

LIVING WELL

Plan to attend great programs from your health department in 2009!



Diabetes Alert Day

Tuesday, March 24 is National Diabetes Alert Day promoted by the American Diabetes Association. Many people do not realize they have diabetes.

The symptoms of diabetes are: extreme thirst, blurry vision, going to the bathroom a lot, unusually tired, and losing weight without trying.

Your risk for diabetes increases as you get older, gain too much weight, or if you do not stay active. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders.

Risk factors for diabetes include:

- Having high blood pressure (at or above 130/80)
- Having a family history of diabetes
- Having diabetes during pregnancy or having a baby weighing more than nine pounds at birth.

Contact our Kentucky Diabetes Prevention and Control Program Regional Coordinators, Amy or Janey at 859-288-2423 with questions.

Diabetes Day at the Capitol

February 12 is a day sponsored by the Kentucky Diabetes Network to visit our legislators in Frankfort.

Join the Health Department's diabetes educators in support of increased funding for diabetes education and supplies for Kentuckians with diabetes.

Registration begins at 8:00 a.m. at the Capitol Annex. Please call 859-288-2423 to attend. Note: Date subject to change based on legislative sessions.

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: **January 12, February 9, and March 9.**

Bluegrass Community Health Center

Bilingual support group held at the Bluegrass Community Health Center, 1306 Versailles Road from **6 to 7:30 p.m.** Upcoming dates: **Thursday January 22, Thursday February 26, and Monday March 23.**



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: **January 13, February 10, and March 10.**

For more information, call 859-288-2423.



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.
January 26, February 2, 9, and 23
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 your schedule. For more information or to register for this FREE class, 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: **February 3 and April 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

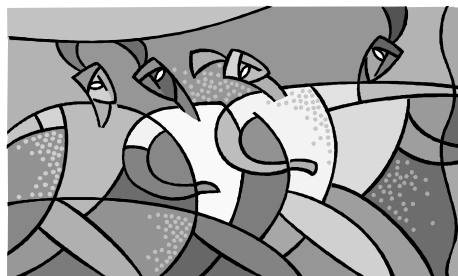
Over 40% of Kentuckians have pre-diabetes. Pre-diabetes is when your blood sugar is higher than normal but not yet high enough to be diagnosed with diabetes. Come to this fun class and learn about how to make healthy lifestyle changes in order to prevent or delay diabetes.



Tuesday, 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.



Free Aerobics Class

Is one of your resolutions for 2009 to get more exercise? Come to this free low impact aerobics class to get your body moving and have a great time!

Every Tuesday and Thursday,
6 to 7 p.m.
William Wells Brown Community Center,
555 East Fifth Street

For more information, contact Jill Wilson 859-389-6678.



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. Also offered in Spanish. Call 859-288-2423 for times.

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. Also offered in Spanish.

**Tuesday, February 24
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. Also offered in Spanish. 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 Tuesday afternoons. Call 859-288-2423 for times.



Healthy Families

Raising a family to make healthy eating choices and to participate in physical activity can be challenging. Come to this two hour class to learn simple strategies to help your family become healthier together. Share ideas and struggles with other parents.



Held on the first Wednesday of the month at different times. This class is intended for **parents only**. Call 859-288-2423 for times and to register.

Weight Loss for Life

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. It is recommended but not required to attend the Healthy Weight Basics class first.

There are two locations and times to fit your schedule:

**Tuesdays, 5:30 to 6:30 p.m.
January 27, February 24, and March 31
Health Department Annex,
805 Newtown Circle**

**Mondays, 6 to 7 p.m.
February 2 and March 2
Tates Creek Library,
3628 Walden Drive**

Call 859-288-2423 to register.

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 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.



This year a \$50 deposit is required to begin the class, but your nicotine replacement products will be provided at no charge as long as you remain smoke-free after week 3. Your deposit will be returned in full if you complete the 12-wk program and remain smoke-free during that time.

Wednesdays, 5:30 to 6:30 p.m.
Begins January 7 for 13 weeks
or
Thursdays, 3:00 to 4:00 p.m.
Begins January 8 for 13 weeks

**Health Department Annex,
805 Newtown Circle**

Call 859-288-2324 to register.

Preparing to Quit Discussion Group

This group will offer suggestions and support for individuals who are thinking about quitting tobacco, but are not sure if they are ready to make the commitment. Many folks do not succeed at quitting because they are unprepared for what it takes to stop smoking, chewing, or using spit tobacco.

Participants are encouraged to bring their lunch. Drinks and fruit will be provided.

**12:00 to 1:00 p.m.,
2nd Wednesday of each month,
Begins January 14
Health Department Annex,
805 Newtown Circle**

This group is FREE and registration is not required. For more information contact Angela at 859-288-2457.



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ADDRESS SERVICE REQUESTED

