



# KNOCK OUT THE FLU



## FREE FLU SHOTS


**FRANKLIN COUNTY FAIRGROUNDS**  
4100 Columbia Street  
Hilliard, Ohio 43026

**FOLLOW THE SIGNS**  
**TUESDAY, OCTOBER 3<sup>RD</sup>**  
6:00 P.M. - 8:00 P.M.

- \* **FREE FLU SHOTS** are available for individuals six months of age and older
- \* Pediatric and high dose vaccine for seniors available
- \* No appointment needed
- \* For additional information, visit [www.myfcph.org/flu](http://www.myfcph.org/flu) or call (614) 525-3719





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Diabetes Prevention Program

THE PROGRAM THAT HELPS PREVENT OR DELAY TYPE 2 DIABETES

# 1 OUT OF 3 US ADULTS HAS PREDIABETES

The Diabetes Prevention Program focuses on **PRE-DIABETES**. At this early stage, blood sugar levels are elevated, but not so high they can't be lowered. **Lifestyle changes are key.**


How it works:  
This 12-month, group-based program consists of 16 one-hour weekly sessions, followed by bi-weekly and monthly sessions with a trained lifestyle coach.

**Criteria:** Body Mass Index of 25+, A1C Level: 5.7-6.4, Fasting Glucose: 100-125

**Learn to:**

- Eat healthy
- Stay active
- Lose weight
- Reduce stress

To register contact Vera Davis,  
Mount Carmel Urban Health  
Community Health Worker  
(614) 546-4177  
[Vdavis2@mchs.com](mailto:Vdavis2@mchs.com)



**Date, Time and Location:**  
Tuesdays 7:00 p.m. – 8:00 p.m.  
Registration now through October 3, 2017  
Refuge Missionary Baptist Church, 400 20<sup>th</sup> Ave., Columbus, OH 43203

## Parents Who Parent Separately

Be the Parent You Want to Be



Co-parenting after divorce can be stressful. Learn how to create and nurture a positive relationship with children, and how to navigate the challenges that stem from a high conflict relationship with the other parent.

**Sign Up Now!**  
**6-Week Parents Who Parent Separately Course**

**WHERE:**  
Maple Grove United Methodist Church  
7 West Henderson Road | Columbus, OH 43214

**WHEN:**  
Thursdays, 6:00-8:00 pm  
October 5, 12, 19, 26 | November 2, 9

**COURSE COST:**  
Registration fee is \$80.00  
Register online at [www.positiveparents.com](http://www.positiveparents.com)



To register, visit us at [www.positiveparents.com](http://www.positiveparents.com)  
or call 614.224.0222 ext. 103

## Household Medication Disposal Kits

Contact Church Partnerships to order free kits for your congregation

## FOLLOW THESE THREE STEPS TO DISPOSE OF MEDICINE IN YOUR HOUSEHOLD TRASH.



Mix medication (be sure not crush tablets or capsules) with something unappetizing like used coffee grounds or kitty litter).



Place the mixture in a container you can seal such as a zip-top plastic bag.



Throw the bag or container in your household trash.



## PARTICIPATE IN YOUR LOCAL SEMI-ANNUAL NATIONAL PRESCRIPTION DRUG TAKE BACK DAY EVENTS.

This is the Day the Lord has made, let us be glad and rejoice in it.