

Mother-Baby and Adult Health Monthly Calendar Items- January 2014

January 7	Weight Loss Challenge Kick Off, 5:30 – 7 pm, William Wells Brown Community Center, 548 East Sixth Street. Start the new year with a weigh-in and healthy living ideas, then stay for Low-Impact Aerobics Classes at 6-7pm and 7-8 pm, Sponsored in part by the Lexington-Fayette Co. Health Dept. and Lexington Parks and Recreation. For more information, contact Jill Chenault-Wilson at 389-6678.
January 7	Baby Basics – The First Six Weeks, 6:30 pm, Babies R Us, Hamburg Pavilion, Lexington. Free infant care mini class where you receive professional advice on what to expect the first 6 weeks. Co-sponsored by Pediatric and Adolescent Associates. Registration required: call Babies R Us Baby Registry at 859-263-8598.
January 7	Breastfeeding Essentials I class, 7 – 9 pm, Baby Moon, 2891 Richmond Rd., \$30, open to everyone. Visit <a href="http://www.baby-moon.org">www.baby-moon.org</a> to register.
January 8	Car Seat Check-up Clinic, 11 am - 1 pm, CarMax, 105 Sand Lake Drive, Lexington. Free, but appointment needed: call 859-323-1153 to make an appointment. Sponsored by Safe Kids Coalition.
January 8	Mommy-to-Mommy Support Group, 1 – 2 pm, Boyle County Public Library, Danville. FREE. Monthly topic: Homemade Ornaments. For more information, call Elizabeth at 859/583-1007 or 859/236-2053
January 8	Breastfeeding Basics class, 5:30 – 7 pm, Lexington-Fayette Co. Health Department PH Clinic South, 2433 Regency Road. Free class for expecting parents, covers how to breastfeed, knowing baby gets enough, and pumps and supplies. Sponsored by the Lexington-Fayette Co. Health Dept. Registration required: call 288-2348.
January 8	Careful Cruisin' Car Seat Class, 6:30 pm, Babies R Us, Hamburg Pavilion, Lexington. Test your Car Seat IQ at this free class. Car seat safety is made fun with car seat trivia, games and prizes!. Co-sponsored by Safe Kids Coalition. Registration required: call Babies R Us Baby Registry at 859-263-8598.
January 9	Stop Smoking Class Series, 6 - 7 pm (Weekly until April 3), at the Nathaniel Mission Free clinic, 616 DeRoode Street. Based on the Cooper-Clayton method, \$10/week for 10 weeks covers the cost of nicotine replacement (patches, gum, etc). For more information or to pre-register, 288-2457. Sponsored by the Lexington-Fayette Co. Health Dept.
January 9	Low-Impact Zumba Classes, 6 - 7pm, 7-8 pm, William Wells Brown Community Center, 548 East Sixth Street. Weekly until May. Second hour offers a variety of other movement classes, including boot camp and Yoga. Free and for adults age 18 and above. Sponsored in part by the Lexington-Fayette Co. Health Dept. and Lexington Parks and Recreation. For more information, contact Jill Chenault-Wilson at 389-6678.
January 10	Breastfeeding Class, 10:30 am – noon, Boyle County Health Department, Danville. FREE, open to everyone. For more information or to pre-register, call 859/583-1007 or 859/236-2053.
January 10	Learn about Breastfeeding <i>En Espanol!</i> 1 – 2:30 pm, Public Health Clinic North, 805A Newtown Circle. Free class in Spanish for expecting parents, covers how to breastfeed, knowing baby gets enough, and pumps and supplies. Sponsored by the Lexington-Fayette Co. Health Dept. Registration required: call 288-2483 ext. .
January 11	Breastfeeding Essentials II class, 3:30 – 5:30 pm, Baby Moon, 2891 Richmond Rd., \$28, follow-up to Breastfeeding Essentials I class. Visit <a href="http://www.baby-moon.org">www.baby-moon.org</a> to register.
January 12	Natural Childbirth Series, (weekly to February 9), 4:30 – 6:30 pm, Baby Moon, 2891 Richmond Rd., \$178 per mama/couple. Visit <a href="http://www.baby-moon.org">www.baby-moon.org</a> to register.
January 12	Breastfeeding 101, 4-5:30 p.m. Baptist Health-Lexington Education Center, 1720 Nicholasville Rd. (Building E, lower level), FREE, only for those delivering at Baptist Health-Lexington, registration not required. Call (859)260-6357 or (859)260-4354 for questions regarding classes.
January 13	Bluegrass Babywearing Group, 11:30 am, Baby Moon, 2891 Richmond Rd. FREE. For more information, visit <a href="http://www.facebook.com/groups/bluegrassbabywearers/">http://www.facebook.com/groups/bluegrassbabywearers/</a> .
January 13	Diabetes Support Group, 10-11 am, Senior Citizens Center, 1530 Nicholasville Road, Free. Sponsored by the Lexington-Fayette Co. Health Dept. For more information, call (859) 288-2352.
January 13	Breastfeeding Class, 6:00 – 8:00 pm, St. Joseph Hospital-East Women's Hospital, 170 N. Eagle Creek Dr.. \$25 per couple, only for those delivering here. Register by calling 967-2229 or online at <a href="http://www.saintjosephhealthcare.org/baby">www.saintjosephhealthcare.org/baby</a> .
January 14	Low-Impact Aerobics Classes, 6-7 pm, various fitness classes 7-8 pm, William Wells Brown Community Center, 548 East Sixth Street. Weekly through May. Weight room also open 5 – 9 pm.

	Free and for adults age 18 and above. Sponsored in part by the Lexington-Fayette Co. Health Dept. and Lexington Parks and Recreation. For more information, contact Jill Chenault-Wilson at 389-6678.
January 14	Health Chats about Diabetes, 6:15-7:30, UK Polk Dalton Clinic, 217 Elm Tree Lane, Free. Sponsored by the Lexington-Fayette Co. Health Dept. and UK Healthcare. For more information, call (859) 288-2352.
January 14	La Leche League of Lexington Monthly meeting: 7:15 pm, Baby Moon, 2891 Richmond Rd. FREE, open to everyone. For more information, call April at 859-351-9865.
January 14	Stop Smoking Class Series, 6 - 7 pm (Weekly until April 8), at the St. Joseph Cancer Center, 701 Bob-O-Link Dr., Suite 250, Lexington. Based on the Cooper-Clayton method, \$10/week for 10 weeks covers the cost of nicotine replacement (patches, gum, etc). For more information or to pre-register, 288-2457. Sponsored by the Lexington-Fayette Co. Health Dept.
January 15	Breastfeeding 101, 6 – 7:30 p.m. Baptist Health-Lexington Education Center, 1720 Nicholasville Rd. (Building E, lower level), FREE, only for those delivering at Baptist Health-Lexington, registration not required. You may call (859)260-6357 or (859)260-4354 for questions regarding classes.
January 15	“Breastfeeding Basics” Class, 6 – 8pm, Frankfort Medical Pavilion, 279 King's Daughters Drive, Frankfort. FREE, but registration is required. For more information or to register, call Consult-A-Nurse at 877-FRMC-MD1 (376-2631) or 502-226-1655.
January 16	“A New You” weight loss class, 6:30-8 pm, at the Beaumont Library, 3080 Fieldstone Way, Lexington. Learn healthy weight loss strategies, including meal planning and eating healthy on a budget at this FREE class. Presented by the Lexington-Fayette County Health Department. Pre-registration required: call (859) 231-5500 or 859-288-2352.
January 16	Breastfeeding Basics class, 5:30 – 7 pm, Babies R Us, Hamburg Pavilion, Lexington. Free class for expecting parents, covers how to breastfeed, knowing baby gets enough, and pumps and supplies. Sponsored by the Lexington-Fayette Co. Health Dept. Registration required: call Babies 'R Us Baby Registry at 859-263-8598.
January 18	Nursing Your Infant, 9 am – 12 noon, UK Good Samaritan Hospital, Conference Room A, 310 S. Limestone St. \$25 per couple, only for those delivering here. For more information or to pre-register, call 323-2750.
January 18	Natural Childbirth Weekend Seminar, 1-6 pm, Baby Moon, 2891 Richmond Rd., \$168. Visit <a href="http://www.baby-moon.org">www.baby-moon.org</a> to register.
January 21	Eat, Move, Lose Weight Support Group, 12 – 1 pm, Lexington-Fayette Co. Health Department PH Clinic South, 2433 Regency Road. Free weight-loss support group appropriate for anyone wishing to lose weight or maintain weight loss. Share struggles and ideas with others. Held first and third Tuesdays most months. For more information or to pre-register, call 288-2352.
January 21	Health Chats about Diabetes, 5-6 pm, Nathaniel Mission Free clinic, 616 DeRoode Street. Free. Sponsored by the Lexington-Fayette Co. Health Dept. and UK Healthcare. For more information, call (859) 288-2352.
January 21	Labor Workshop for Couples, 7 – 9:15 pm, Baby Moon, 2891 Richmond Rd., \$58. Visit <a href="http://www.baby-moon.org">www.baby-moon.org</a> to register.
January 22	Infant CPR, 1 pm and 1:45 pm, Babies R Us, Hamburg Pavilion, Lexington. Learn the ABC's of infant CPR as this 45-minute class prepares you with important basic CPR techniques. \$3 for instructional materials. Co-sponsored by the Lexington Fire Department. Registration required: call Babies R Us Baby Registry at 859-263-8598.
January 22	Health Chats about Diabetes <i>En Espanol!</i> 6 – 7 pm, Bluegrass Community Health Center, 1306 Versailles Rd. Call Jason for more information: 263-2507.
January 24	Attachment Parenting Group, 11:45am – 1:00pm, Baby Moon, 2891 Richmond Rd. FREE, open to everyone.. For more information visit <a href="http://www.baby-moon.org">www.baby-moon.org</a>
January 25	“Transitions: Bringing Home a Baby” class, 3 - 5 pm, Baby Moon, 2891 Richmond Rd., \$38 per couple Visit <a href="http://www.baby-moon.org">www.baby-moon.org</a> to register.
January 26	Breastfeeding 101, 4-5:30 p.m. Baptist Health-Lexington Education Center, 1720 Nicholasville Rd. (Building E, lower level), FREE, only for those delivering at Baptist Health-Lexington, registration not required. Call (859)260-6357 or (859)260-4354 for questions regarding classes.
January 27	LLL of Greater Lexington Monthly Meeting: 11:30 am, Baby Moon, 2891 Richmond Rd. FREE, open to everyone. For more information, call April at 859-351-9865.
January 28	Breastfeeding Class, 7 pm, Ephraim McDowell Medical Center, 217 S. Third St., Danville. FREE, only for those delivering here. For more information and to pre-register, call 859-239-2534.

February 5	Stop Smoking Class Series, 5:30 – 6:30 pm (Weekly until April 30), at the Bluegrass Technical and Community College Newtown Pike Campus, 500 Newtown Pike, Room 123. Based on the Cooper-Clayton method, \$10/week for 10 weeks covers the cost of nicotine replacement (patches, gum, etc). For more information or to pre-register, 288-2457. Sponsored by the Lexington-Fayette Co. Health Dept.

Mother-Baby and Adult Health Monthly Calendar Items– Recurring Monthly Events

First Tuesday	Eat, Move, Lose Weight Support Group, 12 – 1 pm, Lexington-Fayette Co. Health Department PH Clinic South, 2433 Regency Road. Free weight-loss support group appropriate for anyone wishing to lose weight or maintain weight loss. Share struggles and ideas with others. For more information or to pre-register, call 288-2352.
Second Monday	Bluegrass Babywearing Group, 11:30 am, Baby Moon, 2891 Richmond Rd. FREE. For more information, visit <a href="http://www.facebook.com/groups/bluegrassbabywearers/">http://www.facebook.com/groups/bluegrassbabywearers/</a> .
Second Monday	Diabetes Support Group, 1 - 2 pm, Senior Citizens Center, 1530 Nicholasville Road, Free. Sponsored by the Lexington-Fayette Co. Health Dept. For more information, call (859)288-2352
Second Tuesday	Health Chats about Diabetes, 6:15-7:30, UK Polk Dalton Clinic, 217 Elm Tree Lane, Free. Sponsored by the Lexington-Fayette Co. Health Dept. and UK Healthcare. For more information, call (859) 288-2352.
Second Tuesday	La Leche League of Lexington Monthly meeting: 7:15 pm, Baby Moon, 2891 Richmond Rd. FREE. For more information, call April at 859-351-9865.
Second Wednesday	Car Seat Check-up Clinic, 11 am - 1 pm, CarMax, 105 Sand Lake Drive, Lexington. Free, but appointment needed: call 859-323-1153 to make an appointment. Sponsored by Safe Kids Coalition.
Second Wednesday	Breastfeeding Basics class, 5:30 – 7:00 pm, Lexington-Fayette Co. Health Department PH Clinic South, 2433 Regency Road. Free class for expecting parents, covers how to breastfeed, knowing baby gets enough, and pumps and supplies. Sponsored by the Lexington-Fayette Co. Health Dept. Registration required: call 288-2348.
Second Friday	Breastfeeding Class, 10 – 11:30 am, Boyle County Health Department, 448 S. 3 <sup>rd</sup> St., Danville. FREE. For more information or to register, call Elizabeth at 859/583-1007 or 859/236-2053
Third Tuesday	Eat, Move, Lose Weight Support Group, 12 – 1 pm, Lexington-Fayette Co. Health Department PH Clinic South, 2433 Regency Road. Free weight-loss support group appropriate for anyone wishing to lose weight or maintain weight loss. Share struggles and ideas with others. For more information or to pre-register, call 288-2352.
Third Tuesday	Health Chats about Diabetes, 5-6 pm, Nathaniel Mission Free clinic, 616 DeRoode Street. Free. Sponsored by the Lexington-Fayette Co. Health Dept. and UK Healthcare. For more information, call (859) 288-2352.
Third Thursday	Breastfeeding Basics class, 7-8:30 pm, Babies R Us, Hamburg Pavilion, Lexington. Free class for expecting parents, covers how to breastfeed, knowing baby gets enough, and pumps and supplies. Sponsored by the Lexington-Fayette Co. Health Dept. Registration required: call Babies R Us Baby Registry at 859-263-8598.
Third Friday	Breastfeeding Moms Club, 1 – 2:30 pm, Public Health Clinic North, 805A Newtown Circle. Meet with other breastfeeding moms and a lactation consultant to share tips on making breastfeeding easier. FREE. Sponsored by the Lexington-Fayette Co. Health Dept. For more information call 288-2348.
Fourth Monday	LLL of Greater Lexington Monthly Meeting: 11:30 am, Baby Moon, 2891 Richmond Rd. FREE. For more information, 859-351-9865.
Fourth Wednesday	Health Chats about Diabetes <i>En Espanol!</i> 6 – 7 pm, Bluegrass Community Health Center, 1306 Versailles Rd. Call Jason for more information: 263-2507.
Fourth Friday	Attachment Parenting Group, 11:45am – 1:00pm, Baby Moon, 2891 Richmond Rd. FREE. For more information, call April at 859-351-9865.

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