

# Health Resources Center Kingsport Schedule

February 2019

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



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

Kingsport | 423-857-7981

Fort Henry Mall, upper level, near JCPenney.

**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	Angie Dishner, BSN   Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
DM 101: Problem Solving and Reducing Risks	Fri., Feb, 8 2-3pm	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.
Heart Smart About Your Diabetes	Fri., Feb, 22 2-3pm	Tanya Fuccio, RN   Join us during National Heart Month to learn how part of managing your diabetes includes taking care of your heart.
Better Blood Sugars in 30 Days	Mon., Feb, 25 5-6pm	Tanya Fuccio, RN   Having a hard time getting blood sugar control? Join us to learn tips that can improve your blood sugars.

## Food & Nutrition

Keep the Beat: Tips for Loving Your Heart with Food	Fri., Feb, 1 12-1pm DROP IN	Crystal Woods, MS, RDN   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
Ask a Nutrition Expert	Fri., Feb, 1 4-5pm 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.
5 Reasons You May Be Craving Sweets	Thu., Feb, 7 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
Beat the Winter Blues	Thu., Feb, 7 3-4pm	Crystal Woods MS, RDN, LDN & Angie Disher, BSN   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.
Nutrition for Healthy Hearts & Blood Sugars	Fri., Feb, 22 10-11am	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.

Decoding the Nutrition Label	Fri., Feb, 22 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!
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## Health Screens

Stroke Risk Screening	Thu., Feb, 21 10am-1pm 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. <b>Fee \$6 cash/check for guidebook.</b>
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Ask the Cardiologist	Mon., Feb, 4 1-2pm	Harrison Turner, MD   Do you have questions about your heart health? Dr Turner, cardiologist, will be here to provide answers.
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The Mental Health Benefits of Exercise	Tue., Feb, 12 12-1pm	Robby Latham, Intensive Outpatient Therapist, Woodridge   How our thoughts affect our overall wellness and how our overall wellness affects our thought patterns.
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Chocolate for Your Heart	Wed., Feb, 13 2-3pm	Reeda Tate, Good Food Grocery   Dealing with issues of the heart with vitamins, minerals and chocolate.
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Lunch & Learn - Risk Factors for Cardiovascular Disease	Thu., Feb, 14, Noon-1pm	Sandy McCrary, Physician Assistant, Lipid Clinic   Enjoy a FREE HEART HEALTHY LUNCH while learning about the risk factors for cardiovascular disease and what can be done about them.
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Oils of the Resurrection	Sat., Feb, 16 12-1pm	Kelly Watercott, doTERRA Wellness Advocate   Oils are mentioned in the Bible over 500 times and specifically at different times in the life of Jesus. In this class you will learn about: The foreshadowing of the cross; Jesus' birth, anointing and resurrection; what essential oils are, how they work and why we can use them as a natural solution for our health; detailed training on how to use them for your family.
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Is it Normal Aging or Dementia?	Mon., Feb, 18 10-11am	Tracey Kendall - Wilson, Alzheimer's TN,   Almost 40% of people over the age of 65 experience some form of memory loss... Brain diseases like Alzheimer's disease and other dementias are different. Join us as we discuss this topic and entertain questions related to normal aging vs. dementia.
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Complimentary Treatment Options for Your Heart	Tue., Feb, 19 12-1pm	Amada Leuthardt, L.Ac.   In this talk we will be learning how to SAFELY use complementary medicines (herbs, supplements, acupuncture, etc) to increase our heart health and decrease our blood pressure.
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Medicare 101	Wed., Feb, 20 10-11am	Jim Hunter, Insurance Consultant   What you need to know about Medicare.
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Exercise and Heart Health	Tue., Feb, 26 2-3pm	Chris Sanders, YMCA, Wellness Director   Join Chris as he discusses how important staying active is to your heart health.
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## Support Groups

Alzheimer's & Dementia	Mon., Feb, 4 1:30-2:30pm	Tabitha Ebbert, Alzheimer's Association   The brain and heart connection
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Better Breathers Club	Thu., Feb, 7 1-2:30pm	Heart health and an overview of calcium scoring tests presented by a representative from the radiology department.
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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	