

**Louisville Metro Department of
Public Health & Wellness**

400 E. Gray Street
P.O. Box 1704
Louisville, KY 40201-1704



All Classes
FREE!

PRSR STD
US POSTAGE
PAID
Louisville, KY
Permit No 879



Diabetes Self-Management Series

Taught by Certified Diabetes Educators. Attendance at all sessions in a series is recommended.

Registration required. Call 574-6663.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
What is diabetes? Monitoring, nutrition basics. What is a carbohydrate?	Dealing with sick days and complications. Medications and carbohydrate counting. Putting it into practice.	Staying healthy and taking care of yourself. Carbohydrate counting, fats, sodium and label reading.	Taking care of your feet. Weight loss and maintenance. Exercise and healthy coping.

Bon Air Branch
Louisville Free Public Library
2816 Del Rio Place, 40220
Tuesdays, January 10, 17, 24 & 31
1:00 p.m. - 3:30 p.m.

Catholic Enrichment Center
3146 W. Broadway, 40211
Thursdays, Feb. 2, 9, 16 & 23
2:00 p.m. - 4:30 p.m.

Southwest Branch
Louisville Free Public Library
10375 Dixie Hwy., 40272
Thursdays, March 1, 8, 15 & 22
5:00 p.m. - 7:00 p.m.

Westport Rd. Church of Christ
4500 Westport Rd., 40207
Mondays, April 2, 16, 23 & 30
5:00 p.m. - 7:00 p.m.
(Please note this class will not meet on April 9)

**Louisville Metro Department of
Public Health & Wellness**
400 E. Gray St., 40202
Saturdays, May 12 (Weeks 1 & 2)
and May 19 (Weeks 3 & 4)
8:00 a.m. - 12:00 p.m.

Jeffersontown Branch
Louisville Free Public Library
10635 Watterson Trail, 40299
Wednesdays, June 6, 13, 20 & 27
2:00 p.m. - 4:30 p.m.



**YMCA's Diabetes
Prevention
Program**

If you are at high risk of developing type 2 diabetes, the YMCA's Diabetes Prevention Program can help you adopt and maintain a healthy lifestyle to reduce your chances of developing diabetes. The program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.

DPP program is a 16-week program developed to reduce the risk of diabetes in individuals with pre-diabetes. Nutrition, physical activity and behavior modification are all covered in our sessions to help you achieve two goals: reduce body weight by 7% and participate in regular physical activity.

Contact Erin Brown of the YMCA at
(502) 314-1613 or ebrown@ymcalouisville.org
for information on how to participate and
for class locations.

Fun & Fit with Diabetes

Cook up some fun in this class! We will learn about healthy cooking methods and learn some new affordable recipe ideas! Samples will be provided.

Registration required. Call 574-6663.

First Lutheran Church 417 E. Broadway, 40202
1st Tuesday of every month: 12:00 p.m. - 1:00 p.m.
January 3, February 7, March 6, April 3, May 1 & June 5

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** provides support and information on how to manage your condition. Workshops meet once a week for 6 weeks. Participants who complete the workshop get a free 8-week membership to the YMCA of Greater Louisville!

**For more information and to register for the
Living Well Workshop, call (502) 852-1804.**

Active Steps for Diabetes

A FREE 11-week program. Advance registration required. Call 574-6663.

- For people with Type 2 Diabetes who have trouble exercising due to pain or fatigue
- Healthcare professionals advise and support you in managing your diabetes
- Weekly tips for managing diabetes including instruction in monitoring blood glucose, exercise, weight control, and medical care
- Low impact physical activity to help you manage your diabetes

WHEN: Tuesdays & Thursdays beginning Tuesday, **January 24** through Thursday, **April 12** from 11:30 am - 1:00pm.

WHERE: Park DuValle Community Health Ctr, 3015 Wilson Ave., 40211

Participants receive FREE:

- blood sugar and cholesterol screenings
- physical fitness screenings
- diabetes self-management and exercise classes
- exercise equipment including, exercise bands, a pedometer, and a video
- charts for encouraging good eating and physical activity habits for managing diabetes
- \$20.00 gift card upon successful completion of program

(more Diabetes Prevention on back page)





Exercise Opportunities

Classes offered FREE by the YMCA of Greater Louisville:

For more information, please call 587-6700 or 582-3615.

Pump

Pump group exercise class is a total body workout that includes cardio, strengthening, toning and weights! A great class for beginning, intermediate and advanced fitness levels.

Mondays, 12 p.m. at the Chestnut Street YMCA 930 W. Chestnut St., 40203

Zumba

A great Latin dance aerobics class for beginning, intermediate and advanced fitness levels.

Fridays, 12 p.m. at the Chestnut Street YMCA 930 W. Chestnut St., 40203

Low Impact Aerobics

Aerobic exercise strengthens your heart and lungs and maintains muscle tone. Low impact aerobics minimizes stress on your joints and is terrific exercise for all age groups and experience levels.

Tuesdays and Thursdays, 4:30 p.m. at the Hotel Louisville, Community Room 120 W. Broadway, 40202

Classes offered FREE by Metro Parks. Visit www.louisvilleky.gov or call 456-8173 for more information. *(please note class times are subject to change):*

Yoga

Shelby Park Community Center
600 E. Oak St., 40203
Mondays, 6:00 p.m. - 7:00 p.m.

Tai Chi

South Louisville Community Center
2911 Taylor Blvd., 40208
Mon. & Wed., 5:30 p.m. - 7:30 p.m.

California Community Center
1600 W. St. Catherine St., 40210
Tuesdays, 5:30 p.m. - 7:30 p.m.

Cardio Remix

Newburg Community Center
4810 Exeter Ave., 40218
Tuesdays, 5:30 p.m. - 6:30 p.m.

California Community Center
1600 W. St. Catherine St., 40210
Saturdays, 10:30 a.m. - 11:30 a.m.

Parkhill Community Center
1703 S. 13th St., 40210
Saturdays, 12:00 p.m. - 1:00 p.m.

Zumba

Sun Valley Community Center
6505 Bethany Ln., 40272
Thursdays, 7:00 p.m. - 8:30 p.m.

Cross Training/Boot Camp

Baxter Community Center
1125 Cedar Ct., 40203
Tuesdays, 7:00 p.m. - 8:00 p.m.

Cyril Allgeier Community Center
4101 Cadillac Ct., 40213
Tuesdays, 11:00 a.m. - 12:00 p.m.
Tuesdays, 12:00 p.m. - 1:00 p.m.
Thursdays, 11:00 a.m. - 12:00 p.m.
Thursdays, 12:00 p.m. - 1:00 p.m.

Southwick Community Center
3621 Southern Ave., 40211
Mondays, 6:00 p.m. - 7:00 p.m.
Thursdays, 7:00 p.m. - 8:00 p.m.

Newburg Community Center
4810 Exeter Ave., 40218
Thursdays, 5:30 p.m. - 6:30 p.m.



Want To Stop Smoking? Here's How!

Cooper Clayton Smoking Cessation Programs

This highly successful program combines the use of nicotine replacement products such as patches and gum with group support. Participants receive free weekly supplies of nicotine replacement products at each meeting. Dates listed below are start dates for each 13-week series. Additional series may be added, so please call or email for the most up-to-date schedule. Once a series has begun, we cannot add additional participants. **All classes, educational materials and nicotine replacement products are provided free. Advance registration is required. Call 574-STOP (7867) or e-mail StopSmoking@louisvilleky.gov**



January 12, 2012 - Thursdays
5:30 p.m. - 6:30 p.m., Newburg Branch of the Louisville Free Public Library, 4800 Exeter Ave., 40218

January 18, 2012 - Wednesdays
11:00 a.m. - 12:00 p.m. Jewish Hospital, Auditorium 100 E. Liberty St., 40202

January 19, 2012 - Thursdays
12:00 p.m. - 1:00 p.m. Louisville Metro Department of Public Health & Wellness 400 E. Gray St., 40202

January 19, 2012 - Thursdays
6:00 p.m. - 7:00 p.m. Norton Suburban Hospital, Medical Plaza III, 2nd floor conference room 4001 Dutchmans Ln., 40207

January 23, 2012 - Mondays
5:00 p.m. - 6:00 p.m., Baptist Hospital East, Education Center, 2nd floor, Room 2G, 4000 Kresge Way, 40207

January 25, 2012 - Wednesdays
6:00 p.m. - 7:00 p.m. Clarksville Public Library, 1312 Eastern Blvd., Clarksville, IN 47129

January 27, 2012 - Fridays
12:00 p.m. - 1:00 p.m. Kentucky Cancer Program James Graham Brown Cancer Center 1st Floor Resource Center 529 S. Jackson St., 40202

In January Oldham County Health Department will begin a series on Saturdays. Call (502) 640-5427 for details on those classes.

February 23, 2012 - Thursdays
6:00 p.m. - 7:00 p.m. Family Health Center Portland 2215 Portland Ave., 40212

February 28, 2012 - Tuesdays
6:30 p.m. - 7:30 p.m. Oldham County Health Department 1786 Commerce Pkwy. LaGrange, KY 40031

February 29, 2012 - Wednesdays
7:30 p.m. - 8:30 p.m. Green Castle Baptist Church 4970 Murphy Ln., 40241

March 5, 2012 - Mondays
10:30 a.m. - 11:30 a.m. Family Health Center Portland 2215 Portland Ave., 40212

March 14, 2012 - Wednesdays
12:00 p.m. - 1:00 p.m. Park DuValle Community Health Center, 3015 Wilson Ave., 40211

May 10, 2012 - Thursdays
6:00 p.m. - 7:00 p.m. Family Health Center Portland 2215 Portland Ave., 40212

May 18, 2012 - Fridays
12:00 p.m. - 1:00 p.m. Kentucky Cancer Program James Graham Brown Cancer Center 1st Floor Resource Center 529 S. Jackson St., 40202

Here are More Options to Stop Using Tobacco

www.becomeanex.org



A free stop smoking program that helps you re-learn your life without cigarettes. Whether this is your first try at stopping smoking or your 10th, the free EX Plan can help you really do it this time. You can also download the EX Plan iPhone app.

Kentucky's Tobacco Quit Line: 1-800-QUIT NOW (1-800-784-8669)

A free telephone service that can help you stop smoking and using tobacco products. The line is open from 8:00 a.m. to 1:00 a.m. (EST) Monday through Sunday. Translation service for other languages is available, free of charge, through a translation service at the time of your call. For the deaf and hard of hearing community TTY: 888-229-2182.

Mammograms and Cervical Cancer Screening

The Louisville Metro Department of Public Health and Wellness offers the Kentucky Women's Cancer Screening Program (KWCSPP), a program providing free breast and cervical cancer screenings for uninsured women ages 21-64 that reside in Jefferson County*. If cancer is diagnosed through your KWCSPP screening, free cancer treatment is available. To receive more information about KWCSPP or to find out where to receive your free cancer screening, call (502) 574-6665 or (502) 574-6759. *Must meet income guidelines.

