

LIVING WELL

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

LIVING WELL IN FLU SEASON

Flu Shots

The health department is sponsoring flu clinics this fall. Flu shots are \$20 and are especially recommended for:

- People 65 or older
- People of any age with chronic medical conditions including diabetes
- Children 6 to 23 months
- Pregnant women during flu season
- Healthcare workers
- Anyone who takes care of children less than 6 months old
- People in the same household as someone at high risk



Healthy individuals are also encouraged to have a flu shot.

Flu Information Hotline 859-288-2312

Call for weekly updates. The Flu Information Hotline will tell you the dates, times, and locations of upcoming flu clinics.

Flu shots will also be offered through a walk-in clinic at the Health Department Annex, 805 Newtown Circle.

LIVING WELL NUTRITIOUSLY

Healthy Holiday Cooking Class

Taste delicious samples and take home recipes to wow your family this holiday season!

**Wednesday, November 8 from
6:30 to 8 p.m.
Northside Library,
1737 Russell Cave Road**

Taught by health department dietitian, Amy Campbell. This FREE class is open to everyone, but seating is limited. Please call 288-2423 by November 3 to register.



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
4:00 to 6:30 p.m.
October 2, 9, 16 & 23
Northside Library,
1737 Russell Cave Road**

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 Citizens Center, 1530 Nicholasville Road. Upcoming dates: **October 9, November 13, and December 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: **October 12, November 9, and December 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: **October 26, November 30, and December 21.**

For more information, call 859-288-2423.



LIVING WELL CLASSES

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

859-288-2423

www.lexingtonhealthdepartment.org

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: **October 3 and December 5** at the Health Department Annex, 805 Newtown Circle. Call 859-288-2423 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. This FREE group class meets once a week for 13 weeks. Classes begin **January 2007**. Please call 859-288-2423 for more information.

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

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

Health Department Update

The Health Awareness Program (HAP) has moved down the street from the main health department building to **805 Newtown Circle**. If you currently have a HAP appointment scheduled, you should receive a letter explaining directions to the new location.

If you have any questions about HAP, please call Terry at 859-288-2423.

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 836
Health Department
650 Newtown Pike
Lexington, KY 40508
859-288-2423

