

Health Resources Center Kingsport Schedule

August 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

Diabetes Jeopardy	Wed., Aug. 8, 11am - Noon	Teri Hurt, RN, CDE Choose your diabetes Category...Healthy Habits for 100. Learn about many aspects of diabetes in this fun interactive game.
Diabetes 101: Monitoring & Being Active	Wed., Aug. 8, Noon - 1 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.
DM 101: Healthy Eating	Tues., Aug. 14, 4 - 5 p.m.	Crystal Woods, RDN, LDN Learn the basics about healthy food choices and portion control plus common myths and truths about diabetes.
Diabetes Survival	Wed., Aug. 22, Noon - 1 p.m.	Teri Hurt, RN, CDE Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
How Diabetes Affects Your Body	Wed., Aug. 22, 2 - 3 p.m.	Teri Hurt, RN, CDE Join us to understand the effects that diabetes has on the body and the risks associated with complications.

Food & Nutrition

Kid's Eat Right Table	Fri., Aug. 10, 12:30 - 1:30 p.m. Drop In	Crystal Woods, RDN, LDN It's Kid's Eat Right Month! Drop by to learn tips to help improve the nutrition and health of your children. Samples.
Farmer's Market Favorite Series	Tues., Aug. 14, Noon - 1 p.m. Drop In	Crystal Woods, 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.
Eating for Energy	Thurs., Aug. 16, 5 - 6 p.m.	Sarah Haas, Certified Nutrition Health Coach Discover the top foods that nourish your body for maximum energy and how certain foods decrease your energy. Learn easy tips to improve your health, energy and vitality!
Taste of the World Series: Middle Eastern *Heart & Soul	Tues., Aug. 28, 3:30 - 4:30 p.m.	Crystal Woods, RDN, LDN Cuisine of the Middle East - history of their food, culinary techniques, mealtime customs and more. Samples.

Healthy Living

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.
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Pediatric Dentistry	Fri., Aug. 3, Noon - 2 p.m. Drop In	Stop by for great dental tips for your young ones as they head back for a new year at school and pick up a free gift bag compliments of Kingsport Pediatric Dentistry.
Cancer and Heart Disease	Mon., Aug. 6, 3 - 3:30 p.m.	Lisa Rice, RN If you are undergoing treatment or are a cancer survivor, you may have increased risk of heart disease. Join Lisa to discuss the effects cancer treatments might have on heart health.
Medicare 101	Wed., Aug, 8, 10 - 11 a.m.	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Living Well with Chronic Conditions *Six Week Series	Tues., Aug. 14, 21 & 28, 10 a.m. - Noon	This fun, skill-building program is designed for persons with chronic disease and helps individuals take day-to-day responsibility for the care of their chronic condition. Participants gain skills necessary to self manage their condition and work effectively with their health care providers.
Breastfeeding - Benefits, Barriers & Solutions	Tues., Aug. 21, 4:30 - 5:30 p.m.	Chasta Hite, RN, Lactation Services manager Join lactation consultant, Chasta, as she discusses the many benefits of nursing and simple solutions to overcome barriers.
Survivorship: Life After Cancer Treatment	Wed., Aug. 22, 10:30 - 11:30 a.m.	Gayle Hawley, RN, BSN, OCN There are more than 15.5 million cancer survivors in the US. Survivors face a number of challenges which don't end when treatment does. Learn about ways to manage challenges and enhance well-being.
Safe Nail Salon Services	Thurs., Aug. 23, 1 - 2 p.m.	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!

Support Groups

Better Breathers Club	Thurs., Aug. 2, 1 - 2:30 p.m.	Savanna McDavid, The Salt Oasis Kingsport Learn about the healing powers of halotherapy (salt therapy) which has been practiced for centuries and is just being rediscovered in the modern world. Refreshments and drawing for giveaways!
Celiac Disease - Gluten Free	Thurs., Aug. 2 4:30 - 5:30 p.m.	Jill Skeans will lead a discussion on new discoveries/research for Celiac Disease.
Alzheimer's & Dementia	Mon., Aug. 6. 1:30 - 2:30 p.m.	Understanding and responding to dementia related behaviors.

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	