

Health Resources Center Johnson City Schedule

June 2019

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



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

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

Lab prices have been reduced!

Beginning Jan. 2019, lab vouchers are available for purchase at an even lower price! Call for pricing.

Diabetes

Diabetes Survival	Mon., Jun, 3 12-1pm or 5-6pm	Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
Take Charge of Your Diabetes- 6 week series	Tue., Jun, 4 10am-12pm	Join us for a fun, evidence-based, skill-building program that helps individuals take day-to-day responsibility for their diabetes care. Gain skills necessary to self-manage your diabetes and work effectively with your health care providers.
Meal Planning for Diabetes	Wed., Jun, 5 12-1pm	Crystal Woods, MS, RDN, LDN Eating healthful foods doesn't have to be difficult. Take the guess work out of what to eat by learning to meal plan for yourself and your family. Samples provided.
DM 101: Problem Solving and Reducing Risks	Sat., Jun, 8 12-1pm 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.
DM 101: Taking Meds and Healthy Coping	Fri., Jun, 28 12-1pm 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.

Food & Nutrition

Nutrition for Brain Health	Tue., Jun, 11 5-6pm	Crystal Woods, MS, RDN, LDN June is National Alzheimers Awareness & Brain Awareness Month. There is no doubt that diet plays a major role in brain health. Join us to learn more about how to eat for your brain! Samples and recipes provided.
Grocery Store Tour	Wed., Jun, 26 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 the St of Franklin Rd Food City 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.
Arthritis	Sat., Jun, 8 10-11am	Angie Dishner, RN Did you know arthritis describes a group of over 100 diseases? Learn the basics about symptoms, treatment, risk factors and the difference between the two most common forms, osteoarthritis and rheumatoid arthritis.
Sleep Study for Sleep Disorders	Mon., Jun, 10 11am-12pm	Jared Gullett, Registered Sleep Technologist and Regional Sleep Manager, JCMC Are you tired of being tired? Do you have excessive daytime sleepiness, loud snoring, trouble falling or staying asleep? If so, a Sleep Study may help to identify the cause. Join us to learn more about Sleep Studies – what’s involved, what are the benefits and how to prepare.
Lowering Your Cholesterol	Mon., Jun, 10 2-3pm	Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers.
Medicare 101	Tue., Jun, 11 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Alzheimer’s at Any Stage	Fri., Jun, 14 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.
Active Aging	Mon., Jun, 17 11am-12pm	Kristin Colson, Expressive Therapist, Woodridge Hospital Join us to learn about staying active in aging, specifically through the arts.
Living With Chronic Kidney Disease	Tue., Jun, 18 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.
Self Defense for Women	Fri., Jun, 21 12:30-1:30pm	Dixie Neth, RN, 7th Degree Black Belt Our self defense plan must be in place BEFORE the need arises. Gain the confidence and skills you need to save your life! Learn safety tips to improve your awareness and avoid potential attacks plus effective offensive strategies to use if needed.
Blood Pressure Management	Thu., Jun, 27 11am-12pm	Learn simple ways to help get your blood pressure under control.

Support Groups

Parkinson’s Disease Support Group	Sat., Jun, 22 1-3pm	Corey Friend, Physical Therapist, Benchmark Physical Therapy If you or someone you love has Parkinson’s Disease, join us for a time of caring and sharing.
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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	