

Health Resources Center Kingsport Schedule

July 2019

Registration required; call 1-844-488-7827 OR 857-7981



Kingsport | 423-857-7981
Fort Henry Mall, upper level, near JCPenney.

**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	Wed., Jul, 3 10-11am	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!
Summer Fun with Diabetes	Tue., Jul, 9 12-1pm	Tanya Fuccio, RN Summer is packed with vacations, travel, picnics and outdoor activities. Summer activities can impact your diabetes. Get tips for staying healthy and in control.
Diabetes 101: Monitoring and Being Active	Fri., Jul, 26 12-1pm	Tanya Fuccio, RN Find out how being active can help you get better control of your blood sugar. Monitoring basics will also be discussed.

Food & Nutrition

Eating Light this Summer	Wed., Jul, 3 12:30-1:30pm	Crystal Woods, 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 2:30-3:30pm	Crystal Woods, RDN, LDN 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.**

Stress Management

Tue., Jul, 9
1-2pm

Tanya Fuccio, RN | Learn practical tips to manage stress and techniques to help you relax.

Medicare 101

Wed., Jul, 10
10-11am

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

Stroke: Men vs. Women

Wed., Jul, 10
11am-12pm

Lauren Griffith, Encompass Health | Worldwide 1 in 6 people will suffer a stroke in their lifetime. Women may display very different symptoms than men. Would you know the differences? Join us to learn how to spot signs and symptoms of both, actions to take and new recommendations for stroke treatment.

COPD

Fri., Jul, 12
11-11:30am

Lisa Rice, RN | Learn about chronic obstructive pulmonary disease (COPD) also known as emphysema or chronic bronchitis. Prevention tips and treatment options discussed.

Obstructive Sleep Apnea and Inspire Therapy

Tue., Jul, 16
12-1pm

Kelly Hare, NP, IPCH Sleep Disorders Lab | Join Kelly as she discusses a breakthrough in sleep apnea therapy. Inspire is a sleep apnea solution that doesn't require a mask or a hose.

Transitions in Care

Tue., Jul, 23
11am-12pm

Heather Shelton, Elmcroft Senior Living | A must attend for any aging adult. Learn more about the ever changing transitions of care, differences in home services, assisted living and nursing home care levels and surprising eligibility benefits for each. Refreshments provided.

Lowering Your Cholesterol

Mon., Jul, 29
12-1pm

Angie Dishner, RN | Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers.

Better Blood Pressure

Mon., Jul, 29
5-6pm

Angie Dishner, RN | Learn simple ways to help get your blood pressure under control.

Support Groups

Alzheimer's & Dementia

Mon., Jul, 1
1:30-2:30pm

Tabitha Ebbert, Alzheimer's Association | Join us for a time of caring and sharing.

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