

LIVING WELL

Plan to attend great programs from your health department in 2006!

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.

Tuesdays from 4:00 to 6:30 p.m.
June 6, 13, 20 & 27
Northside Library,
1737 Russell Cave Rd

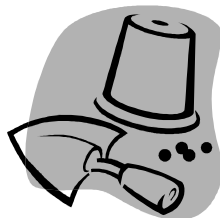
Healthy snacks and door prizes will be given at each class! For more information or to register for this FREE class, call 859-288-2423.

America's Walk for Diabetes

Join the Fayette County Diabetes Coalition Saturday, June 3rd at America's Walk for Diabetes from 8:30 a.m. to noon at Keeneland Race Course. This is a fun time to help raise money for the American Diabetes Association. Walkers can choose between a 1 mile fun walk or 2.5 miles. Please call 288-2347 to register.

Diabetes Coalition

Meetings for the Fayette County Diabetes Coalition are the first Tuesday of every even number month from **9 to 10 a.m.** Upcoming meeting dates: **April 4. and June 6** at the Health Department Annex, 805 Newtown Circle. The Coalition is looking for new president and vice-president. Call 859-288-2310 for more information.



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 two 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 Citizens Center, 1530 Nicholasville Road. Upcoming dates: **April 10, May 8, and June 12.**

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 Ave. Upcoming dates: **April 13, May 11, and June 8.**

LIVING WELL FOR TWEENS

VERB Summer Scorecard

VERB Summer Scorecard is back! The 2006 Summer Scorecard runs **May 29 – August 1.** The VERB Summer Scorecard encourages kids to be physically active throughout the summer and offers discounted admission to local businesses. Kids ages 9-13 years old are encouraged to fill out one or more cards this summer. Scorecards will be distributed through the Fayette County Public School and private school systems or may be picked up at the YMCA's, local libraries, or public pools.



Don't miss the t-shirt design contest this year! Any tween (9-13 years old) who lives or attends school in Fayette County is eligible to enter. Entry forms can be found at Explorium of Lexington or with your school's art teacher. All entries are due to Explorium of Lexington by June 2, 2006. The winning design will be unveiled at the Grand Finale, August 1, 7-9 pm at Jacobson's Park where all Summer Scorecard participants will receive a t-shirt!

Visit www.verbsummerscorecard.com or call 859-288-2473 for more information.

We Can!

The Lexington Fayette County Health Department will soon offer classes to parents called We Can! (Ways to Enhance Children's Activity and Nutrition). We Can! is a national program designed as a one-stop resource for parents interested in practical tools to help children 8-13 years olds improve food choices, increase physical activity and reduce screen time.

This 4-6 week class series is being offered across the country and includes a parent handbook, cooking demos and sharing in a supportive environment. These classes will help parents develop healthy family behaviors. Check out www.wecan.nhlbi.nih.gov call 288-2344 or if you would like to learn more about this program.



LIVING WELL CLASSES

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

859-288-2423

www.lexingtonhealthdepartment.org

LIVING WELL ACTIVELY

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.

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.

Low-impact Aerobics Class

Have fun and get in shape with basic movements every **Tuesday and Wednesday from 5:30 to 6:30 p.m.** in the gym at Johnson Elementary, 123 East 6th Street. These classes are FREE and open to everyone. For more information, call Hope from the North Lexington Family YMCA at 859-258-9622.

LIVING WELL NUTRITIOUSLY

Healthy Solutions

Look for a new segment on the show, *Close Up* on GTV3 (channel 3 with cable) called **Healthy Solutions**. Health Department dietitian, Amy Poppell has partnered with the wellness program of the Lexington-Fayette Urban County Government to demonstrate healthy recipes and tips. *Close Up* airs several times throughout the week. Check out GTV3 under the services listing on www.lfucg.com or call 288-2347 for more information.

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. Facilitators are trained professionals. They provide education and support with relapse prevention.

Participants are expected to use nicotine replacement products such as patches or lozenges. A voucher is provided for a free two-week supply of nicotine replacement products. Additional nicotine replacement products are the participant's responsibility. Participants are also eligible for a free membership to the YMCA while attending the class.



This group class meets once a week on Tuesdays from 12 to 1 p.m. for 13 weeks. Classes begin **April 25** and will be held at the Health Department Annex, 805 Newtown Circle. Call 859-288-2327 to register.

LIVING WELL

is your connection to classes and programs offered by the Lexington-Fayette County Health Department

When you're finished reading, please pass on to a friend who may 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 857
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Lexington, KY 40508
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