

LIVING WELL

Plan to attend great programs from your health department in 2008!

VERB Summer Scorecard

What are you doing with your 9-13 year old this summer?

The VERB Summer Scorecard offers a summer full of extreme fun and chances to win great prizes. Have your child register early online at www.verbsummerscorecard.com from May 12 - June 8 for a chance to win a mini iPod shuffle with a \$15 itunes gift card.



Your child can track their physical activity hours online all summer. If you don't have a computer, you can pick

up a Summer Scorecard at any YMCA or public library. For each 12 hours your child plays, he can get an entry into the Grand Prize drawing. Prizes include a Wii game system, mini iPod shuffles, bikes, Heelys, tennis shoes, Dance Dance Revolution and much more. You can register online for the prizes or at the Grand Finale with your child's Scorecard.

Check out www.verbsummerscorecard.com, Lexington Family Magazine or La Voz for more events and special deals for 9-13 year olds this summer! Remember to print a Scorecard online or pick up a card at the YMCA or public library to receive your special deals on *Get Movin'* this summer.

LIVING WELLSMOKE-FREE

We are tobacco-free!

The Lexington-Fayette County Health Department became a tobacco-free campus this year. The use of all tobacco products, including cigarettes, spit tobacco, pipes, and cigars, are not permitted on the grounds of the health department. Tobacco use is only permitted in personal vehicles parked more than 25 feet from the building.

This policy covers all health department leased or owned property around Lexington.

This policy is to help protect our patients and staff from secondhand smoke and promote healthy living. Even while in your car, please think about the health of your passengers, especially children, and consider keeping your car smoke-free. For help quitting tobacco, please call 288-2327.



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 patches.

A seven day supply of nicotine patches, gum or lozenge will be provided weekly for participants attending classes.

Wednesdays from 5:30 to 6:30 p.m.
Begins May 7 for 13 weeks
Health Department Annex,
805 Newtown Circle

Call 859-288-2423 to register.



LIVING WELL CLASSES

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

859-288-2423

www.lexingtonhealthdepartment.org

LIVING WELL WITH DIABETES

Pre-Diabetes Class

Over 40% of Kentuckians have pre-diabetes. Pre-diabetes is where your blood sugar is higher than normal but not yet high enough to have diabetes. It used to be referred to as "borderline" diabetes. Come to this fun class and learn about how to make healthy lifestyle changes in order to prevent or delay diabetes.



Tuesday, June 3
from 6:30-8:30 p.m.
Northside Branch Library,
1737 Russell Cave Road

Sponsored by Friends of the Library, Central Baptist Hospital Diabetes Program, Saint Joseph's Diabetes Treatment Center, and Lexington-Fayette County Health Department Diabetes Program.

Door prizes and light snack provided. Seating is limited for this FREE class. Call 859-288-2423 to register.

Are you at risk for type 2 diabetes?

- Overweight?
- 45 years or older?
- Exercise fewer than three times a week?
- Have high blood pressure or high cholesterol?
- Had diabetes when pregnant or baby weighed more than 9 pounds?
- Have a parent, brother or sister with diabetes?
- Have a family background of African American, Hispanic American/Latino, American Indian, Asian American, or Pacific Islander?

If you answered yes to more than one of these risk factors, you may be at risk for type 2 diabetes. Learn how to prevent diabetes by coming to this FREE class.

Prevention is Key!

Monday, June 30
From 6:30-8:00 p.m.
Beaumont Branch Library,
3080 Fieldstone Way

Seating is limited. Call 859-288-2423 to register.

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: **April 14, May 12 (see below), and June 9.**

Special Support Group Topic: Gum Disease

When the bacteria from gum disease gets into the blood, it makes it more difficult for someone with diabetes to control their blood sugar due to inflammation from the liver causing blood sugars to increase. Come **May 12** to the Senior Citizen's Center to hear Paul Frazier, DMD discuss good dental care to prevent complications caused by diabetes. Everyone is welcome!



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: **April 10, May 8, and June 12.**

Bluegrass Community Health Center

Fourth **Thursday** of each month from **6 to 7:30 p.m.** Meets at the Bluegrass Community Health Center, (Formerly Bluegrass Farmworkers Health Center) 1360 Versailles Road. This support group is bilingual. Upcoming dates: **April 24, May 22 and June 26.**

For more information, call 859-288-2423.

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.

June 2, 9, 16, and 23

**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 Walk

Join the Fayette County Diabetes Coalition and the Lexington-Fayette County Health Department for the annual Step Out Walk to Fight Diabetes (formerly America's Walk for Diabetes).

Saturday, May 31

8:45 to 11:00 a.m.

**Keeneland Race Track
4201 Versailles Road**

All are welcome to walk either the one or two and a half mile paths. Donations support the American Diabetes Association. Please call 859-288-2423 to join our team.



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 (FCDC). Meetings are the first **Tuesday** of every even number month from **9 to 10:30 a.m.**

Upcoming meeting dates: **April 1 and June 3** at the Health Department Annex, 805 Newtown Circle. The website (www.FCDC.info) is coming soon. Call 859-288-2423 for more information.

LIVING WELL BREASTFEEDING

Monthly Breastfeeding Class

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

Tuesdays from 7 to 8:30 p.m.

April 15, May 27, and June 10

**Babies R Us
1965 Star Shoot Parkway
Hamburg Pavilion**

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



April is Minority Health Month

Culinary Ministry Lunch & Learn

How to feed the congregation "down-home church cooking" without all the fat! Simple dietary guidelines and portion control will be discussed.

Saturday, April 12
from 11:00 a.m. to 1:00 p.m.
Central Baptist Hospital,
Education Center Auditorium,
1720 Nicholasville Road, Building E

This FREE program is sponsored by Central Baptist Hospital & Lexington-Fayette County Health Department. Call Teresa at 859-260-6457 to register.

African-American and Latino/Hispanic Leadership Youth Conference on HIV/AIDS 2008

The conference will focus on giving kids ages 12-18 basic facts about how to prevent HIV/AIDS.

Tuesday, April 29
from 10:00 a.m. to 5:00 p.m.
University of Kentucky Student Center,
404 South Limestone Street

This FREE program is sponsored by KY HIV/AIDS Education Program and Lexington-Fayette County Health Department. Contact Beverly at 502-564-6539 for more information.

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

These classes are FREE to seniors. For more information, call 859-278-6072.

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

