

Health Resources Center Kingsport Schedule

June 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., Jun, 3 12-1pm or 5-6pm	Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
Pre Diabetes Jeopardy	Sat., Jun, 8 2-3pm	Tanya Fuccio, RN Choose your Diabetes Category... Healthy Habits for 100. Learn about many aspects of Diabetes in this fun interactive game.
Meal Planning for Diabetes	Thu., Jun, 13 3-4pm	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	Fri., Jun, 21 10-11am or 5-6pm	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.
DM 101: Taking Meds and Healthy Coping	Sat., Jun, 22 10-11am or 5-6pm	Tanya Fuccio, 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	Fri., Jun, 7 12:30-1:30pm	Crystal Woods, MS, RDN and Tanya Fuccio, RN 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 10-11am	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 Food City, Eastman Rd. 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.
Stress Management	Sat., Jun, 8 4-5pm	Tanya Fuccio, RN Learn practical tips to manage stress and techniques to help you relax.
Heart Failure	Tue., Jun, 11 10-10:30am	Lisa Rice, RN Gain a better understanding of heart failure - from causes to treatments including lifestyle changes, daily monitoring and medications.
Medicare 101	Wed., Jun, 12 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Better Blood Pressure	Sat., Jun, 15 11am-12pm	Angie Dishner, RN Learn simple ways to help get your blood pressure under control.
Make the Most of Your Doctor Visit	Mon., Jun, 17 12-1pm	Angie Dishner, RN You have limited time when you see a physician or healthcare provider. Come and learn how to use that time wisely and get the most out of your visit.
Lowering Your Cholesterol	Thu., Jun, 27 5-6pm	Angie Dishner, RN Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers.

Support Groups

Alzheimer's & Dementia	Mon., Jun, 3 1:30-2:30pm	Tabitha Ebbert, Alzheimer's Association 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	