

Health Resources Center Johnson City Schedule

August 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.

Diabetes

Diabetes 101: Healthy Eating	Mon., Aug. 6, 11 a.m. - Noon	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.
Diabetes Survival	Mon., Aug. 20, 11 a.m. - Noon	Teri Hurt, RN, CDE Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
Diabetes Jeopardy	Mon., Aug. 20, Noon - 1 p.m.	Teri Hurt, RN, CDE Choose your diabetes Category... Healthy Habits for 100. Learn about many aspects of diabetes in this fun interactive game.
How Diabetes Affects Your Body	Mon., Aug. 27, 11 a.m. - Noon	Teri Hurt, RN, CDE Join us to understand the effects that diabetes has on the body and the risks associated with complications. Learn ways to deal with those complications.
DM 101: Monitoring and Being Active	Mon., Aug. 27, 5:30 - 6:30 p.m.	Teri Hurt, RN, CDE Find out how being active can help you get better control of your blood sugar. Monitoring basics will also be discussed.

Food & Nutrition

Farmer's Market Favorites Series	Wed., Aug. 15, Noon - 1 p.m. Drop In	Crystal Woods, MS, RDN, LDN Learn the benefits of shopping locally and get some fresh ideas on how to use in-season produce from your local farmer's market! Samples provided.
Kid's Eat Right Table	Tues., Aug. 21, 4 - 5 p.m. Drop In	Crystal Woods, MS, RDN, LDN It's Kids Eat Right Month! Drop by to learn tips to help improve the nutrition and health of your children. Samples provided.
Taste of the World Series: Middle Eastern *Heart & Soul*	Wed., Aug. 29, 5 - 6 p.m.	Crystal Woods, MS, RDN, LDN This series will be offered each month throughout the year highlighting the cuisine of different countries. Come learn the country's history of food, culinary techniques, mealtime customs, and more. Samples provided.

Healthy Living

Smoking Cessation	Call 915-5200 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.
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The Buzz About Honey	Thurs., Aug. 2, 10 - 11 a.m.	John Hamrick, UT Extension Office Learn more about the amazing process of honey production, pollination and the honey bee shortage plus the health benefits of honey and ways to use it.
Tech Savvy Senior 101-4 Week Series	Fri. Aug., 10, 10 - 11 a.m.	Jason Carter, Join us for a 4 part series to learn more about navigating through your computer and smart phone. Week 1- Intro into becoming more familiar with using your electronics. Week 2- How to access your medical record on line. Week 3- Internet safety. Week 4- How to safely use social media.
Self Defense for Women	Mon., Aug. 13, Noon - 1 p.m.	Dixie Neth, Black Belt Learn basic moves and practical safety tips to protect yourself in any situation.
Medicare 101	Tues., Aug. 14, 10 - 11 a.m.	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Eating for Energy	Tues., Aug. 14, 5 - 6 p.m.	Sarah Haas, Certified Nutrition Health Coach, Personal Fitness Trainer Discover the top foods for maximum energy and how certain foods decrease your energy. Learn easy tips to improve your health, energy, and vitality.
Making Sure That YOUR Wishes are Honored for End of Life Care	Thurs., Aug. 16, 2:30 - 3:30 p.m.	Rev. Debbie Shields, M.Div., BCC, JCMC Come to an open education session where we will look at a current Advance Care Plan (formerly a Living Will) and the Appointment of an Advance Care Agent (formerly Medical Power of Attorney).
Living With Chronic Kidney Disease	Tues., Aug. 21, 2 - 3:30 p.m.	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.
The Latest on Gastrointestinal Medications	Wed., Aug. 22, 1 - 2 p.m.	ETSU Pharmacy Students Join us to hear the latest on GI medications and have your questions answered.
Survivorship: Life After Cancer Treatment	Thurs., Aug. 23, 4:30 - 5:30 p.m.	Gayle Hawley, RN, BSN, OCN Survivors face a number of challenges which don't end when treatment does. Learn about ways to manage challenges and enhance well-being.

Support Groups

Alzheimer's	Fri., Aug. 10, 11 a.m. - Noon	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.
Parkinson's	Sat., Aug. 25, 1 - 3 p.m.	Acadia Pharmaceuticals will be hosting a presentation on Parkinson's psychosis and hallucinations.

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 Fibillation	Cholesterol Management	Osteoporosis	Thyroid Disorders 101
Blood Pressure Management	COPD	Pneumonia	
Blood Clot Prevention	Heart Failure	Post Partum Recovery	