

LIVING WELL

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

Healthy Living classes

The Health Department is now offering FREE community education classes to help people with weight loss, diabetes, high cholesterol, and blood pressure. All classes are held at the Health Department Annex, 805 Newtown Circle. Seating is limited. **Register for all classes by calling Terry at 859-288-2423.**

Healthy Weight Basics

This one-hour class will review how to lose weight in a safe, healthy way. Topics covered include: MyPyramid, portion control, food labels and physical activity guidelines. Classes are held Tuesdays and Wednesdays during the day. Call 859-288-2423 for times.



Weight Loss for Life Group

These FREE groups meet monthly, and are open to anyone working to maintain their weight loss and who want to share ideas on how to overcome problems. Each month's discussion is led by a dietitian.

Tuesdays, 5:30 p.m. to 6:30 p.m.
July 22, August 26, and September 23
or
Thursdays, 2 p.m. to 3 p.m.
July 24, August 28, and September 25

Healthy Heart

At this session, you will learn how to decrease your cholesterol and blood pressure to improve the health of your heart, to reduce your risk of having a heart attack or stroke.

Tuesday, August 26
10 a.m. to 11 a.m.

Diabetes Basics

Learn the basics of managing your diabetes in this two-hour class. We discuss foods to eat, how to check your blood sugar, and other ways of keeping yourself healthy for a lifetime. Held on Wednesdays and Thursdays during the day. Call 859-288-2423 for times.

Diabetes Meal Planning

This class is for those who have attended the diabetes basics class and wish to learn more about food and diabetes. We will review carbohydrate counting, eating out at restaurants and more. Held at various times on Tuesdays. Call 859-288-2423 for times.

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 lozenges will be provided weekly for participants attending classes.

Wednesdays from 5:30 to 6:30 p.m.
Begins September 10 and runs 13 weeks
Health Department Annex,
805 Newtown Circle

Call 859-288-2423 to register.



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

859-288-2423

www.lexingtonhealthdepartment.org

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 24th and ends on August 1st. Kids, from 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 FREE Karate classes with Master Sid Nelson at Tae Kwon Do America (263-0033) several different times and 2-for-1 admission to Skate Night at Champ's Entertainment Complex (268-3888) on July 18th. There are many fun activities for your child. Check out the calendar online!



Don't miss the Grand Finale, August 1, 6-8:30 p.m. at Southland Pool. There will be swimming, games and Grand Prize drawing. Each participant will receive a Get Movin' bag and a phlat ball. 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 Karen at 288-2473.

Turn Your World Upside Down! Yoga for 9-13 year olds

Have fun with your friends doing something new and different while getting strong and flexible.

**Village Branch Library,
2185 Versailles Road
Mondays, 2 p.m. to 3 p.m.
June 2, 9, 16, 23, and 30**

**Tates Creek Branch Library,
3628 Walden Drive
Tuesdays, 7 p.m. to 8 p.m.
June 3, 8, and 17**

**Central Branch Library,
140 East Main Street
Thursday, 2 p.m. to 3 p.m.
June 19**



Anyone can do yoga! No experience needed. FREE with VERB Summer Scorecard. Come to one or all classes. For more information visit www.VERBsummerscorecard.com or www.lexpublib.org.

Monthly Breastfeeding Class

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

**Tuesdays from 7 to 8:30 p.m.
May 27, June 10, July 15, August 26,
and September 16
Babies R Us
1965 Star Shoot Parkway,
Hamburg Pavilion**

Samples, product demonstrations and lots of helpful information.

Sign up today at the Babies "R" Us Registry Desk or call 859-263-8598. For more information about the class or breastfeeding, call the Breastfeeding Support Service at 859-288-2348.

Breastfeeding 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 9
11 a.m. to 3 p.m.
Babies R Us
1965 Starshoot Parkway,
Hamburg Pavilion Lexington**

For more information, call 859-288-2348.



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. The four-week series includes a nutrition session in each class.

Mondays from 4:30 to 7 p.m.
September 22 & 29 and October 6 & 13
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 two 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 14, August 11, and September 8.**

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: **July 24, August 28, and September 25.**

For more information, call 859-288-2423.



Diabetes Coalition

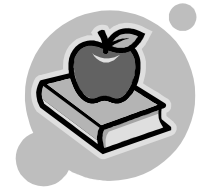
If you would like to be more involved in the prevention and control of diabetes, come to the next meeting of the Fayette County Diabetes Coalition (FCDC). Meetings are the **first Tuesday** of every even number month from **9 to 10:30 a.m.**

Upcoming meeting dates: **August 12 and October 7** at the Health Department Annex, 805 Newtown Circle. Go to the coalition's website **www.FCDC.info** or call 859-288-2423 for more information.

Pre-Diabetes Class

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

Tuesday, September 9
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.

Farmers' Markets in Lexington

Seasonal fruits and vegetables are now available at our local Farmers' Markets in Lexington, including peaches, apples, corn, tomatoes, beans, and greens. Some farmers also offer eggs, meats, honey, herbs, plants, flowers, bread and other baked goods, cheese, butter and preserves. Some markets host entertainment, food sampling, and informational displays by community partners. The 2008 schedules for local farmers markets are:

Tuesdays and Thursdays

7 a.m. until sold out

Corner of South Broadway and Maxwell Street

Tuesdays

3 p.m. to 6 p.m.

3450 Richmond Road at Pedal the Planet

Saturdays

7 a.m. until sold out

Vine Street between South Mill and South Limestone

Saturdays

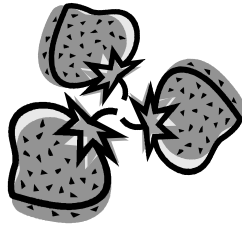
9 a.m. to 2 p.m.

3450 Richmond Road at Pedal the Planet

Sundays

10 a.m. until 2 p.m.

Southland Drive near Slone's



Shopping at the Farmers' Market is a feast for the senses. All sites are pedestrian and bicycle-friendly and also have plenty of free parking nearby. Go with friends or family for a great time!

To find out more about the farmers markets in Lexington and surrounding areas, visit www.kyagr.com/marketing/farmmarket/directory.htm.

Lima Drive Seventh-Day Adventist Church Body & Soul Health Fest

Sunday, September 14

1 p.m. to 5 p.m.

Douglas Park,

726 Georgetown Street

Information will be available on diabetes, cancer, physical activity and nutrition. There will also be inflatable games and activities for children.

Next Best Years of Your Life Fall Conference

Thursday, September 25

8 a.m. to 1:30 p.m.

Fayette County Cooperative Extension Office
1140 Red Mile Place

A conference for age 55 and over covering various aspects of healthy living.

Lexington-Fayette County 883
Health Department
650 Newtown Pike
Lexington, KY 40508
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ADDRESS SERVICE REQUESTED

