

LIVING WELL

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

Flu Shots

The Health Department is sponsoring flu clinics this fall. Flu shots are \$25 and are especially recommended for:

- People 65 or older
- People of any age with chronic medical conditions including diabetes
- Children 6 to 23 months
- 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

Tuesdays, October 7 and 21
10 a.m. to 12 p.m.
Farmer's Market, 628 North Broadway

Thursday, October 9 and Friday, October 24
9 a.m. to 2 p.m.
Senior Citizen's Center, 1530 Nicholasville Road

Friday, October 10
11:30 a.m. to 4 p.m.
Pax Christi Catholic Church, 400 Victoria Way

Wednesday, October 15
5 p.m. to 8 p.m.
St. Luke United Methodist Church, 2351 Alumni Drive

Thursday, October 16
11 a.m. to 2 p.m.
National College of Business, 2376 Sir Barton Way

Sunday, October 19
9:30 a.m. to 12:45 p.m.
First United Methodist Church, 200 W High Street

Sunday, October 26
9:30 a.m. to 2:30 p.m.
Cathedral of Christ the King, 299 Colony Boulevard

Sunday, October 26
9 a.m. to 1 p.m.
Southern Hills United Methodist Church,
2356 Harrodsburg Road

Sunday, November 2
10 a.m. to 1 p.m.
Newman Center, 320 Rose Lane

FREE Drive-Thru Flu Clinic

Saturday, October 4
8 a.m. to 11 a.m.
Lexmark parking lot, enter at Newtown Pike traffic light

FREE Kids Flu Clinic

Only for ages 6 months to 18 years old
9 a.m. to 2 p.m.
Public Health Clinic South
2433 Regency Road

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 \$25 fee.

Flu shots will also be offered through a walk-in clinic at the Public Health Clinic South, 2433 Regency Road. If you are a patient of the Health Department's Primary Care Clinic, you may call 288-2425 for an appointment.



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

859-288-2423

www.lexingtonhealthdepartment.org

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, October 6, & 13
Health Department Annex,
805 Newtown Circle

Healthy snacks and door prizes will be given at each class. Although it is nice to attend all four classes, you are welcome to register for just the ones that fit with your schedule. 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: **October 13 and November 10. Our December meeting is cancelled due to the Senior Center Holiday event the same day.**

Bluegrass Community Health Center

Bilingual support group held at the Bluegrass Community Health Center, 1306 Versailles Road. Upcoming dates: **October 23 and December 11.**

NEW Health Chats about Diabetes

Held the second Tuesday of each month from 6:15 to 7:30 p.m. at Polk Dalton Clinic, 217 Elm Tree Lane. These programs are in partnership with UK Health Care. Upcoming dates: **October 14, November 11, and December 9.**

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: **October 7 and December 2** 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, March 10
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 snacks provided. Seating is limited for this FREE class. Call 859-288-2423 to register.

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.
November 10, 17, and 24
Bluegrass Community Health Center,
1306 Versailles Road**

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

For more information,
call Matt at 859-259-2635.

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.



**Next class will begin in January
Dates and times will be announced
Health Department Annex,
805 Newtown Circle**

Call 859-288-2423 to register.

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 14 and November 18
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.



Healthy Eating for the Holidays and Tips for the New Year

Keep that extra holiday weight from adding up. Enjoy samples, giveaways, and a chance to ask Karen Jones, a Registered Dietitian from the Lexington-Fayette County Health Department, how to keep off those unwanted pounds while still enjoying your holiday activities.

**Tuesday, December 9
6:30 to 8:30 p.m.
Beaumont Library,
3080 Fieldstone Way**

To register call 231-5570.



Upcoming dates:

- October 8 is **Walk Our Children to School Day**. If your elementary school is participating they will be eligible for cash prizes if they have the highest percentage of walkers. Call 859-288-2332 with questions.
- November is **American Diabetes Month**. Go to the American Diabetes Association's website (www.diabetes.org) for more information about diabetes.
- **World Diabetes Day** is November 14. Go to www.worlddiabetesday.org for more information.

Healthy Living classes

The Health Department offers 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

This FREE group meets on the last Tuesday of the month and is 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, October 28 and November 25

5:30 to 6:30 p.m.

No meeting in December



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, October 28

1 to 2 p.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.

Bee Healthy for ages 2 to pre-K

This is a four-week series for parents and their children ages 2 to pre-K every Monday in October. We will have lessons and activities for parents and children.

Mondays from 10 to 11 a.m.

October 6, 13, 20 and 27

Lexington-Fayette County 809
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ADDRESS SERVICE REQUESTED

