



**HEALTH & WELLNESS SCHEDULE  
SEPTEMBER - DECEMBER 2006**

**Diabetes Self-Management Series**

*A series taught by Certified Diabetes Educators  
Attendance at all sessions in a series is encouraged.*

\* Please arrive 15 minutes early for the first diabetes class \*

**The Kling Center - 219 W. Ormsby Avenue  
Wednesdays, 1:00 - 3:30 pm**

**September 13** - Diabetes Types, High and Low Blood Sugar, Sick Days  
**September 20** - Diet and Exercise  
**September 27** - Diabetes Pills, Insulin, Preventing Complications (Part 1)  
**October 4** - Preventing Complications (Part 2), Foot & Skin Care,  
Glucose Monitoring & Standards of Care

**Park DuValle Community Health Center - 3015 Wilson Avenue  
Mondays, 1:00 - 3:30 pm**

**October 9** - Diabetes Types, High and Low Blood Sugar, Sick Days  
**October 16** - Diet and Exercise  
**October 23** - Diabetes Pills, Insulin, Preventing Complications (Part 1)  
**October 30** - Preventing Complications (Part 2), Foot & Skin Care,  
Glucose Monitoring & Standards of Care



**Louisville Metro Health Department - 400 E. Gray Street (FORUM)  
Saturdays, 9:00 am - 3:00 pm**

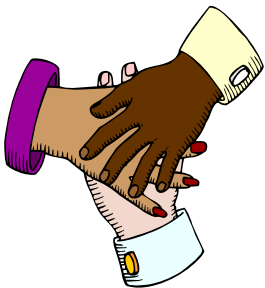
**November 4** - Diabetes Types, High and Low Blood Sugar, Sick Days, Diet and Exercise  
**November 11** - Diabetes Pills, Insulin, Preventing Complications, Foot & Skin Care,  
Glucose Monitoring & Standards of Care

**Diabetes Support Group**

*In Partnership with the Jefferson County Cooperative Extension Service.  
For people who have diabetes and their family and/or caretakers. No Registration needed.*

**Park DuValle Community Health Center - 3015 Wilson Avenue  
2<sup>nd</sup> Thursday of every month: 9:30 - 11:00 am**

**September 14** - New Ways with Grains      **November 9** - Healthy Holiday Cooking  
**October 12** - The Debilitator                      **December 14** - Planning Jolly Holidays



**Weight Control Series**

*A 4-session series taught by a Registered Dietitian; meal plans provided.*

**Clifton Baptist Church**  
1947 Frankfort Avenue (Fellowship Hall)  
**Fridays, 2:00 - 3:30 pm**  
**October 13, 20, 27 and November 3**



**Exercise Classes**

**Louisville Metro Health Department - 400 E. Gray Street - FORUM**  
Call 574-8045 for more information.

**Low-Impact Aerobics**

Gail Hart, *Certified Aerobics Instructor* - **25 cents per class**  
Bring your own mat - Registration not needed  
Tuesdays & Thursdays 5:00 - 6:00 pm

**Tai Chi Classes**

FREE Classes; Registration not needed  
Mondays & Wednesdays 5:30 - 7:00 pm

**High-Impact Aerobics**

FREE Classes; Registration not needed; Wednesdays & Thursdays 6:30 - 7:30 pm  
Louisville Central Community Center - 1300 W. Muhammad Ali Blvd.



**Tobacco Control Program**

For information and costs of the  
Stop Smoking Program, please call **574-STOP (7867)**

***Please call (502) 574-6663 to register for classes.  
All classes are free unless otherwise stated.***

Please visit the Louisville  
Metro Health

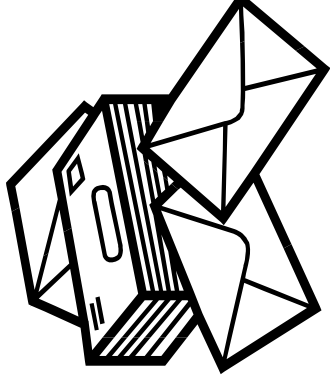
Department's website  
[www.LouisvilleKY.gov/Health](http://www.LouisvilleKY.gov/Health)  
for more information on:

- Diabetes
- Weight Control
- Heart Health
- Stroke
- High Blood Pressure
- Exercise



*Local Health Department services are provided without discrimination on the basis of race, color, disability, national origin, sex, age or religion.*

Please help us keep our  
mailing list current by calling  
(502) 574-6663 or e-mailing  
[Erin.VanGundy@LouisvilleKY.gov](mailto: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.

You may also access this class  
schedule on-line by visiting  
our website at  
[www.LouisvilleKY.gov/Health](http://www.LouisvilleKY.gov/Health)  
and clicking on the  
Classes: *Health and Wellness*  
link

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HEALTH DEPARTMENT  
**LOUISVILLE**  
METRO  
Chronic Disease Prevention Team  
2422 W. Chestnut Street  
Louisville, Kentucky 40211