

Health Resources Center Johnson City Schedule

May 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 Control on the Go	Fri., May, 3 11am-12pm	Angie Dishner, RN Many of us lead busy lives; join us to learn how to keep your blood sugar under control during these busy times.
Diabetes Survival	Mon., May, 6 12-1pm or 5-6pm	Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
Diabetes 101: Monitoring and Being Active	Sat., May, 11 2-3pm	Angie Dishner, RN Find out how being active can help you get better control of your blood sugar. Monitoring basics will also be discussed.

Food & Nutrition

Grocery Store Tour	Tue., May, 14 2-3pm	Crystal Woods, RDN, LDN & Elizabeth Hall, Food City RDN Join Registered Dietitian Nutritionists for a grocery store tour to focus on the importance of making informed food choices and developing sound eating and physical activity habits. Meet in the cafe' at Food City, State of Franklin Rd.
Shop & Cook to Prevent Diabetes	Wed., May, 15 12-1pm	Crystal Woods, RDN Healthy shopping and cooking can help prevent or delay type 2 diabetes. Join our Registered Dietitian for tips that will help you from navigating the grocery store to meal prepping in the kitchen. Samples and recipes provided
Meal Planning 101	Wed., May, 22 1-2pm	Crystal Woods MS, RDN, LDN Join us to learn meal planning tips to save time and money in the kitchen. Samples and recipes provided

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., May, 10
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., May, 11
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.

Medicare 101

Tue., May, 14
10-11am

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

Living With Chronic Kidney Disease

Tue., May, 21
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.

Support Groups

Parkinson's Disease Support Group

Sat., May, 25
1-3pm

Glenn Olson, Owner - Olson's Martial Arts | If you or someone you love has Parkinson's Disease, join us to learn how Martial Arts can help in the Parkinson's journey.

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