We have several new Blood Pressure Monitors available at your site to check your Blood Pressure (BP). We would like for you to check and record your BP anytime you do an activity. Please record your name, date and your BP reading and put in the box labeled BP Readings.

Normal Blood Pressure Goal is less than 120/80
*Per American Heart Association.

Visit www.heart.org for more information
UPCOMING ACTIVITIES

Freedom from Smoking

7-week Tobacco Cessation classes
For ALL forms of tobacco!
Begin September 6th @ 5:00 PM EST
FREE Nicotine Replacement Therapy
Classes are FREE! Help spread the word!

To register or for info:
606-787-6911 EXT 6233 or 270-343-2181 EXT 6233

COOKING MATTERS COOKING CLASSES
Includes a Grocery Store Tour and $10 gift card
More info next month!
9:00-11:00 am EST
September 13th, 20th, 27th
October 11th, 18th
November 8th
Call 606-787-6911 EXT 7270 to sign up as space is limited!
Shirley RobersonDaulton had been employed with the Health Education Department of Lake Cumberland District Health Department since October of 2000. Shirley’s current job title is Senior Health Educator, and is responsible for health education activities and programs in Russell County. She graduated from Lindsey Wilson College in May of 2000, with a Bachelor of Arts and a program study in Human Services/ Counseling. Shirley is currently a Healthy Start Consultant, with an Early Childhood Trainer’s Credential. She is also a Cooper/Clayton Facilitator, Tobacco Prevention and Cessation Specialist and is a Body Recall Instructor. She is certified in CPR/First Aid. Shirley works in conjunction with several community partners to provide Health Education through classes and presentations. She provides presentations on topics such as nutrition, physical activity, hygiene, RTR/Worth the Wait, Healthy Start, tobacco and sexually transmitted diseases. She advocates for healthier lifestyles for all populations and community groups including schools, churches, communities, senior citizens and civic organizations. Shirley services on various committees such as; KY-ASAP, Adult/Youth Coalition. Partners In Prevention, Community Health and Wellness Coalition, Chamber of Commerce and Early Childhood Council.

Hi, My name is Lori Davis and I am a registered nurse with Lake Cumberland District Health Department in the Wellness, Outreach and Education Department. I have been a nurse for 19 years. I am a certified CPR instructor as well as trained in Gentle Yoga. I reside in Green County with my husband of 30 years. We have 2 children and 3 grand daughters. When I am away from work, I enjoy spending time on the water, in the garden or with my grandbabies!
There are 3 blood pressure monitors available for you to check your blood pressure.

Community Center atrium –24/7 access
Church Foyer-8am-4pm Monday-Thursday & Sundays 7:30 am-12pm
Fitness Center-24/7 access to fitness center members

A special Thank You to Noah Laman for donating the monitor he won for having his biometric screening!

What’s Next?
Check, Change, Control
Physical Activity Program
Healthy Eating Program