

# LIVING WELL

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

## 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](http://www.verbsummerscorecard.com) from May 15 - June 5 for a chance to win a mini iPod shuffle.

Join us at Collins Bowling Center (Eastland Lanes, 750 E. New Circle Road) from 10 a.m. to 3 p.m. on May 23 for the VERB kick-off!

Register online for VERB at the kick-off and get a free game of bowling! VERB vendors will be present, so you can see what deals they will offer to VERB participants throughout the summer.

There will also be a drawing for a mini iPod shuffle at the kick-off event.

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](http://www.verbsummerscorecard.com) or Lexington Family Magazine 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 *iVERB* this summer.

**iVerb**  
**Put It On**  
YOUR PLAYLIST

## Poolapalooza

The first pool party of the season! Come out and kick off the summer swim season with food, games, prizes and a special visit from Big Al, the aquatic mascot. Southland Aquatic Center is equipped with a double-looped slide, diving well, play apparatuses and more!!

**Saturday, May 23 from 12 to 4 p.m.**  
**Southland Pool,**  
**625 Hill-n-Dale Road**  
**Contact Amanda Neely at 899-288-2970.**

## 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 21, May 12, and June 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.



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

859-288-2423

[www.lexingtonhealthdepartment.org](http://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.**  
**May 4, May 11, May 18 and June 1**  
**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 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 13, May 11, June 8.**

### Bluegrass Community Health Center

Bilingual support group held at the Bluegrass Community Health Center, 1306 Versailles Road from **6:00 to 7:30 p.m.** on **Mondays**. Upcoming dates: April 27, May 18, and June 22.

### 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: April 14, May 12, and June 9.

For more information, call 859-288-2423.

## 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 8:30 p.m.**  
**March 30, April 6, and April 13**  
**Bluegrass Community Health Center,**  
**1306 Versailles Road**

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

For more information, call Ruben at 859-288-2410.



## 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 7 and June 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.

## Health and Wellness Fair and Neighborhood Walk

**Saturday, April 18**  
**Williams Wells Brown Community Center,**  
**548 East Sixth Street,**  
**11 a.m. to 2 p.m.**

Free and open to the public. Health Screenings will include: cholesterol and glucose, kidney, blood pressure, HIV/AIDS antibody testing, vision and hearing.

# StepOut<sup>SM</sup>

Walk to Fight Diabetes

## Diabetes Walk

Join the Fayette County Diabetes Coalition and the Lexington-Fayette County Health Department for the annual Step Out Walk to Fight Diabetes.

**Saturday, May 30**  
**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.

## 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 April 29 for 13 weeks**  
**Health Department Annex,**  
**805 Newtown Circle**

or

**Thursdays, 6:30 to 7:30 p.m.**  
**Begins June 4 for 13 weeks**  
**Tates Creek Library**  
**3628 Walden Drive**

(minimum of 12 registered for class to be held)

Call 859-288-2423 to register.

## Weight Loss for Life

This FREE group is open to anyone working to maintain their weight loss and who want to share ideas on how to overcome weight 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.**  
**April 28, May 26, June 30**  
**Health Department Annex,**  
**805 Newtown Circle**

**Mondays, 6 to 7 p.m.**  
**April 6, May 4, June 1**  
**Tates Creek Library,**  
**3628 Walden Drive**

Call 859-288-2423 to register.

## Free Kidney Disease Screening

**Do you or a family member have diabetes, high blood pressure, or kidney disease?**

If you answered yes, you are at high risk for kidney disease. The National Kidney Foundation of Kentucky (NKFK) is offering FREE kidney health screenings for people at high risk for developing kidney disease.



**Saturday, April 18**  
**from 9 a.m. to 2 p.m.**  
**William Wells Brown Community Center,**  
**548 East Fifth Street**

Please call the NKFK at 1-800-737-5433 for more information or to make an appointment.

## 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. Beginning in May all Spanish classes will be offered in the evening. **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. 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. Call 859-288-2423 for times.

### 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. 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. 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. This class is intended for **parents only**. Also offered in Spanish. Call 859-288-2423 for times.

## 50 Million Pound Challenge

Come to FREE exercise classes even if you are not registered with the "50 Million Pound Weight Loss Challenge". There are a variety of low-impact aerobics classes, specialty classes, and a Walking Club. Offered through May 21.

**Every Tuesday and Thursday 6 to 8 p.m.  
and  
Every Saturday from 12 to 1 p.m.**

Held at the William Wells Brown Community Center, 548 East Fifth Street. Open to the public for ages 18 years or older. For more information, contact Jill 859-389-6678.

Lexington-Fayette County 809  
Health Department  
650 Newtown Pike  
Lexington, KY 40508  
859-288-2423

ADDRESS SERVICE REQUESTED

