

Health Resources Center

Johnson City Schedule

August 2019

Registration required; call 1-844-488-7827 OR 915-5200



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

**Classes are FREE unless otherwise noted.
Open Monday-Saturday,
Due to community engagements, office
hours could vary. Please call for details**

Lab prices have been reduced!

Diabetes

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| Diabetes Survival | Mon., Aug, 5 12-1pm or 5-6pm | Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes. |
| DM 101 Healthy Eating | Fri., Aug, 9 12:30-1:30pm | Crystal Woods, MS, RDN, LDN Not sure how to eat now that you have diabetes? Learn the basics about healthy food choices and portion control plus common myths and truths about diabetes. |
| DM 101: Taking Meds and Healthy Coping | Fri., Aug, 16 11am-12pm or 5-6pm | Angie Dishner, RN 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. |
| Summer Fun with Diabetes | Sat., Aug, 24 11am-12pm | Angie Dishner, RN Summer is packed with vacations, travel, picnics and outdoor activities. Summer activities can impact your diabetes. Get tips for staying healthy and in control. |
| DM 101: Problem Solving and Reducing Risks | Fri., Aug, 30 11am-12pm or 5-6pm | Angie Dishner, RN Learn how to interpret your blood sugar results to improve the highs and lows of diabetes and reduce your risks for developing complications. |

Food & Nutrition

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| Eating to Reduce Inflammation | Wed., Aug, 21 5-6pm | Crystal Woods, MS, RDN, LDN Chronic low-grade inflammation often lurks beneath the surface of diabetes and excess weight and significantly increases the risk of coronary heart disease. Many foods have anti-inflammatory benefits. Learn which are best at fighting the invisible inflammation that can silently threaten your health. |
| Grocery Store Tour | Wed., Aug, 28 5-6pm | Crystal Woods, RDN, LDN & Elizabeth Hall, RDN, LDN Grocery shopping can be extremely intimidating, but it doesn't have to be! Join us for a tour to help you navigate your way through the aisles and assist you with reading food labels. Meet in the café at the St of Franklin Rd Food City for a tour around the store. |

Healthy Living

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| Smoking Cessation | | 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. |
| Blood Pressure Management | Mon., Aug, 5 2-3pm | Learn simple ways to help get your blood pressure under control. |
| Resilience Group 4 week series | Tues., Aug. 6, 13, 20 and 27 4pm | Employee Assistance Program Join this 4 week therapeutic group addressing a healthier and happier you. This group will address specific career burnout and fatigue for the following: healthcare workers, teachers, and veterans/first responder. During this four week journey the group will become close while addressing common denominators among the jobs: loss of personal satisfaction, isolation, needing a passion reboot, increasing relationship issues, racing thoughts, and difficulty turning off work while in personal life. De-stressing tools and techniques will be discussed and how to self-care through warning signs of self-awareness, spiritual health, emotional wellness, survival lessons, and acute stress and PTSD \$10 Fee Per Class. Call 423-302-3480 for payment information and to register. |
| Pneumonia - What You Need to Know | Thu., Aug, 8 2-3pm | Sondra Gibson, RN Find out more about pneumonia including who is at greatest risk, causes, treatment and vaccine information. |
| Alzheimer's at Any Stage | Fri., Aug, 9 11am-12pm | Tabitha Ebbert, Alzheimer's Association Join us for educational and social support for caregivers and people at any stage of Alzheimer's disease or another form of dementia. |
| Medicare 101 | Tue., Aug, 13 10-11am | Jim Hunter, Insurance Consultant What you need to know about Medicare. |
| Living With Chronic Kidney Disease | Tue., Aug, 20 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. |
| Lowering Your Cholesterol | Mon., Aug, 26 12-1pm | Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers. |

Support Groups

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| Parkinson's Disease Support Group | Sat., Aug, 24 1-3pm | Join us to learn features of New Deep Brain Stimulation System |
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Monthly Classes offered at both HRC locations. Call for dates and times...

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| Arthritis | Blood Clot Prevention | Heart Failure | Osteoporosis |
| Asthma | Cardiomyopathy | Home Safety | Stress Management Tips |
| Atrial Fibrillation | COPD | Medication Management | Thyroid Disorders 101 |