

## LIVING WELL BREASTFEEDING

### Breastfeeding Day

In celebration of World Breastfeeding Week and Kentucky Breastfeeding Awareness Month, new and expecting families are invited to this free day of seminars! Learn about the benefits of breastfeeding, how to get started, ways to avoid or overcome challenges and continuing breastfeeding after returning to work. Displays from area hospitals, hands-on product demonstrations, door prizes and lots of helpful information are also on site.

**Saturday, August 11**  
**11 a.m. to 3 p.m.**  
**Babies R Us**  
**1965 Star Shoot Parkway**  
**Hamburg Pavilion**

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

### Monthly Breastfeeding Class

Learn the basics of newborn behavior and breastfeeding at these free monthly classes.

**Tuesdays from 7 to 8:30 p.m.**  
**July 21, August 28 and September 11**  
**Babies R Us**  
**1965 Star Shoot Parkway**  
**Hamburg Pavilion**

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



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 883 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!



### 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 10:30 a.m.**

Upcoming meeting dates: **August 7 and October 2** at the Health Department Annex, 805 Newtown Circle. Call 859-288-2423 for more information.

## 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 p.m.**  
**September 17 & 24 and October 1 & 8**  
**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 a.m. to noon**. Meets at the Senior Citizen's Center, 1530 Nicholasville Road. Upcoming dates: **July 9, August 13 and September 10**.

#### 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 12, August 9 and September 13**.

#### 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: **July 26, August 23 and September 27**.

For more information, call 859-288-2423.



#### LIVING WELL CLASSES

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www.lexingtonhealthdepartment.org

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 7-13 years old 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.

**Tuesdays from 6 to 7:30 p.m.  
September 11, 18, 25 and October 4  
Northside Library  
1737 Russell Cave Road**

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



WWW.VERBSUMMERSCORECARD.COM

LIVING WELL FOR TWEENS



**There's still time to participate in the VERB Summer Scorecard!**

The VERB Summer Scorecard encourages kids to be physically active throughout the summer and offers discounted admission to local businesses. The program began on May 28 and ends on August 1. Kids, ages 9-13 years old, are encouraged to fill out a Scorecard or track their hours online this summer. Scorecards may be picked up at the YMCAs or local libraries. Kids have until August 1 to track their physical activity hours online at the [www.VERBSummerscorecard.com](http://www.VERBSummerscorecard.com).

July is full of activities including a free British Challenger Soccer Clinic on July 30, 3-4 p.m. at Christ Church (registration required by calling 219-9622) and Outdoor Pool Party at Jessamine County/Nicholasville Aquatic Center on July 28, 8-10 p.m. (\$5). There are many fun activities for your child. Check out the calendar on the Scorecard or online.

Don't miss the Grand Finale, August 1, 6-8:30 p.m. at Southland Pool. There will be swimming, games and the Grand Prize drawings. Each participant will receive a Play Hard pool bag, beach towel and water bottle. Drawing will be held at 8:15 p.m.

For more information about VERB Summer Scorecard program, visit [www.VERBSummerscorecard.com](http://www.VERBSummerscorecard.com) or call Diana Koonce at 288-2317.

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, lozenge or patches.

**Tuesdays from 5:30 to 6:30 p.m.  
Begins September 18 for 13 weeks**

Call 859-288-2327 for location and to register.

### Public Health Clinic moving!

To better serve you, the Lexington-Fayette County Health Department's Public Health Clinic is moving to the Health Department Annex, 805 Newtown Circle.

#### Regular Hours

**8 a.m. to 4:30 p.m. Monday, Wednesday and Thursday  
9:30 a.m. to 7 p.m. Tuesday  
8 a.m. to 1 p.m. Friday**

#### STD Clinic

**12:30 to 3:30 p.m. Monday, Wednesday, Thursday and Friday  
12:30 to 6 p.m. Tuesday**

#### HAP (Health Awareness Program)

**Days and times vary**

HAP remains at 805 Newtown Circle and continues to be a part of the Public Health Clinic. Please call 859-288-2483 for directions or questions.

LIVING WELL ACTIVELY

### Range of Motion Class

Enjoy flexibility and muscle-strengthening exercises in this easy to follow Range of Motion Class.

**Every Monday, Wednesday and Friday from 11 a.m. to noon  
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.  
Dunbar Community Center,  
545 North Upper**

Call 859-288-2391 with questions.

