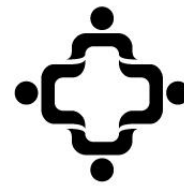


Health Education Programs

JULY TO DECEMBER 2020



Family Health Centers

Coronavirus / COVID-19 updates:

- ALERT! Call, email, or check our website for updates on whether classes marked with ► will meet in-person or online.
- NEW! Access on-demand classes anytime on our website.
- NEW! Access educational handouts, videos, and links anytime on our website.

www.fhclouisville.org/healthed

PHYSICAL ACTIVITY

► ZUMBA® Aerobics

Have fun and get in shape! Free!



Offered Tuesdays, Wednesdays, and Thursdays, 5:00 to 6:00 PM.

Offered Saturdays, 10:00 to 11:00 AM.

► Yoga

Relax, stretch, and strengthen your muscles. Free!



Offered Tuesdays, 6:30 to 7:30 PM.

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

■ **On-demand classes:** Check our website for classes you can do anytime online.

■ **More resources for physical activity:** Check our website for handouts, videos, and links to help you get started. Contact us for health coaching.

STRESS RELIEF

► Mindfulness and Meditation

Learn how to calm and focus your mind. Free!



Attend every Tuesday, 8/18 to 9/22, 5:30 to 6:15 PM.

Attend every Tuesday, 10/20 to 11/17, 5:30 to 6:15 PM.

■ **More resources for stress relief:** Check our website for handouts, videos, and links.

HEALTHY EATING

► Healthier Meals, Healthier Me

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



Attend Tuesday 8/4 and 8/11, 10:00 to 11:30 AM.

Attend Thursday 10/8 and 10/15, 10:00 to 11:30 AM.

Attend Tuesday 11/10 and 11/17, 10:00 to 11:30 AM.

► Cooking Matters

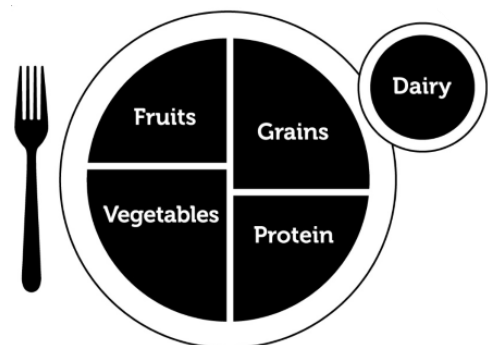
Learn about healthy eating, meal-planning on a budget, and more. Get a bag of groceries each week. Free!



Attend every Tuesday, 9/1 to 10/6, 1:00 to 3:00 PM.

Attend every Thursday, 9/3 to 10/8, 6:00 to 8:00 PM.

■ **More resources for healthy eating:** Check our website for handouts, videos, and links to help you get started. Contact us for health coaching.



Call (502) 772-8588, email healtheducation@fhclouisville.org, or go to www.fhclouisville.org/healthed to learn more.

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

SMOKING CESSATION

► *Plan to Be Tobacco Free*



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

Contact us for appointment.

- **More resources for smoking cessation:** Check our website for handouts, videos, and links to help you get started.

CHRONIC DISEASE



■ *Tool Kit for Self-Management*

Do you have diabetes, high blood pressure, pain, asthma, arthritis, depression, or other ongoing health problems? Receive a **tool kit in the mail** with a book, CDs, and tip sheets to help you manage your health. Get support with weekly phone calls or video sessions. Earn a gift card and other incentives. Free!

Contact us for more information.

► *Hypertension Management*

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!



Contact us for appointment.

► *Diabetes Management*

Is your blood sugar too high? Make an appointment with our Certified Diabetes Educator or Clinical Pharmacist! Learn how to test your blood sugar, use your medicine, eat the right foods, and more. Free!



Contact us for appointment.

- **More resources for chronic disease:** Check our website for handouts, videos, and links.

Offered with support from: Eternal Health Yoga, Kentucky Yoga Initiative, Earth and Spirit Center Mindfulness Mentors, Aetna Better Health of Kentucky, Dare to Care, Louisville Metro Public Health and Wellness, KY Cancer Program, KIPDA, Kentucky Dept. of Public Health, University of Louisville Dept. of Neurology, Sullivan University College of Pharmacy

Do you need a doctor or dentist?

Everyone is welcome at Family Health Centers!

We offer primary care for adults and children, women's health, prenatal care, behavioral health, lab and x-ray, dental care, pharmacy, and more. Appointments available in person or via telehealth.

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

Call (502) 774-8631 or check our website!

www.fhclouisville.org

follow us on
twitter

@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 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>

Family Health Centers locations

- PORTLAND: 2215 Portland Ave. 40212
- EAST BROADWAY: 834 E. Broadway 40204
- IROQUOIS: 4100 Taylor Blvd. 40215
- FAIRDALE: 1000 Neighborhood Pl. 40118
- SOUTHWEST: 9702 Stonestreet Rd. Ste. 220 40272
- WEST MARKET: 2500 W. Market St. 40212
- PHOENIX: 712 E. Muhammad Ali Blvd. 40202
- AMERICANA: 4805 Southside Dr. 40214