

LIVING WELL

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

LIVING WELL FOR TWEENS

VERB Summer Scorecard

The VERB Summer Scorecard is going on now through **August 1!** This fun program 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 may be picked up at the YMCA's, local libraries, or Parks and Recreation public pools.

The Grand Finale for the Summer Scorecard is **August 1, from 7 to 9 p.m.** at Jacobson Park. Tweens can visit active stations, enjoy Astro Events inflatables, use paddle boats and win prizes. All tweens who come to the Grand Finale will receive a tween-designed T-shirt. Visit www.verbsummerscorecard.com or call 859-288-2317 for more information.

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, doorprizes, and lots of helpful information.

Saturday, August 12
11:00 a.m. to 3:00 p.m.

Babies R Us,
1965 Star Shoot Parkway
Hamburg Pavilion



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

LIVING WELL WITH DIABETES

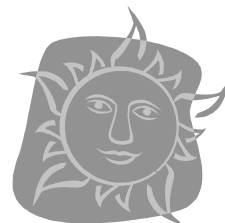
Diabetes Coalition

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: **August 1 and October 3** at the Health Department Annex, 805 Newtown Circle. Call 859-288-2423 for more information.

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: **July 10, August 14, and September 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: **July 13, August 10, and September 14.**

Bluegrass Farm Workers Health Center

Fourth **Thursday** of each month from **6 to 7:30 p.m.** Meets at the Bluegrass Farm Workers Health Center, 1360 Versailles Road. This support group is bilingual. Upcoming dates: **July 27, August 24, and September 28.**

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

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 **Wednesdays** from **5:30 to 6:30 p.m.** for 13 weeks. Classes begin **August 23** and will be held at the Health Department Annex, 805 Newtown Circle. Call 859-288-2423 to register.

Summer Food Safety Tips

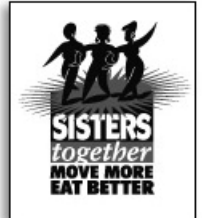
- Use the refrigerator or microwave to defrost meats. Never leave meats out on the counter for more than two hours.
- When cooking, use a meat thermometer to ensure these safe temperatures of your meats:
 - Chicken 165°
 - Hamburgers 160°
 - Steak, veal, lamb, roasts 145°
- After cooking, keep hot foods hot (above 140°) to prevent bacteria from forming.
- Throw away food that has been left out over two hours (one hour if over 90°).

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

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 827
Health Department
650 Newtown Pike
Lexington, KY 40508
859-288-2423

