness Mentors, Aetna Better Health of Kentucky, 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

## ■ Diabetes Management

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 CLASS	Attend Monday 1/13, 2/17, 3/16, 4/20, 5/18, or 6/15, 9:00 to 11:00 AM.
Portland CDE	Offered Mondays, Tuesdays, Wednesdays, and Fridays.
East Broadway CDE	Offered Thursdays.
Iroquois CDE	Offered the 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday afternoon of each month.
Americana CDE	Offered the 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday morning of each month.
Phoenix CDE	Offered the 3 <sup>rd</sup> 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.

**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](http://www.fhclouisville.org)**



@FHCLouisville



Find us on Facebook

[www.facebook.com/FHCLouisville](http://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