

Health Resources Center Johnson City Schedule

February 2019

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.

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., Feb, 4 12-1pm or 5-6pm	Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
Better Blood Sugars in 30 Days	Sat., Feb, 16 10-11am	Angie Dishner, RN Having a hard time getting blood sugar control? Join us to learn tips that can improve your blood sugars.
DM 101: Problem Solving and Being Active	Sat., Feb, 16 2-3pm	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.
Heart Smart About Your Diabetes	Tue., Feb, 19 4-5pm	Angie Dishner, RN Join us during National Heart Month to learn how part of managing your diabetes includes taking care of your heart.

Food & Nutrition

Keep the Beat: Tips for Loving Your Heart with Food	Mon., Feb, 4 8-9am DROP IN	Crystal Woods MS, RDN, LDN Heart disease is the leading cause of death in America. But the good news is many of these deaths and risk factors are preventable. Join us to learn about ways to eat for our heart health. Recipes provided.
5 Reasons You May Be Craving Sweets	Wed., Feb, 6 12-1pm	Crystal Woods MS, RDN, LDN Why am I craving sweets? This is a common question for almost 75% of the population who experience sugar cravings either daily or multiple times per week. Our body is extremely smart and is meant to function like a well-oiled machine. Let's take a step by and look at some of the top causes for sugar cravings from a whole-body approach. Samples provided.
Decoding the Nutrition Label	Tue., Feb, 12 5-6pm DROP IN	Crystal Woods MS, RDN, LDN Become a smart shopper by reading food labels to find out more about the foods you eat. Learn tips and tricks about how to use nutrition facts labels to assist you in making better decisions for your health!
Nutrition for Healthy Hearts & Blood Sugars	Tue., Feb, 12 12-1pm	Crystal Woods, MS, RDN, LDN Having diabetes means that you are more likely to develop heart disease and have a greater chance of a heart attack and stroke. Join us for tips in the kitchen to keep your blood sugars balanced and your heart healthy.
Ask a Nutrition Expert	Mon., Feb, 18 8:30-9:30am DROP IN	Crystal Woods MS, RDN, LDN Confused by ALL of the contradicting nutrition advice and the billions of diets out there? Aren't we all! Here is your chance to drop by and chat with our registered dietitian nutritionist. DROP IN
Beat the Winter Blues	Mon., Feb, 18 10:30-11:30am	Crystal Woods MS, RDN, LDN The winter blues are very common, with many of us experiencing a mood shift during the colder, darker days of winter. Join our registered nurse and registered dietitian for simple tips to feel better and have more energy during the winter season.

Health Screening

Stroke Risk Screening	Tue., Feb, 19 10am-12pm DROP IN	Stroke is a leading cause of death and disability and 80% of strokes are preventable! Join us for this free, possibly life-saving screening which includes blood pressure, BMI, and stroke risk assessment reviewed by a registered nurse.
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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.
Alzheimer's at Any Stage	Fri., Feb, 8 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.
Healthcare Provider CPR	Sat., Feb, 9 8am-12pm	This class is for health care workers and includes CPR for adult, child and infant victims plus AED training and airway obstruction. Includes new AHA guidelines. Fee for class.
Managing the Rotator Cuff: From Therapy to Arthroplasty	Mon., Feb, 11 12-1pm	Larry Waldrop, II, MD Rotator cuff injuries and impingement are more common than many people realize. If you are experiencing shoulder pain, get the facts. Learn when to seek help and what treatments are available
Self Defense for Women	Mon., Feb, 11 5-6pm	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!
The Mental Health Benefits of Exercise	Fri., Feb, 15 12-1pm	Robby Latham, Intensive Outpatient Therapist, Woodridge How our thoughts affect our overall wellness and how our overall wellness affects our thought patterns.
Medicare 101	Tue., Feb, 19 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Living With Chronic Kidney Disease	Tue., Feb, 19 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.
Update on Cardiovascular Meds	Wed., Feb, 20 12-1pm	Pharmacy Students, ETSU Hear a discussion on the latest on cardiovascular medications; including the classifications, importance of taking them, side effects, etc.
Ask the Cardiologist	Thu., Feb, 21 12-1pm	Daniel Merrick, MD Do you have questions about heart health? Join us for an informal Q&A session and get the information you need.
Advances in Joint Replacement Surgery	Thu., Feb, 21 1-2pm	Misty Jenkins, RN, Come and find out the latest advancements in joint replacement surgery. Learn the facts so that you can make an informed decision, know what to expect before surgery and get back to doing what you love.
Lunch With the Cardiovascular Thoracic Surgeon	Mon., Feb, 25 12-1pm	Join Dr. Helsel, a local cardiothoracic surgeon as he answers your questions regarding heart health and interventions. Space is limited, lunch provided to those registered.

Support Groups

Parkinson's Disease Support Group	Sat., Feb, 23 1-3pm	Judy Hensley 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 Fibrillation	Cholesterol Management	Osteoporosis	Thyroid Disorders 101
Blood Pressure Management	COPD	Pneumonia	
Blood Clot Prevention	Heart Failure	Post Partum Recovery	