

# Health Education Programs

JANUARY to JUNE 2024



## HEALTHY EATING

### ► *Healthier Meals, Healthier Me*

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



East Broadway



Attend Thursday 2/8, 10:00 to 11:30 AM.

Portland



Attend Tuesday 3/12, 10:00 to 11:30 AM.

Portland



Attend Tuesday 4/9, 10:00 to 11:30 AM.

East Broadway



Attend Thursday 5/30, 10:00 to 11:30 AM.

### ► *Cooking Matters*

Learn about healthy eating, meal-planning on a budget, and more. Participate in cooking demos. Get a cookbook and groceries. Free!



East Broadway



Attend every Tuesday, 4/23 to 5/28, 10:00 AM to 12:00 PM.

Dare to Care



Attend every Tuesday, 5/28 to 7/2, 6:00 to 8:00 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.

## PHYSICAL ACTIVITY

### ► *ZUMBA® Aerobics*

Have fun and get in shape! Free!



East Broadway

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

East Broadway

Offered Saturdays, 10:00 AM 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

Try 4-7-8 breathing:

- ☐ Breathe in for 4 seconds.
- ☐ Hold your breath for 7 seconds.
- ☐ Breathe out for 8 seconds.



■ **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.

**Call (502) 772-8588 or email [healtheducation@fhclouisville.org](mailto:healtheducation@fhclouisville.org) to sign up or learn more**

Para más información, llame (502) 772-8588

**SCAN with your smart phone camera to go to [www.fhclouisville.org/healthed](http://www.fhclouisville.org/healthed)**



# 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!

All locations Call for appointment.

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

# CHRONIC DISEASE

## ► *BP at Home*

Is your blood pressure too high? Learn how to track your blood pressure at home and keep it in control to lower your risk of heart attack and stroke. Get an automatic blood pressure cuff and other incentives. Free!



East Broadway Call for appointment.

## ► *Diabetes Management*

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



Portland Call for appointment.

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

### Program Locations

FHC-PORTLAND: 2215 Portland Ave. 40212  
FHC-EAST BROADWAY: 834 E. Broadway 40204  
FHC-IROQUOIS: 4100 Taylor Blvd. 40215  
FHC-FAIRDALE: 1000 Neighborhood Pl. 40118  
FHC-AMERICANA: 4805 Southside Dr. 40214  
FHC-PHOENIX: 712 E. Muhammad Ali Blvd. 40202  
FHC-WEST MARKET: 2500 W. Market St.. 40212  
Dare to Care Kitchen: 1200 S. 28<sup>th</sup> St. 40211

Offered with support from: Aetna Better Health of Kentucky, Dare to Care, Louisville Metro Public Health and Wellness, KY Cancer Program, 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.

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

Call (502) 774-8631 or go to  
[www.fhclouisville.org](http://www.fhclouisville.org)



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Find us on  
**Facebook**

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

## Do you need COVID services?

We can help! To schedule a COVID-19 test or vaccine, call (502) 774-8631 or go to [www.fhclouisville.org/covid-19/](http://www.fhclouisville.org/covid-19/).



## 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, call (502) 772-8182 for an in-person appointment, call 1-855-459-6328, or go to <http://kynect.ky.gov>.



## Do you have Medicaid?

You may be eligible for gift cards or other incentives for completing medical visits, help with social needs like food and transportation, fitness memberships, and more! Call the Member Services number on the back of your Medicaid card.

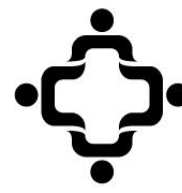
## Do you need help with housing, food, or utilities?

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, call 2-1-1, or go to [www.myky.info](http://www.myky.info).



# Prenatal & Family Programs

JANUARY to JUNE 2024



## Family Health Centers

### 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. Free!



ONLINE



Attend Monday 4/8 and 4/15, 6:00 to 8:00 PM.

Attend Monday 6/3 and 6/10, 6:00 to 8:00 PM.

UL Hospital



Attend Saturday 1/27, 9:00 AM to 1:00 PM.

Attend Saturday 3/9, 9:00 AM to 1:00 PM.

Attend Saturday 5/18, 9:00 AM to 1:00 PM.

#### ► *Breastfeeding*

Learn about breastfeeding and get help with breastfeeding issues from our Certified Lactation Consultants. Meet and get support from other breastfeeding moms. Free!



All locations Call for one-on-one appointment.

ONLINE



New Mama Chat offered 1/26, 2/23, 3/29, 4/26, and 5/31, 12:30 to 1:30 PM.

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

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

### Clases en ESPAÑOL

#### *Platicar y Jugar con Palabras*

Para padres e hijos de 2 a 32 meses de edad. ¡El hablar desarrolla el cerebro del bebé! Aprenda acerca de hablar con su hijo durante la rutina diaria, los mandatos, y durante la hora de cuentos. Recibe juguetes, libros, y otros incentivos. Llama para fechas y locaciones. ¡Gratis!

#### *Apoyo con la lactancia*

Aprenda como amamantar y reciba ayuda de una Consultante de Lactancia. Comuníquese con la clínica para una cita. ¡Conozca a otras mamás que están amamantando! El grupo de lactancia se reúne en línea en estas fechas: 1/26, 2/23, 3/29, 4/26 y 5/31, 11:00 AM a 12:00 PM. ¡Gratis!

#### *Programa de seguridad infantil*

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



### FAMILY FUN AND LEARNING

#### ■ *Arts in Play*

For parents and children 0 to 5 years old. Learn and have fun with your child through art, music, movement, and more! Free!



East Broadway Offered Saturdays, 12:00 to 1:00 PM.

#### ► *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. Receive toys, books, and other incentives. Free!



LFPL Iroquois



Attend every Tuesday, 1/16 to 3/26, 10:00 to 11:00 AM.

Call for other dates/locations.

■ **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



- ☐ 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 and 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 car seat. Older children are required to use a booster seat until they are 57 inches tall or 8 years old.

- ☐ Infant car seats for babies who are 4 to 35 pounds. Convertible and forward-facing car seats for children up to 65 pounds. Available to FHC prenatal and 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 Alone, on their Back, in a Crib.



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

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FHC-FAIRDALE: 1000 Neighborhood Pl. 40118  
UL HOSPITAL: 530 S. Jackson St. 40202  
IROQUOIS LIBRARY: 601 W. Woodlawn Ave. 40215

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