

**Louisville Metro Department of Public Health & Wellness
 Health & Wellness Class Schedule
 May - August 2009**

DIABETES:

Self-Management Series

Taught by Certified Diabetes Educators.

Attendance at all sessions in a series is strongly encouraged.

Please arrive 15 minutes early for the first class.

Highlands / Shelby Park Library

1250 Bardstown Rd.

Tuesdays, 1:00 - 3:30 pm

May 5 - Diabetes Types, High & Low Blood Sugar, Sick Days

May 12 - Diet & Exercise

*** Before the May 12th class, a free Diabetic Foot Screening will be conducted by Bellarmine University Physical Therapy Program from 12 pm - 1 pm***

May 19 - Diabetes Pills & Insulin, Preventing Complications I

May 26 - Preventing Complications II, Foot & Skin Care, Glucose Monitoring & Standards of Care

Iroquois Library

601 W. Woodlawn Ave.

Wednesdays, 1:00 - 3:30 pm

June 3 - Diabetes Types, High & Low Blood Sugar, Sick Days

June 10 - Diet & Exercise

June 17 - Diabetes Pills & Insulin, Preventing Complications I

June 24 - Preventing Complications II, Foot & Skin Care, Glucose Monitoring & Standards of Care

Self-Management Series (continued)

Central Government Center

7201 Outer Loop

Tuesdays, 1:00 - 3:30 pm

July 7 - Diabetes Types, High & Low Blood Sugar, Sick Days

July 14 - Diet & Exercise

July 21 - Diabetes Pills & Insulin, Preventing Complications I

July 28 - Preventing Complications II, Foot & Skin Care, Glucose Monitoring & Standards of Care

Diabetes series is free.

Please call 574-6663 to register.

Diabetes Support Group

A partnership with the Louisville Metro Department of Public Health & Wellness Diabetes Program, the Jefferson County Cooperative Extension Service, and Park DuValle Community Health Center.

For people who have diabetes and their family and/or caretakers. No charge to attend.

No registration required.

Park DuValle Community Health Center

3015 Wilson Ave.

2nd Thursday of every month: 9:30 - 11:00 am

May 14 - Nutrition & Bone Health

June 11 - Foot Care

July 9 - Summer's Bounty Fruits & Veggies

August 13 - Take Care of Your Heart

EXERCISE:

Dept. of Public Health & Wellness

400 E. Gray St. - FORUM

Tai Chi Classes

Mondays & Wednesdays, 5:30 - 7:00 pm

Low Impact Aerobics

Bring your own mat. 25 cents per class.
 Tuesdays & Thursdays, 5:00 - 6:00 pm

Center for Health Equity

2422 W. Chestnut St.

Pilates

Tuesdays, 5:00 - 6:00 pm

Louisville Central Community Center

1300 W. Muhammad Ali Blvd.

Pilates

Wednesdays, 6:00 - 7:00 pm

Walking Club begins June 1, 2009

Call Renee Appling of Let's Sweat for locations, 299-4986

Mondays: 7:00 - 9:00 am & 6:00 - 8:00 pm

Tuesdays: 7:00 - 9:00 am & 6:00 - 8:00 pm

Wednesdays: 7:00 - 9:00 am

Thursdays: 7:00 - 9:00 am & 6:00 - 8:00 pm

Exercise classes do not require registration. All classes are FREE unless otherwise stated.



Visit the Louisville Metro Department of Public Health & Wellness website:

www.louisvilleky.gov/health
or call (502) 574-6663
for more information on:

- Diabetes
- Weight Control
- Nutrition
- Heart Health
- Stroke
- High Blood Pressure
- Exercise
- Quit Smoking

You may also access this class schedule and printable health education materials on-line by visiting our website.

Please help us keep our mailing list current by calling (502) 574-6663 or e-mailing Erin.VanGundy@louisvilleky.gov if your contact information needs to be added, removed or corrected.

We are now sending our class schedule via e-mail.

If you would like to receive our information electronically, please contact us.

Did you know?

Reducing your cholesterol to under 200 mg/dl and controlling other risk factors can lower your risk for heart disease and stroke.

The goal for adult total cholesterol is under 200 mg/dl, LDL goal is under 100 mg/dl and HDL goal for men is over 40 and for women is over 50.

To lower your cholesterol:

- Eat more vegetables, fruits, whole grains and dried beans
- Eat more foods low in fat; especially **limit** saturated & “trans” fats
- Limit daily fat calories to 30% of total calories
- Limit saturated fat grams to 1/3 of total daily fat grams
- Work in 30 to 90 minutes of exercise on most days, or as your doctor advises
- Avoid tobacco products

Department of Public Health and Wellness services are provided without discrimination on the basis of race, color, disability, national origin, gender, sexual orientation, age or religion.



Health Calendar:

- May - American Stroke Month
- June - Home Safety Month
- July - UV Safety Month
- August - National Immunizations Awareness Month

Living Well Workshops

Do you have diabetes, arthritis, asthma, heart or lung disease, high blood pressure, cancer, pain, depression, or other on-going health conditions?

The **Living Well Workshop** is a chronic disease self-management program where you can get support and learn how to manage your condition. Workshops meet once a week for 6 weeks. A small registration fee covers the workshop and workshop and textbook.

Participants who complete the workshop get a free 8-week membership to the YMCA of Greater Louisville!

Workshops are offered at various locations during the spring and summer. For more information and to get on the Living Well Workshop mailing list call **(502) 852-1804**.



HEALTH & WELLNESS CLASS SCHEDULE

MAY - AUGUST 2009

(502) 574-6663

