

These risk factors increase the likelihood of developing diabetes:

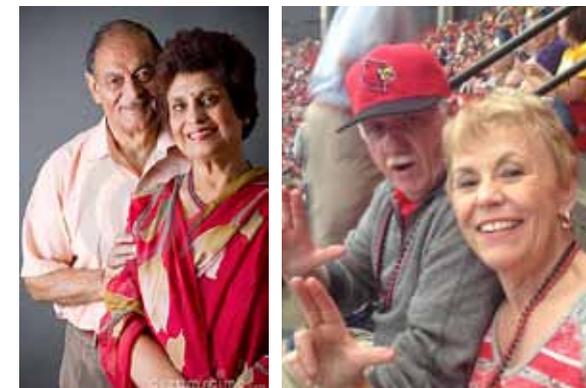
- Being overweight or obese.
- Having a parent, brother, or sister with diabetes.
- Being of African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino heritage.
- Having a prior history of gestational diabetes or birth of a baby weighing more than 9 pounds.
- Having blood pressure of 140/90 or higher.
- Having abnormal cholesterol with HDL ("good") cholesterol of 35 or lower, or a triglyceride level of 250 or higher.
- Being physically inactive—exercising fewer than three times a week.



Do you need a speaker for your organization or worksite?

Our highly qualified staff can provide education sessions on:

- Diabetes Prevention
- Diabetes Self-Care Basics
- Nutrition Basics
- Quitting Smoking
- Health Literacy
- Nutrition Label Reading and Meal Planning



2014
Take Charge of Diabetes:
Resources and Classes to
Empower You!



Are you one of the nearly 80,000 people in Louisville living with diabetes?

Are you ready to take charge of your health in the new year? We can help!

Active Steps for Diabetes

This 13-week program is for people with diabetes who have trouble exercising due to pain or fatigue. Participants receive an individualized exercise plan, even if they can only exercise while seated. These classes have helped people become stronger and improve their A1C. Classes include blood sugar screenings, fitness screenings, diabetes and exercise classes.

Bellarmino University faculty and Physical Therapy and Nursing students will lead you through the program. Certified Diabetes Educators from Louisville Metro Public Health & Wellness provide diabetes education.

Where: Park Duvalle Community Health Center, 3015 Wilson Ave., 40211.

When: Tuesdays and Thursdays

11:15 a.m. - 12:45 p.m.

First Class is January 16, 2014

Call 574-6663 to register or get more information.



Living Well Workshops

Living Well Workshops are a series of six weekly small group meetings. Workshops meet throughout Louisville. People with different chronic health problems attend together: same time, same place, same group, learning and practicing together for six weeks. Workshops are facilitated by health professionals as well as people living with chronic disease.

Learn how to manage your condition and earn a **FREE** eight week YMCA of Greater Louisville membership upon completion of the workshop.

For more information or to find a Living Well Workshop near you call **(502) 852-1804.**

Sponsored by: University of Louisville Department of Family & Geriatric Medicine, Family Health Centers, Inc., Louisville Primary Care Association, YMCA of Greater Louisville, KIPDA, KY Department for Public Health Chronic Disease Prevention Branch, Louisville Metro Department of Public Health and Wellness.

Diabetes Workshop Series

Our team of **Certified Diabetes Educators** empowers you to manage your diabetes and feel more confident about taking care of yourself. Diabetes workshops are for people with diabetes and their family members. Classes make it easy to learn from others and share experiences. **Call 574-6663 to register.**

Douglass Community Center

2305 Douglass Blvd., 40205

Wednesdays, January 8, 15, 22, & 29, 2014

1:00 p.m. - 3:30 p.m.

Bon Air Library

2810 Del Rio Pl., 40220

Thursdays, March 6, 13, 20 & 27, 2014

1:00 p.m. - 3:30 p.m.

Louisville Metro Public Health & Wellness

400 E. Gray St., 40202

Saturdays, May 10 & 17, 2014

8:00 a.m. - Noon

Louisville Metro Public Health & Wellness

400 E. Gray St., 40202

Saturdays, February 1 & 8, 2014

8:00 a.m. - Noon

Newburg Library

4800 Exeter Ave., 40218

Mondays, April 7, 14, 21 & 28, 2014

1:00 p.m. - 3:30 p.m.

Fairdale Library

10620 W. Manslick Rd., 40118

Tuesdays, June 3, 10, 17 & 24, 2014

5:00 p.m. - 7:00 p.m.