

Health Resources Center Johnson City Schedule

December 2018

Registration required; call 1-844-488-7827.



Johnson City | 423-915-5200
The Wellness Center
200 Med Tech Parkway, Suite 2A

Monday-Saturday, 8am-6pm
FREE unless otherwise noted.

We've MOVED! Visit our new location in the Wellness Center.

Diabetes

Diabetes Survival	Mon., Dec, 3 12-1pm or 5-6pm	Teri Hurt, RN, CDE Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
DM 101 Taking Medication and Healthy Coping	Wed., Dec, 5 5:30-6:30pm	Teri Hurt, RN, CDE Don't let diabetes get you down! Explore medication options to help you manage your blood sugar so you can stay healthy and lead a normal life.
Holiday Survival for Diabetes	Thu., Dec, 6 12-1pm	Crystal Woods, MS, RDN, LDN Is the upcoming holiday season a concern? Come learn ways to enjoy the festivities and food while keeping your blood sugars, weight and stress under control.
Diabetes and Winter Weather	Sat., Dec, 15 10-11am	Angie Dishner, RN Pneumonia, Flu, Dry Cracked Skin... Oh My! The winter months can be scary when you have diabetes. Join us to learn how to prevent complications and survive those cold winter months.

Food & Nutrition

Taste of the World Series: Holidays Around the World	Thu., Dec, 6 5-6pm	Crystal Woods, MS, RDN, LDN Come and learn Holiday food traditions from around the world. Recipes and samples provided.
Christmas Cookie Reboot	Mon., Dec, 17 5:30-6:30pm	Crystal Woods, MS, RDN, LDN The holidays aren't complete without baking! Learn tips to tweak up family favorite recipes with a healthy twist. Bring your own recipe to swap with other class participants. Samples provided.

Healthy Living

The Secret of Acupuncture for Extraordinary Pain Relief	Fri., Dec, 7 12-1pm	Amanda Leuthardt, Lac, Pain Relief Expert Learn 5 steps to sustaining pain relief, drug free options to living with little to no pain and how the body responds to pain and how can we break the pain cycle.
Managing the Rotator Cuff: From Therapy to Arthroplasty	Mon., Dec, 10 12-1pm	Larry Waldrop, II, MD Rotator cuff injuries and impingement are more common than many people realize. If you are experiencing shoulder pain, get the facts. Learn when to seek help and what treatments are available

www.balladhealth.org/classes-programs/health-resources-center

Self Defense for Women	Mon., Dec, 10 5-6pm	Dixie Neth, RN, 7th Degree Black Belt Our self defense plan must be in place BEFORE the need arises. Gain the confidence and skills you need to save your life! Learn safety tips to improve your awareness and avoid potential attacks plus effective offensive strategies to use if needed.
Medicare 101	Tue., Dec, 11 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Defensive Driving	Tue., Dec, 11 12-1pm	“Defensive driving” is not just a catch phrase for ticket dismissal or point reduction courses. It is also a safe driving technique that all drivers should use. Join Becky West, JCPD, as she discusses techniques for defensive driving that could save your life and the life of others.
Tis the Season: Get Rid of the Winter Blues	Wed., Dec, 12 12-1pm	Crystal Woods, RD and Doreen Lancaster, RN The winter blues are very common, with many of us experiencing a mood shift during the colder, darker days of winter. Join our registered nurse and registered dietitian for simple tips to feel better and have more energy during the stressful holiday season.
Advances in Joint Replacement Surgery	Wed., Dec, 12 1-2pm	Misty Jenkins, RN, Come and find out the latest advancements in joint replacement surgery. Learn the facts so that you can make an informed decision, know what to expect before surgery and get back to doing what you love.
The Mental Health Benefits of Exercise	Tue., Dec, 18 12-1pm	Robby Latham, Intensive Outpatient Therapist, Woodridge How our thoughts affect our overall wellness and how our overall wellness affects our thought patterns.
Living With Chronic Kidney Disease	Tue., Dec, 18 2-3:30pm	Marianna Higgins, LCSW Focus will be on chronic kidney disease including diagnosis, stages, signs and symptoms as well as treatment options of hemodialysis, peritoneal dialysis, and transplant.
Hepatitis C	Tue., Dec, 18 5:30-6:30pm	Chakradhar Reddy, MD Join a local physician as he discusses Hepatitis C, which is a liver infection caused by the Hepatitis C virus. Hepatitis C is a blood-borne virus. This can result in a chronic, long-term infection that can have long-term health implications. Learn more about this illness and what can be done to prevent it.

Support Groups

Alzheimer’s Support Group	Fri., Dec, 14 11am-12pm	Tabitha Ebbert, Alzheimer’s Association Join us for educational and social support for caregivers and people in the early stage of Alzheimer’s disease or another form of dementia.
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Monthly Classes offered at both HRC locations. Call for dates and times...

Arthritis	Cardiomyopathy	Home Safety	Smoking Cessation
Asthma	Chest Pain & Palpitations	Medication Management	Stress Management Tips
Atrial Fibrillation	Cholesterol Management	Osteoporosis	Thyroid Disorders 101
Blood Pressure Management	COPD	Pneumonia	
Blood Clot Prevention	Heart Failure	Post Partum Recovery	