

Lexington Farmers' Market

The Lexington Farmers' Markets are wonderful places to get fresh and fabulous fall produce grown in the bluegrass.

There are several times and locations:

Saturdays
7 a.m. till sold out
Vine Street, Between South Mill and South Limestone

Sundays
11 a.m. to 3 p.m.
Southland Drive, near Slone's Market and Hamburg area near Half-Priced Books

Tuesdays and Thursdays
7 a.m. till sold out
Corner of South Broadway and Maxwell

The Farmers' Market will run through the end of November.

Monthly Breastfeeding Class

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

Tuesdays from 7 to 8:30 p.m.
October 30 and November 27
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 809 ADDRESS SERVICE REQUESTED
Health Department
650 Newtown Pike
Lexington, KY 40508
859-288-2423



www.lexingtonhealthdepartment.org

LIVING WELL

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

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.

Upcoming Flu Shot Clinics

Friday, October 5
9 a.m. to 2 p.m.
Senior Citizen's Center, 1530 Nicholasville Road

Wednesday, October 10
5 p.m. to 7 p.m.
First United Methodist Church, 200 West High Street

Friday, October 12
9 a.m. to 12 p.m.
The Fayette Circuit Court, 120 North Limestone

Sunday, October 14
9 a.m. to 1 p.m.
Southern Hills Methodist Church,
2356 Harrodsburg Road

Thursday, October 18
2 p.m. to 6 p.m.
National Business College Health Fair,
2376 Sir Barton Way

Friday, October 19
1:30 p.m. to 4:30 p.m.
Pax Christi Church, 400 Victoria Way

Saturday, October 27
9 a.m. to 2 p.m.
Breast and Cervical Cancer Screening and Health Fair
Health Department Annex, 805 Newtown Circle

Friday, November 2
9 a.m. to 2 p.m.
Senior Citizen's Center, 1530 Nicholasville Road

Friday, November 9
9 a.m. to 12 p.m.
The Fayette Circuit Court, 120 North Limestone

FREE Drive-Thru Flu Clinic

Saturday, October 6
9 a.m. to 11 a.m.
Lexmark parking lot, enter at Newtown Pike traffic light

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.

We are not billing private insurance. We are accepting Medicare, Medicaid, credit, check, and cash for the \$20 fee.

Flu shots will also be offered through a walk-in clinic at the Health Department Annex, 805 Newtown Circle. If you are a patient of the Health Department's Primary Care Clinic, you may call 288-2425 for an appointment.



LIVING WELL CLASSES

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LIVING WELL WITH DIABETES

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: **October 8, November 12 and December 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: **October 11, November 8, and December 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: **October 25**, (for November and December dates, call Tony at 859-259-2635).

For more information, call 859-288-2423.

Diabetes Made Easy!

This FREE class will discuss the basics of diabetes, healthy eating, and how to prevent the complications of diabetes.

Monday, October 29
from **6:30 to 8:30 p.m.**
Beaumont Library
3080 Fieldstone Way

Registration is required.
Please 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 10:30 a.m.**

Upcoming meeting dates: **October 2 and December 4** at the Health Department Annex, 805 Newtown Circle. Call 859-288-2423 for more information.

Living Well with Diabetes A Spanish Educational Program

This bilingual class will cover healthy eating with diabetes, exercise, monitoring your blood sugar, and how to prevent complications of diabetes. There are three classes in this series.

Mondays from 6 to 9 p.m.
Beginning November 5
Bluegrass Farmworkers Health Center, 1360 Versailles Road

These classes are FREE. Healthy snacks, door prizes and childcare will be provided.

For more information, call Tony Reyes at 859-259-2635.

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 January 8, 2008 for 13 weeks
Health Department Annex,
805 Newtown Circle

Call 859-288-2327 to register.

Healthy Eating for the Holidays

Learn simple tips to stay healthy and balanced during the hectic holiday season.

Tuesday, November 13
from **1:30 to 2:30 p.m.**
Tates Creek Library,
3628 Walden Drive

Registration required by calling 859-288-2423.



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.