

Health Resources Center Kingsport Schedule

December 2018

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



Kingsport | 423-857-7981
Fort Henry Mall, upper level, near JCPenney.

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

Diabetes

Holiday Survival for Diabetes	Fri., Dec, 7 10-11am	Crystal Woods, RD 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	Fri., Dec, 14 3-4pm	Tanya Fuccio, 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	Fri., Dec, 7 12:30-1:30pm	Crystal Woods, RDN, LDN Come and learn Holiday food traditions from around the world. Recipes and samples provided.
Christmas Cookie Reboot	Tue., Dec, 18 1-2pm	Crystal Woods, 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

Nail Salon Safety	Mon., Dec, 3 11am-12pm	NinaDawn Patton, Licensed Nail Technician, Saiph Pro There's more to beautiful nails than just polish. Learn how to spot the dangers in some nail salons and what you need to be aware of to keep your feet and hands healthy and beautiful!
Anger Management	Thu., Dec, 6 2-3pm	Marsha Litton Baker, Join a licensed therapist as she discusses how to deal with angry feelings.
Tis the Season: Get Rid of the Winter Blues	Mon., Dec, 10 11am-12pm	Crystal Woods, RD and Angie Dishner, 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.
Medicare 101	Wed., Dec, 12 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.

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

Tech Savvy Senior: Social Media Tips	Thu., Dec, 13 11am-12pm	Aaron Smith and Sean Hoyle, Ballad Informatics Analysts Social networks are a great way to stay connected with others, but can be tricky and even dangerous at times. Join us for some tips from the experts!
---	----------------------------	---

The Secret of Acupuncture for Extraordinary Pain Relief	Fri., Dec, 14 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.
--	-------------------------	--

What is a Cardiac Ablation?	Fri., Dec, 21 2-2:30pm	Lisa Rice, RN Learn what a cardiac ablation is and indications for an ablation.
--------------------------------	---------------------------	---

Cardiac Testing	Sat., Dec, 22 2-2:30pm	Lisa Rice, RN Learn about different types of cardiac testing that your physician may order.
-----------------	---------------------------	---

Smoking Cessation	Call 857-7981 to schedule	Make an appointment to meet with a Registered Nurse/ American Lung Association Freedom From Smoking Facilitator to get on track with a self guided program to help you quit smoking. Fee \$6 cash/check for guidebook.
-------------------	------------------------------	--

Support Groups

Alzheimer's & Dementia	Mon., Dec, 3 1:30-2:30pm	Tabitha Ebbert, Alzheimer's Association Navigating Alzheimer's and the Holidays.
---------------------------	-----------------------------	--

Better Breathers Club	Thu., Dec, 6 1-2:30pm	Christmas Celebration and Surviving the Holidays.
-----------------------	--------------------------	---

Celiac Disease-Gluten Free	Thu., Dec, 6 4:30-5:30pm	Gluten Free Holidays Part 2
-------------------------------	-----------------------------	-----------------------------

Health Screens

Stroke Risk Screening	Mon., Dec, 10 8am-12pm DROP IN	Stroke is a leading cause of death and disability and 80% of strokes are preventable! Join us for this free, possibly life-saving screening which includes blood pressure, BMI, and stroke risk assessment reviewed by a registered nurse.
-----------------------	--------------------------------------	--

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	