

LIVING WELL



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

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, cooking demos, door prizes and sharing in a supportive environment.

**Tuesdays from 6:30 to 7:30 p.m.
February 6, 13, 20, and 27
Beaumont Centre Family YMCA
3250 Beaumont Centre Circle**

For more information, or to register for this FREE class, call 859-288-2473.



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. NEW in 2007: a seven day supply of nicotine patches will be provided weekly for participants attending classes.

**Tuesdays from 5:30 to 6:30 p.m.
Begins January 9 for 13 weeks
Health Department Annex
805 Newtown Circle**

Call 859-288-2327 to register.



LIVING WELL NUTRITIOUSLY

Healthy Comfort Food Cooking Class

Warm up the winter months with deliciously healthy foods! Amy Campbell, dietitian from the health department, will share recipes and provide samples of healthy comfort foods that can be easily prepared.

**Thursday, January 11 from 7:00 to 8:30 p.m.
Eagle Creek Library
101 North Eagle Creek Drive,
Near Richmond Road**

This FREE class is open to everyone, but seating is limited. Please call 288-2423 by Monday, January 8 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 4:30 to 7:00 p.m.
January 22 & 29 and February 5 & 12
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 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: **February 6 and April 3** at the Health Department Annex, 805 Newtown Circle. Call 859-288-2423 for more information.



LIVING WELL CLASSES

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

859-288-2423

www.lexingtonhealthdepartment.org

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: **January 8, February 12, and March 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 Avenue. Upcoming dates: **January 11, February 8, and March 8.**

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: **January 25, February 22, and March 22.**

For more information, call 859-288-2423.

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.



Free Kidney Disease Screening



Do you or a family member have diabetes or high blood pressure?

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Does anyone in your family have kidney disease?

If you answered yes, you are at high risk for kidney disease. The National Kidney Foundation of Kentucky (NKF) is offering FREE kidney health screenings for people at high risk for developing kidney disease.

**Saturday, January 27
from 9 a.m. to 4 p.m.
St. John's Missionary Church
511 Thurman Avenue**

Please call the NKF at 1-800-737-5433 for more information or to make an appointment.



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

