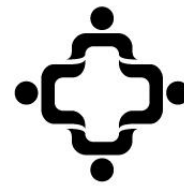


Health Education Programs

JANUARY to JUNE 2026



Family Health Centers

PHYSICAL ACTIVITY

► ZUMBA® Aerobics

Have fun and get in shape! Free!



East Broadway Offered every Wednesday and Thursday, 5:00 to 6:00 PM.

East Broadway Offered every Saturday, 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

► Yoga

Relax, stretch, and strengthen your muscles. Free!



East Broadway Offered every Monday, 5:30 to 6:30 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. Get cooking tools. Free!



East Broadway



Attend Thursday 3/5, 10:00 to 11:30 AM

Portland



Attend Thursday 5/7, 10:30 AM to 12:00 PM.

► 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, 8/11 to 9/15, 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 or email healtheducation@fhclouisville.org to sign up or learn more

SCAN with your smart phone camera to go to 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 to help you get started.

Clases en ESPAÑOL

East Broadway



Comidas más saludables

Aprenda sobre la alimentación saludable, la planificación de comidas con un presupuesto limitado y más. ¡Obtenga una olla de cocción lenta gratis! Asista el Jueves 14 de Mayo, de 10:00 a 11:30 AM.

Para más información, llame (502) 772-8588

Program Locations

- FHC-PORTLAND: 2215 Portland Ave. 40212
- FHC-EAST BROADWAY: 834 E. Broadway 40204
- Dare to Care Kitchen: 1200 S. 28th St. 40211

Offered with support from: Dare to Care, Aetna Better Health of Kentucky, Louisville Metro Public Health and Wellness, KY Cancer Program, Kentucky Dept. of Public Health, University of Kentucky Regional Extension Center, Regional Brain Institute, Sullivan University College of Pharmacy

Do you need a doctor or dentist? Everyone is welcome at Family Health Centers!

We offer primary care for all ages, immediate care, women's health, prenatal care, behavioral health, dental care, and more.

Our Pharmacies are convenient and affordable – and we have FREE delivery!

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



Follow us on @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, call (502) 772-8182 for an in-person appointment or go to www.kynect.ky.gov.



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.



Do you have Medicaid?

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

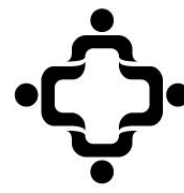
Participate in a study!

Adults who are between 30 and 70 who live in Kentucky are needed for a study about health and the environment. Earn \$20-\$45 for joining! Call (502) 772-8684 or go to www.sehstudy.org/info-FHC.



Prenatal & Family Programs

JANUARY to JUNE 2026

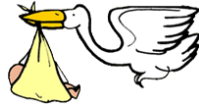


Family Health Centers

PREGNANCY/CHILDBIRTH

► *HANDS Baby Shower*

Welcome baby! For expectant parents and parents of babies up to 6 weeks old. Games, cake, giveaways, and door prizes. Free!



East Broadway



Attend Tuesday 3/31, 10:00 AM to 12:00 PM.

East Broadway



Attend Tuesday 7/21, 10:00 AM to 12:00 PM.

► *Uofl Beautiful Beginnings*

FHC partners with the UofL 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 or at
UL Hospital



Use QR code or call (502) 562-3094 for more information and to schedule classes.

BREASTFEEDING

► *Lactation Consultant*

Learn about breastfeeding and get help with breastfeeding issues. Free!



All locations

Call (502) 931-2103 for a one-on-one appointment.

■ **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.

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
- UL HOSPITAL: 530 S. Jackson St. 40202

FAMILY FUN AND LEARNING

► *Arts in Play Family Playgroup*

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.

- **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.

Clases en ESPAÑOL

East Broadway



Preparación para el parto

Aprenda acerca de un embarazo saludable, el parto y la lactancia. Asista el Sábado 2/7 de 9:00 AM a 12:00 PM. ¡Gratis!

East Broadway



Serie sobre el parto

Aprenda sobre el parto, cómo cuidar a su bebé y más. Asista el Viernes 3/13 de 11:00 AM a 12:00 PM. ¡Gratis!

East Broadway



RCP (Reanimación Cardiopulmonar) para bebés

Aprenda cómo realizar RCP infantil y cómo ayudar a un niño que se está atragantando. Asista el Viernes 2/13 de 11:00 AM a 12:00 PM. ¡Gratis!

Apoyo con la lactancia

Aprenda como amamantar y reciba ayuda de una Consultante de Lactancia. Llama a (502) 931-2103 para citas individuales. ¡Gratis!

EN LINEA



Apoyo con la lactancia

¡Conozca a otras mamás que están amamantando! ¡Gratis! El grupo de lactancia se reúne: 2/23, 3/23, 4/27, 5/18, y 6/22, 1:00 a 2:00 PM.

Programa de seguridad infantil

Disponible únicamente a pacientes. Asientos de coche para bebés y niños de 4 a 65 libras. Costo: \$20. ■ Asientos de coche elevados (boosters) para niños con más de 44 pulgadas de estatura, 40 libras, y al menos 4 años de edad. ¡Gratis!

Para más información, llame (502) 772-8588

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 44+ 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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Follow us on  Find us on  Facebook

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www.facebook.com/FHCLouisville

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