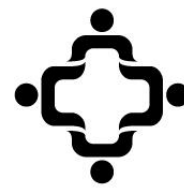


Health Education Programs

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!

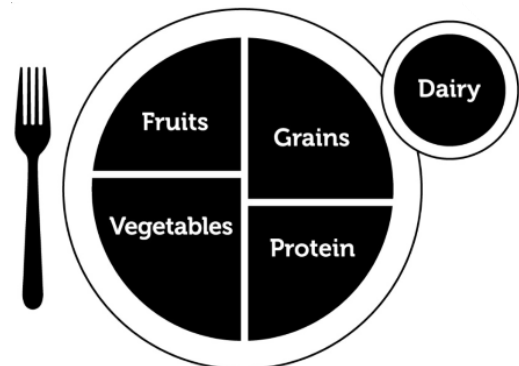


Attend every Tuesday, 2/2 to 3/9, 2:00 to 4:00 PM.

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:

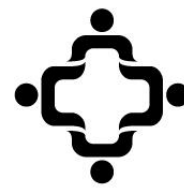
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- Online – go to <http://www.louieconnect.com>

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



Prenatal & Family Programs

JANUARY TO JUNE 2021



Family Health Centers

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

PREGNANCY/CHILDBIRTH

► *Uofl Beautiful Beginnings*

FHC partners with the University of Louisville Hospital Center for Women and Infants to make sure our patients have great prenatal care from start to finish. Learn about pregnancy, childbirth, breastfeeding, and infant care. To register, call (502) 217-1936. Free!

Attend Tuesday 2/16 and 2/23, 6:00 to 8:00 PM.

Attend Saturday 4/17, 9:00 AM to 1:00 PM.

Attend Tuesday 6/22 and 6/29, 6:00 to 8:00 PM.

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

■ **More resources for prenatal health:** For information and support during pregnancy and childbirth, call (502) 975-8285 or email info@mamatomama.us. Check our website for handouts, videos, and links.



Clases en ESPAÑOL

Preparación para el parto

Aprenda a cerca de un embarazo saludable, parto, y lactancia. Asista sábado 1/23 de 10:00 AM a 12:00 PM o lunes 4/5 de 6:00 a 8:00 PM. ¡Gratis!

Decisiones saludables para cada persona

Para padres y niños de 5 años o más. Aprenda como llevar una alimentación saludable, planificación de comidas con un presupuesto limitado, y más. Asista todos los miércoles, desde 3/2 hasta 4/13, 1:00 a 2:00 PM. ¡Gratis!

Programa de seguridad infantil

■ Asientos de coche para bebés de 4 a 35 libras. Asientos convertibles de coche para niños de hasta 65 libras. Costo: \$20. (Disponible únicamente a pacientes.) ■ Los asientos elevados para niños con más de 40 pulgadas de estatura, 40 libras, y al menos 4 años de edad. ¡Gratis!

■ **Más recursos:** Revise nuestro sitio web para folletos, videos, y enlaces.

FAMILY FUN AND LEARNING

► *Say and Play With Words*

For parents and children 2 to 32 months old. Talk builds babies' brains! Learn about talking more with your child during normal routines, while out, and during story time. Use a "talk pedometer" to find out the number of words your child hears each day. Receive toys, books, and gift cards. Free!



Attend every Tuesday, 1/26 to 4/6, 6:30 to 7:30 PM.

Attend every Tuesday, 3/9 to 5/11, 10:00 to 11:00 AM.

Attend every Tuesday, 5/4 to 7/13, 6:30 to 7:30 PM.

Attend every Tuesday, 6/1 to 8/3, 10:00 to 11:00 AM.

► *Family Playgroup*

For parents and children 0 to 5 years old. Learn and have fun with your child through art, music, movement, and more! Activities during the 1st hour will delight toddlers and preschoolers; activities during the 2nd hour are specially designed for infants. Free!



Offered Thursdays, 10:00 AM to 12:00 PM.

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

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

FAMILY HEALTH

► *Mindful Parenting*

For parents of children 0 to 10 years old. Learn to understand your child's emotions, connect more deeply, and interact calmly and wisely. Free!

Attend every Tuesday, 3/30 to 5/4, 5:00 to 5:45 PM.

Additional help from: Mama to Mama, National Center for Families Learning, Safe Kids Louisville, Buckle Up for Life, Norton Healthcare

FAMILY HEALTH



- 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.

■ **Resources for healthy eating:** Check our website for handouts, videos, and links. Contact us for health coaching.

■ **Resources for smoking cessation:** Check our website for handouts, videos, and links. Contact us for health coaching.



CHILD SAFETY

DRIVE SAFE: Kentucky 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!



RIDE SAFE: Louisville city law requires children biking in Metro Parks to use helmets. Helmets should be used at all times by riders of all ages to prevent brain injury in an accident.

- Bike helmets for kids, teens, and adults. Cost: \$5.



SLEEP SAFE: Follow the ABCs to make sure your infant has a safe place to sleep – they should be **A**lone, on their **B**ack, in a **C**rib.



■ **More resources for child safety:** Check our website for handouts, videos, and links.

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