

Health Resources Center Kingsport Schedule

May 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 101: Monitoring and Being Active	Sat., May, 4 11am-12pm	Tanya Fuccio, RN Find out how being active can help you get better control of your blood sugar. Monitoring basics will also be discussed.
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.
Shop & Cook to Prevent Diabetes	Fri., May, 17 11am-12pm	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
Diabetes Control on the Go	Fri., May, 17 12-1pm	Tanya Fuccio, RN Many of us lead busy lives; join us to learn how to keep your blood sugar under control during these busy times.

Food & Nutrition

Grocery Store Tour	Tue., May, 14 10-11am	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, Eastman Rd.
Shop & Cook to Prevent Diabetes	Fri., May, 17 11am-12pm	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 10:30-11:30am	Crystal Woods MS, RDN, LDN Join us to learn meal planning tips to save time and money in the kitchen. Samples and recipes provided

Health Screens

Skin Cancer Screening	Wed., May, 22 1-4pm	Stop by to have a FREE skin cancer screening, compliments of Calladerm Dermatology. Appointment required, call to register.
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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. Fee \$6 cash/ check for guidebook.
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Medicare 101	Wed., May, 8 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
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Support Groups

Better Breathers Club	Thu., May, 2 1-2:30pm	Topic: Clean Air Solutions!
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Alzheimer's & Dementia	Mon., May, 6 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	