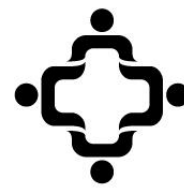


Health Education Programs

JANUARY TO JUNE 2021



Family Health Centers

Coronavirus / COVID-19 alert: All live classes will meet online or by phone.

PHYSICAL ACTIVITY

► ZUMBA® Aerobics

Have fun and get in shape! Free!



Offered Tuesdays, 11:00 AM to 12:00 PM.

Offered Thursdays, 5:00 to 6:00 PM.

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

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

■ **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

► Yoga

Relax, stretch, and strengthen your muscles. Free!



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

Offered Thursdays, 5:15 to 6:00 PM.

Offered Saturdays, 8:00 to 8:45 AM.

► Everyday Mindfulness

Learn how to calm and focus your mind. Free!

Attend every Tuesday, 1/19 to 2/23, 5:00 to 5:45 PM.

Attend every Tuesday, 6/8 to 7/13, 5:00 to 5:45 PM.

■ **On-demand classes:** Check our website for yoga and mindfulness videos you can do anytime.

■ **More resources for stress relief:** Check our website for handouts, videos, and links to help you get started.

HEALTHY EATING

► Healthier Meals, Healthier Me

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



Attend Thursday 2/18 and 2/25, 10:00 to 11:30 AM.

Attend Tuesday 3/9 and 3/16, 10:00 to 11:30 AM.

Attend Tuesday 4/20 and 4/27, 6:00 to 7:30 PM.

Attend Thursday 5/13 and 5/20, 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!

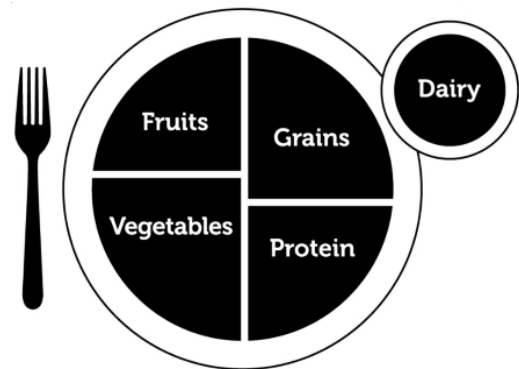


Attend every Tuesday, 2/2 to 3/9, 2:00 to 4:00 PM.

Attend every Wednesday, 4/7 to 5/12, 10:00 AM to 12:00 PM.

■ **On-demand classes:** Check our website for cooking classes you can watch anytime.

■ **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

► *Living Well Workshop*

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. Set goals and get weekly support to manage your health. Earn a gift card and other incentives. Free!



Attend every Tuesday, 2/9 to 3/16, 10:00 to 11:30 AM.

Attend every Tuesday, 3/9 to 4/13, 6:30 to 8:00 PM.

Attend every Thursday, 4/22 to 5/27, 10:00 to 11:30 AM.

Attend every Tuesday, 5/18 to 6/22, 2:00 to 3:30 PM.

► *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://kynect.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>

SCAN with your smart phone camera to go directly to our website!

