

Walking Events

Light The Night

Oct. 3 • Check-in: 5:30 p.m. • Walk: 7:30 p.m.

Waterfront Park

Join us for Light The Night, a walk to benefit the Leukemia & Lymphoma Society and give hope to those battling blood cancers. All walkers will receive an illuminated balloon to carry as they walk. Even in times of economic hardship, cancer patients can't wait for a cure. We need your help to save lives! To register, visit www.lighthenight.org/ky.

Komen Race for the Cure

Oct. 10 • Walk: 8 a.m.

Waterfront Park

The Komen Louisville Race for the Cure is a celebration to honor breast cancer survivors, to remember those who have lost their battle and to learn more about breast cancer and Susan G. Komen for the Cure. To register, visit www.komenlouisville.org.

Step Out: Walk to Fight Diabetes

Oct. 24 • Check-in: 8 a.m. • Walk: 9 a.m.

Brown-Forman Amphitheater at Waterfront Park

This family-friendly walk to benefit the American Diabetes Association includes a health fair and children's area with crafts and activities. To join the Norton Healthcare walking team, visit <http://main.diabetes.org/stepoutlouisville>.

Additional Activities

FAST to Sleep

Focused Around Sleep Treatment to Sleep

Third Tuesday of every month • 6 to 9 p.m.

Norton Audubon Hospital Community Room, LL2

A free support group for people affected by sleep apnea or other sleep disorders. The group welcomes guests to discuss new trends in sleep medicine and treatment. For more information, call Norton Sleep Center – Audubon at (502) 636-7459.

Surgical Weight Loss Programs

Monthly information sessions and support groups are offered through Norton Bariatric and Weight Management Services. For more information or to register, call (502) 629-1234.

A Breath of Life

Norton Medical Plaza III – Suburban, Suite 108

A Breath of Life is a free, monthly educational support group for people with chronic obstructive pulmonary disease (COPD) and their families. Open to the public. For more information, call Mary Doerr Fox at (502) 239-4480.

Open Forum: You and Your Body

Oct 20 • 6:30 p.m.

Panel discussion to answer questions about your body

COPD Awareness Month

Nov. 17 • 6:30 p.m.

Updates from American Lung Association

Annual Holiday Party

Dec. 15 • 6:30 p.m.

Let's celebrate the holidays. Light refreshments will be served. Please bring a gift to exchange.

Seasonal Flu Shots

Seasonal flu shots will be available at area shopping malls for \$25, payable by cash or check at the time of injection. Individuals ages 16 and older are eligible. Credit or debit payment can be accepted in advance by calling (502) 629-1234. Shots also are available at all Norton Immediate Care Centers for \$30. To find a location near you, call (502) 629-4444 or visit NortonHealthcare.com/locations. For other community shot dates and locations, call (502) 629-8256.

Jefferson Mall

Oct 5 • 4 to 7 p.m.

Oct 21 • 9 a.m. to noon

Better Breathers Club

Third Wednesday of every month
12:15 to 1:15 p.m.

Norton Audubon Hospital Community Room, LL2

Norton Audubon Pulmonary Rehabilitation Program offers this monthly support group for people living with lung or respiratory disease and their loved ones. Refreshments provided. For topics or more information, call (502) 636-8747.

Smoking Cessation Clinic

Norton Cancer Institute Resource Center

Norton Medical Plaza II – Suburban, Suite 400
The clinic offers intensive treatment using behavioral therapy and medication. Classes are \$25. Insurance will be billed. To register or for more information, call (502) 899-6842.

Introduction to Health Ministries and Faith Community Nursing

Nov. 13 and 14 • 8:30 a.m. to 4 p.m.

Norton Healthcare Pavilion

Interactive Classroom, fourth floor

A course for nurses, other medical professionals and those interested in the promotion of health and wellness in a faith community. Nursing continuing education hours available. To register, call (502) 629-1234.

Mingle & Mammograms

Oct. 1 • 6:30 to 8:30 p.m.

The Summit

Enjoy an evening of shopping with special discounts, hors d'oeuvres and signature drinks while helping to raise awareness and get screened for breast cancer. Mammograms must be scheduled by calling (502) 899-6842.

Mammograms are available from 3:30 to 8:30 p.m. and must be scheduled prior to the event by calling (502) 899-6842.

The Pressure Cooker

Nov. 7 • 10 a.m. to 2 p.m.

Shively City Hall

3920 Dixie Highway

This free educational event about high blood pressure and its effects includes a heart-healthy lunch, health screenings and professional discussions. The event is part of the Campaign to Lower High Blood Pressure in the African-American Community. For more information, call (502) 629-1234.



Garlove Lectureship

“Patient Navigation: Helping Patients through the Health Care System to Reduce Cancer Disparities”

Nov. 4 • Information fair: 5:30 p.m. • Event: 6 p.m.

The Olmsted • 3701 Frankfort Ave. • Louisville, Ky.

Guest speaker: Harold P. Freeman, M.D., senior adviser to the director of the National Cancer Institute, president and founder, Ralph Lauren Center for Cancer Care and Prevention, New York, N.Y. To register for this free event, call (502) 629-1234.

GETHealthy

Calendar

October/November/December 2009

PHONE NUMBERS/DIRECTIONS

KOSAIR CHILDREN'S HOSPITAL (502) 629-6000

231 E. Chestnut St., Louisville, Ky.

From I-65 north, take the Broadway/Chestnut Street exit, which leads directly onto Brook Street. Turn right onto Chestnut Street. Hospital is one block ahead on the left.

From I-65 south, take the Jefferson Street exit. Turn left onto First Street, then left onto Chestnut Street. Hospital is two blocks ahead on the left.

NORTON AUDUBON HOSPITAL (502) 636-7111

1 Audubon Plaza Drive, Louisville, Ky.

From I-264 (Watterson Expressway), exit onto Poplar Level Road north (Exit 14). Hospital is 1.5 miles ahead on the right.

NORTON BROWNSBORO HOSPITAL (502) 446-8000

4960 Norton Healthcare Blvd., Louisville, Ky.

From I-265 north (Gene Snyder Freeway), take Brownsboro Road (Exit 34). Go through the traffic light on Norton Healthcare Boulevard to Norton Brownsboro Hospital.

From I-265 south (Gene Snyder Freeway), take Brownsboro Road (Exit 34). Turn left onto Brownsboro Road and left again at the next traffic light onto Norton Healthcare Boulevard, then follow to Norton Brownsboro Hospital.

NORTON HOSPITAL (502) 629-8000

200 E. Chestnut St., Louisville, Ky.

From I-65 north, take the Broadway/Chestnut Street exit, which leads directly onto Brook Street. Turn right onto Chestnut Street. Hospital entrance is immediately on the right.

From I-65 south, take the Jefferson Street exit. Turn left onto First Street, then left onto Chestnut Street. Hospital is one block ahead on the right.

NORTON SUBURBAN HOSPITAL (502) 893-1000

4001 Dutchmans Lane, Louisville, Ky.

From I-264 (Watterson Expressway), exit onto Breckenridge Lane (Exit 18B). Turn right onto Dutchmans Lane. Hospital is .2 mile ahead on the left.

NORTON MEDICAL PLAZA – BROWNSBORO (502) 629-1234

4950 Norton Healthcare Blvd., Louisville, Ky.

From I-265 north (Gene Snyder Freeway), take Brownsboro Road (Exit 34). Go through the traffic light on Norton Healthcare Boulevard to Norton Medical Plaza.

From I-265 south (Gene Snyder Freeway), take Brownsboro Road (Exit 34). Turn left onto Brownsboro Road and left again at the next traffic light onto Norton Healthcare Boulevard, then follow to Norton Medical Plaza.

Kosair Children's Hospital • Norton Audubon Hospital • Norton Brownsboro Hospital • Norton Hospital • Norton Suburban Hospital • Norton Medical Plaza – Brownsboro • Norton Immediate Care Centers



GETHealthy Calendar

October/November/December 2009

Fall fundraising walks

See the special walking section for details

- Attend The Pressure Cooker
- Mingle & Mammograms
- Surviving the holidays
- Get a flu shot
- And more!



GET Healthy Calendar

October/November/December 2009

Women's Health

Prenatal and Childbirth Classes

Weekly
Norton Hospital and Norton Suburban Hospital
Call (502) **629-1234** or visit **NortonBaby.com**
for schedules.

Marshall Women's Health & Education Center

Norton Medical Plaza III – Suburban, Room 1A
Call (502) **629-1234** to register for any of the following free events.

Advancements in Total Joint Replacement

Oct. 13 • 9 to 11 a.m.

Over-the-Counter Meds: What's Safe During Pregnancy

Oct. 20 • 6 to 8 p.m.

Benefits of Exercise: Keys to Looking and Feeling Better at Any Age

Oct. 27 • 6 to 8 p.m.

Parenting the Parent: Important Health Care Documents Everyone Needs

Nov. 12 • 6 to 8 p.m.

Winter Blues: Preventing Seasonal Affective Disorder

Dec. 10 • 6 to 8 p.m.

Coping with Cancer

The following classes are held in the Norton Cancer Institute Resource Centers unless otherwise noted. Call the specific center to register.

- Downtown (502) **629-5500**
- Norton Audubon Hospital (502) **636-8308**
- Norton Suburban Hospital (502) **899-6888**

Look Good, Feel Better Program

Available at all three centers
Women undergoing cancer treatment learn to look good and feel better while coping with the physical side effects of treatment. This is a free program provided by the American Cancer Society.

Breast Cancer Support Group

Norton Medical Plaza I – Suburban
Suite 1A

This free support group is open to breast cancer survivors and their loved ones.

da Vinci™ Prostatectomy

Support Group

Second Monday of every month • 6 to 7 p.m.

Downtown resource center

This support group is free and open to men who have had the da Vinci robotic surgical system prostatectomy and their loved ones.

Exercise After Breast Cancer

Fridays • 11 a.m. to noon

Norton Audubon Hospital

Community Room, LL2

This free program for breast cancer patients includes low-impact exercises and yoga.

Young Survivors Support Group

Young breast cancer survivors (diagnosed at age 40 or younger) and their families are invited to attend any or all of these free outings.
Call (502) **629-3136** to RSVP.

Oct. 17 • 11 a.m.

Family event at Joe Huber Family Farm and Orchard (Meet at the barnyard entrance)

2421 Scottsville Road
Starlight, Ind.

Nov. 17 • 11 a.m.

Lunch at Lilly's

1147 Bardstown Road

Dec. 10 • 6 to 8 p.m.

Dinner at Napa River Grill

1211 Herr Lane

Music and Wellness

Every Friday • Begins at noon
Norton Audubon Hospital
Community Room, LL2
Thirty-minute class that introduces cancer patients and their families to new instruments and concepts of music in a group forum. Participants need no prior music ability to attend.

Labyrinth walk

Every third Thursday

11:30 a.m. to 1 p.m.

Call (502) **629-5500** for locations.



Louisville FORCE Chapter

Nov. 16 • 6 to 9 p.m.

Gilda's Club Louisville

633 Baxter Ave.

Support group for men and women who have a BRCA1 or BRCA2 gene change as well as women at high risk for breast or ovarian cancer without an identifiable BRCA1 or BRCA2 gene change. Call **629-GENE (4363)** to register.

Oral Care and Cancer

Nov. 18 • 6 to 7:30 p.m.

Norton Healthcare Pavilion, Cranmer Auditorium

Individuals undergoing chemotherapy and/or radiation treatment for cancer learn the best techniques for oral hygiene. Call (502) **899-6888** to register.

Surviving the Holidays

Nov. 30 • 6 to 7:30 p.m.

Norton Healthcare Pavilion, Cranmer Auditorium

Holiday joy comes with additional demands for time and energy, especially when you or a family member has been diagnosed with cancer. This program is designed to help participants cope with the demands of the holiday season and refocus on the true meaning of the season. Call (502) **899-6888** to register.

Music Therapy for All Ages

Dec. 4 • 11:30 to 1 p.m.

Norton Hospital Auditorium

Learn what music therapy is and its benefits for oncology patients. This program will offer fun, experiential learning examples, including active music making, listening to clips of recorded songs written by patients and more. Lunch provided. Call (502) **629-5500** to register.

Healing Energy and Reiki

Dec. 10 • 11:30

Norton Audubon Hospital

Community Room, LL2

Cancer patients and their families are invited to learn how daily interactions can affect energetic balance. Topics include Reiki, healing touch and quantum healing. Boxed lunch provided. Call (502) **636-8308** to register.

Norton Prime Time

Norton Prime Time is a hospital-based wellness, social and educational program open to anyone age 50 and older. To join or for details, call (502) **629-4400** or visit **NortonPrimeTime.com**.

Dealing with Diabetes

Type 2 Diabetes

Management Classes

Information and support for individuals newly diagnosed with diabetes or those who could benefit from a refresher course in Type 2 diabetes management. Class fee may be reimbursable by insurance. Registration is required. To register or for more information about fee, dates, times and location, call (502) **629-2604**.

Gestational Diabetes

Expectant mothers who have been diagnosed with gestational diabetes learn more about caring for self and baby during pregnancy. Class fee may be reimbursable by insurance. Registration is required. To register or for more information about fee, dates, times and location, call (502) **629-2604**.

Diabetes Exercise Program

Tuesdays and Thursdays • 10 to 11:30 a.m.

Norton Audubon Hospital, 4 West,

Pulmonary Rehabilitation Unit

Exercise program for individuals who want to control blood sugar while getting in shape. \$20 per month. To register, call "Z" Kimura at (502) **636-7261**.

Healthy Heart

Circle of Hearts

Norton Medical Plaza – Audubon West

Clinical Education Conference Room, G-1

Circle of Hearts is a free series from Norton Women's Heart Center dedicated to educating women about early signs and symptoms and accurate diagnosis and treatment of heart disease. For more information or to register for an upcoming session, call (502) **629-1234**.

Dancing for Your Heart, Fitness and Fun

Oct. 15 • 6 to 8 p.m.

Relaxation Methods: Healing Therapies for Your Heart

Nov. 19 • 6 to 8 p.m.

Holiday Party, Caroling and Massage Therapy

Dec. 17 • 6 to 8 p.m.

Heart Disease Risk Assessments

Assessments determine risk for developing heart disease and include a full lipid profile, blood pressure check, body fat analysis and peripheral vascular disease screening. \$40. Call (502) **629-1234** for an appointment.



Cardiac Evaluations

A cardiologist who specializes in women's heart care performs a cardiac evaluation if you have a family history of heart disease, high cholesterol, high blood pressure or have experienced any of the warning signs of heart disease. For an evaluation, call (502) **629-1234**. Insurance will be billed.

Vascular Screenings

Norton Vascular Centers

Norton Audubon and Norton Suburban hospitals Stroke and other types of vascular diseases are among our nation's top killers, but most people are not routinely screened for vascular health. A registered vascular technologist can perform a carotid artery scan, aortic scan and ankle brachial index with results interpreted by a vascular surgeon. Screenings are \$30 each or \$75 for all three. To make an appointment, call (502) **629-1234**.

Community Health Screenings

Heart Disease Risk Screenings

Heart disease risk screenings consist of a full lipid profile, blood pressure check and body fat analysis. For best results, fasting is recommended for 8 to 12 hours prior to the screening. \$25; registration is required. Call (502) **629-1234** to register.

Walmart Neighborhood Market

3101 Poplar Level Road

Oct. 2 • 8 a.m. to noon

Nov. 6 • 8 a.m. to noon

Dec. 4 • 8 a.m. to noon

Comprehensive Health Screenings at Kroger

Comprehensive health screenings consist of no-cost breast, cervical, prostate and colorectal cancer screenings on the Norton Cancer Institute Mobile Prevention Center along with bone density, blood pressure and body fat screenings. Adults ages 40 to 75 who have not been screened in the past year are eligible for cancer screenings. Appointments are encouraged for cancer screenings, but walk-ins are welcome. Call (502) **899-6842** for appointments and eligibility requirements.

Insurance is billed for mammography. Co-pays may apply, but are not collected at the time of exam. Mammography funding is available for uninsured individuals.

Oct. 14 • 10 a.m. to 2 p.m.

2710 W. Broadway

Nov. 11 • 10 a.m. to 2 p.m.

4211 S. Third St.

Dec. 9 • 10 a.m. to 2 p.m.

5244 Dixie Highway

Bone Density Screenings at Kroger

Bone density screenings evaluate the risk of fractures due to osteoporosis. A physician-ordered bone density test is recommended at menopause and periodically after that. The screening should be repeated annually or biannually thereafter depending on your baseline result and the advice of your physician. Since the test is done on the heel, stockings/socks must be removed.

Oct. 14 • 10 a.m. to 2 p.m.

2710 W. Broadway

Nov. 11 • 10 a.m. to 2 p.m.

4211 S. Third St.

Dec. 9 • 10 a.m. to 2 p.m.

5244 Dixie Highway

Health Screenings at Area Malls

Mall St. Matthews

Oct. 12 • 8:30 to 10:30 a.m.

Stroke risk assessments

Nov. 9 • 8:30 to 10:30 a.m.

Blood pressure screenings

Norton Wound Healing Center consultations

Dec. 14 • 8:30 to 10:30 a.m.

Blood glucose screenings

Oxmoor Center

Oct. 19 • 8:30 to 10:30 a.m.

Body composition evaluations

Norton Wound Healing Center consultations

Nov. 16 • 8:30 to 10:30 a.m.

Blood pressure screenings

Sleep apnea risk assessments

Dec. 21 • 8:30 to 10:30 a.m.

Blood glucose screenings

Jefferson Mall

Oct. 21 • 9 to 11 a.m.

Stroke risk assessments

Nov. 18 • 9 to 11 a.m.

Cancer screenings

Blood pressure screenings

Dec. 16 • 9 to 11 a.m.

Blood glucose screenings

Norton Wound Healing Center consultations