

Brother's Health Conference

This conference will focus on diabetes, heart disease, stroke, HIV, AIDS, prostate and colon cancer, nutrition, physical activity, and substance abuse for African American and Hispanic men.

Saturday, June 2
9:00 a.m. to 1:00 p.m.
Consolidated Baptist Church
1625 Russell Cave Road

FREE ADMISSION, lunch included. For more information, please contact Mark at 859-288-2391.

Feria de Salud 2007 Hispanic Health Fair

Learn about various health topics at this bilingual community health fair.

Sunday, May 20
Noon to 6:00 p.m.
E.S. Goodbarn
University of Kentucky
in front of Commonwealth Stadium

Email Jacob.Radford@uky.edu, or call 859-489-9151 or for more information.

America's Walk for Diabetes

Join the Fayette County Diabetes Coalition and the Lexington-Fayette County Health Department for the annual America's Walk for Diabetes.



Saturday, June 2
8:45 to 11:00 a.m.
Keeneland Race Track
4201 Versailles Road

All are welcome to walk either the one or two and a half mile paths. Donations support the American Diabetes Association. Please call 859-288-2423 to join our team.

When you're finished reading,
please pass on to a friend
who might be interested in
one of these programs!

If you would like to be added
to our mailing list for future
LIVING WELL issues,
please call
859-288-2423.

Lexington-Fayette County 809 ADDRESS SERVICE REQUESTED
Health Department
650 Newtown Pike
Lexington, KY 40508
859-288-2423



LIVING WELL

Plan to attend great programs from your health department in 2007!

LIVING WELL FOR TWEENS

VERB Summer Scorecard

What are you doing with your 9-13-year-old this summer?

The VERB Summer Scorecard offers a summer full of extreme fun and chances to win great prizes. Have your child register early online at www.verbsummerscorecard.com May 15-June 8 for a chance to win the new mini iPod shuffle.

Children can track their physical activity hours online all summer. If you don't have a computer, you can pick up a Summer Scorecard at any YMCA or public library. For each 12 hours your child plays, he or she can get an entry into the Grand Prize drawing. Prizes include a Wii game system, mini iPod shuffles, bikes, Heelys tennis shoes, Dance Dance Revolution and much more. You can register online for the prizes or at the Grand Finale with your child's Scorecard.

Keep these fun dates on your calendar:

- **May 28** – VERB Summer Scorecard begins!
- **June 21, 5:30–7:00 p.m.** – Longest Day of Play at Applebee's Park – Come join the YMCA to celebrate the longest day of the year with games, Zumba and much more. Then stay and watch the Legends game for a discounted admission for your child.
- **August 1** – Grand Finale at Southland Pools. The pool will be open just for Scorecard participants. The Grand Prize drawings will be held. Each participant will receive a *Play Hard* beach towel.

Check out www.verbsummerscorecard.com or Lexington Family Magazine for more events and special deals for 9-13-year-olds this summer! Remember to print a Scorecard online or pick up a card at the YMCA or public library to receive your special deals on extreme fun this summer.

LIVING WELL AS A FAMILY



We Can! (Ways to Enhance Children's Activity & Nutrition) is a national program for parents interested in practical tools to help children 8-13-years-olds improve food choices, increase physical activity and reduce TV, video game and computer screen time.

The program focuses on parents who play an important role in eating and activity choices. This fun, four-week series includes a parent handbook, door prizes and sharing in a supportive environment.

Mondays from 6:00 to 7:30 p.m.
April 30, May 7, 14, and 21
Northside Library
1737 Russell Cave Road

Dinner provided and registration is limited. For more information or to register for this FREE class, call 859-288-2344.



LIVING WELL CLASSES

Lexington-Fayette County
Health Department
650 Newtown Pike
Lexington, KY 40508

859-288-2423

www.lexingtonhealthdepartment.org

LIVING WELL SMOKE-FREE

Cooper-Clayton Smoking Cessation Classes

Quitting smoking is easier with support! Cooper-Clayton Smoking Cessation Class is a proven way to quit smoking, especially for long-time, heavy users.

This free class involves group education and support with the use of nicotine replacement products such as gum or patches.

Tuesdays from 5:30 to 6:30 p.m.
Begins May 29 for 13 weeks
Health Department Annex
805 Newtown Circle

Call 859-288-2327 to register.



LIVING WELL ACTIVELY

Range of Motion Class

Range of Motion, Flexibility, and Muscle Strengthening classes are held every **Monday, Wednesday, and Friday from 11:00 a.m. to noon** at the Senior Citizen's Center, 1530 Nicholasville Road. They're FREE to seniors. For more information, call 859-278-6072.

Sisters Together: Move More Eat Better Senior Program

FREE class of very low impact aerobics for seniors every **Tuesday and Thursday from 10:30 to 11:30 a.m.**

This program is held at Dunbar Community Center, 545 North Upper. Call 859-288-2391 with questions.



LIVING WELL BREASTFEEDING

Breastfeeding and Women's Health Day

Learn about the benefits of breastfeeding, how to get started, ways to avoid or overcome challenges, and continuing breastfeeding after returning to work. It's a FREE day packed with interesting seminars, hands-on product demonstrations, door prizes, and lots of helpful information.

Saturday, April 14
11:00 a.m. to 3:00 p.m.
Babies R Us
1965 Star Shoot Parkway
Hamburg Pavilion

For more information, call 859-263-8598 or 859-288-2348.



Water Aerobics for People with Diabetes

If you have diabetes and would like to try a four-week water aerobics class, please call to reserve your spot for this unique opportunity. The Fayette County Diabetes Coalition and the Lexington-Fayette County Health Department is sponsoring 20 people with diabetes for this program. The class will start the first week in April. You may choose which times and days of the classes that work best for you.

Held at the Jefferson Fitness Club, 508 Maryland Avenue, near downtown Lexington. You do not have to be a member of the club. To register, please call Joy at 859-288-2333. Registration is limited.

LIVING WELL WITH DIABETES

Diabetes Classes

Living Well with Diabetes classes give you the latest information on healthy eating, developing an active lifestyle, reducing health risks, taking medications, and problem solving with diabetes. The four-week series includes a nutrition session in each class.

Mondays from 4:30 to 7:00 p.m.
June 4, 11, 18, & 25
Health Department Annex
805 Newtown Circle

Healthy snacks and door prizes will be given at each class! For more information or to register for this FREE class, call 859-288-2423.

Diabetes Support Groups

Diabetes support groups are for people with diabetes who want to share and learn from others with diabetes. These FREE support groups are held at three locations every month and are open to everyone:

Senior Center

Second **Monday** of every month from **11:00 a.m. to noon**. Meets at the Senior Citizen's Center, 1530 Nicholasville Road. Upcoming dates: **April 9, May 14 and June 11**.

North Lexington Family YMCA

Second **Thursday** of every month from **5:30 to 6:30 p.m.** Meets at the North Lexington Family YMCA, 381 West Loudon Avenue. Upcoming dates: **April 12, May 10, and June 14**.

Bluegrass Farmworkers Health Center

Fourth **Thursday** of each month from **6 to 7:30 p.m.** Meets at the Bluegrass Farmworkers Health Center, 1360 Versailles Road. This support group is bilingual. Upcoming dates: **April 26, May 24, and June 28**.

For more information, call 859-288-2423.



Diabetes Coalition

If you would like to be more involved in the prevention and control of diabetes, come to the next meeting of the Fayette County Diabetes Coalition. Meetings are the first **Tuesday** of every even number month from **9 to 10 a.m.**

Upcoming meeting dates: **April 3 and June 5** at the Health Department Annex, 805 Newtown Circle. Call 859-288-2423 for more information.

A Taste of Diabetes

Join us for an evening of healthy food and learning more about diabetes. This free class will discuss the basics of diabetes, healthy eating, and how to prevent the complications of diabetes.

Wednesday, May 30
6:00-8:30 p.m.
Northside Library
1737 Russell Cave Road

Dinner provided. Registration is limited. Please call 859-288-2423 to register.

