

Health Resources Center Kingsport Schedule

August 2019

Registration required; call 1-844-488-7827 OR 857-7981



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

**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

Summer Fun with Diabetes	Fri., Aug, 2 4-5pm	Tanya Fuccio, 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.
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 10-11am	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, 9 11am-12pm or 4-5pm	Tanya Fuccio, 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.
DM 101: Problem Solving and Reducing Risks	Fri., Aug, 23 11am-12pm or 4-5pm	Tanya Fuccio, 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

Eating to Reduce Inflammation	Wed., Aug, 21 11:30am-12:30pm	Crystal Woods, MS, RDN 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 12:30-1:30pm	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 Food City, Eastman Rd. for a tour around the store.

Healthy Living

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.
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.
Medicare 101	Wed., Aug, 14 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Stress Management	Thu., Aug, 15 11am-12pm	Tanya Fuccio, RN Learn practical tips to manage stress and techniques to help you relax.
Home Safety	Thu., Aug, 15 1-2pm	Tanya Fuccio, RN Learn practical tips to stay safe, healthy and happy in your own home year round.
COPD	Sat., Aug, 17 10-10:30pm	Lisa Rice, RN Learn about chronic obstructive pulmonary disease (COPD) also known as emphysema or chronic bronchitis. Prevention tips and treatment options discussed.
Better Blood Pressure	Tue., Aug, 20 2-3pm	Angie Dishner, RN Learn simple ways to help get your blood pressure under control.
Thyroid Disorders 101	Thu., Aug, 22 3-3:30pm	Lisa Rice, RN Join us to learn the basics of thyroid function and thyroid disease.
Lowering Your Cholesterol	Tue., Aug, 27 12-1pm	Angie Dishner, RN Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers.

Support Groups

Better Breathers Club	Thu., Aug, 1 1-2:30pm	Topic: Why support groups are important.
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Monthly Classes offered at both HRC locations. Call for dates and times...

Arthritis	Blood Clot Prevention	Medication Management
Asthma	Cardiomyopathy	Osteoporosis
Atrial Fibrillation	Heart Failure	Pneumonia