

# Health Resources Center Johnson City Schedule

July 2019

Registration required; call 1-844-488-7827 OR 915-5200



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

**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

Diabetes Survival	Mon., Jul, 1 12-1pm or 5-6pm	Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
Pre Diabetes: Eating to Prevent Diabetes	Tue., Jul, 2 5-6pm	Crystal Woods, MS, RDN, LDN   Many of us don't realize the impact that foods and drinks have on our blood sugar. Eating throughout the day and consuming nutrient dense foods will help keep blood sugar under control and help avoid those dreaded highs and lows. Join us to learn more about eating with diabetes!
Diabetes 101: Monitoring and Being Active	Fri., Jul, 5 11am-12pm	Angie Dishner, RN   Find out how being active can help you get better control of your blood sugar. Monitoring basics will also be discussed.
Summer Fun with Diabetes	Tue., Jul, 9 1-2pm	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.

## Food & Nutrition

Eating Light This Summer	Tue., Jul, 2 12:30-1:30pm	Crystal Woods MS, RDN,   Do you naturally gravitate to lighter fare in warmer air? The heat of the summer often steals the body's hunger and leaves you wanting more foods like salads, smoothies and seafood. This is not a fluke. In fact, not only does eating less during the summer feel good, it's good for you! Join us for tips and recipes for a lighter summer.
Nutrition Needs As You Age	Tue., Jul, 30 12-1pm	Crystal Woods, RDN   Aging plays a role in how efficiently our body may run. It may take longer for you to digest meals. You may drink less water because you don't feel as thirsty as you once did. Food may lose some of its taste, so you simply might not be interested in eating. Join us to learn more about the foods to include to ensure adequate nutrient intake as we get older and tips for any barriers we may face doing so.

## 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.**

Medicare 101

Tue., Jul, 9  
10-11am

Jim Hunter, Insurance Consultant | What you need to know about Medicare.

Blood Pressure Management

Wed., Jul, 10  
11am-12pm

Kathryn Wilhoit, RN | Learn simple ways to help get your blood pressure under control.

Alzheimer's at Any Stage

Fri., Jul, 12  
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.

Pneumonia - What You Need to Know

Tue., Jul, 16  
11am-12pm

Sondra Gibson, RN | Find out more about pneumonia including who is at greatest risk, causes, treatment and vaccine information.

Living With Chronic Kidney Disease

Tue., Jul, 16  
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.

Lowering Your Cholesterol

Mon., Jul, 22  
1-2pm

Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers.

Stress Management

Wed., Jul, 31  
1-2pm

Sondra Gibson, RN | Learn practical tips to manage stress and techniques to help you relax.

## Monthly Classes offered at both HRC locations. Call for dates and times...

Arthritis

Blood Clot Prevention

Heart Failure

Pneumonia

Asthma

Cardiomyopathy

Home Safety

Smoking Cessation

Atrial Fibrillation

Cholesterol Management

Medication Management

Stress Management Tips

Blood Pressure Management

COPD

Osteoporosis

Thyroid Disorders 101