

**Louisville Metro Department of Public Health & Wellness
 Health & Wellness Class Schedule
 September - December 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.

East Government Center

200 Juneau Dr.

Thursdays, 1:00 - 3:30 pm

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

September 10 - Diet & Exercise

September 17 - Diabetes Pills & Insulin, Preventing Complications I

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

Neighborhood House

201 N. 25th St.

Wednesdays, 1:00 - 3:30 pm

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

October 14 - Diet & Exercise

October 21 - Diabetes Pills & Insulin, Preventing Complications I

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

Self-Management Series (continued)

Louisville Metro Public

Health & Wellness

400 E. Gray St.

Saturdays, 9:00 - 3:00 pm

November 7 - Diabetes Types, High & Low Blood Sugar, Sick Days, Diet & Exercise

November 14 - Diabetes Pills & Insulin, Preventing Complications, 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

September 10 - Controlling High Blood Pressure

October 8 - Diabetes Medications

November 12 - Gearing up for the Holidays

December 10 - Healthy Holiday Eating Tips

EXERCISE:

Dept. of Public Health & Wellness

400 E. Gray St. - FORUM

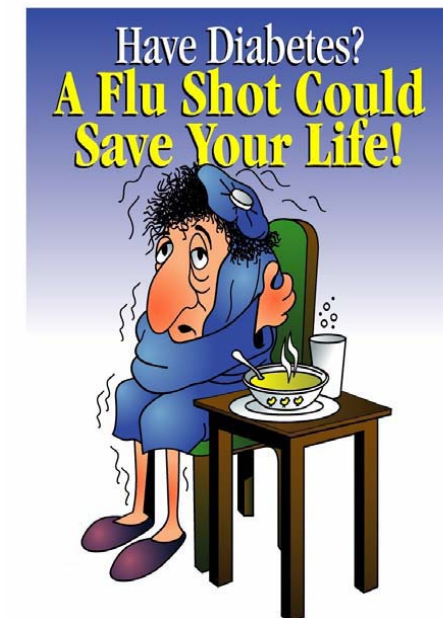
Tai Chi Classes

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

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



Do You Need a Pneumonia Shot, Too?

Call 574-6663 for more information.



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

www.louisvilleky.gov/health for more information on:

- Diabetes
- Weight Control
- Nutrition
- Heart Health
- Stroke
- High Blood Pressure
- Exercise
- Quitting 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:

- September - Fruits & Veggies - More Matters Month
- October - Breast Cancer Awareness Month
- November - American Diabetes Month
- December - Safe Toys & Gifts 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 textbook.

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

Workshops will be offered at various locations in Fall 2009.

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



HEALTH & WELLNESS CLASS SCHEDULE

SEPTEMBER - DECEMBER 2009

(502) 574-6663

