

Health Resources Center Johnson City Schedule

September 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

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| Diabetes Survival | Mon., Sep, 9 12-1pm or 5-6 pm | Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes. |
| Pre Diabetes: Eating to Prevent Diabetes | Wed., Sep, 11 12-1pm | 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: Problem Solving and Reducing Risks | Thu., Sep, 12 5-6pm | 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. |
| Diabetes 101: Taking Medication and Healthy Coping | Thu., Sep, 26 5-6pm | Angie Dishner, 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

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| All About Breakfast | Wed., Sep, 11 10-11am | Crystal Woods MS, RDN, For many people, breakfast is a low priority or not one at all. If you think you are saving time or cutting calories by skipping breakfast, think again. Join us during National Breakfast Month to learn more about the benefits of breakfast and healthy breakfast ideas. |
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Healthy Living

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| 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. |
| Lowering Your Cholesterol | Fri., Sep, 6 12-1pm | Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers. |
| Medicare 101 | Tue., Sep, 10 10-11am | Jim Hunter, Insurance Consultant What you need to know about Medicare. |

www.balladhealth.org/classes-programs/health-resources-center

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| Belly Fat - Your Middle Matters | Tue., Sep, 10 5-6pm | Crystal Woods, RDN Whether due to heredity, hormonal changes or age-related weight gain, many folks struggle with belly fat. This can increase your risk of cardiovascular disease, diabetes and certain types of cancers. Join us to learn nutrition tips, targeted abdominal exercises and lifestyle changes to help firm and flatten your abdomen. |
| Osteoporosis | Thu., Sep, 12 11am-12pm | Angie Dishner, RN Gain a better understanding of osteoporosis, how it develops, the role of exercise, calcium and vitamin D, information on bone density testing and treatment options. |
| Blood Pressure Management | Mon., Sep, 16 1-2pm | Kathryn Wilhoit, RN Learn simple ways to help get your blood pressure under control. |
| Living With Chronic Kidney Disease | Tue., Sep, 17 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. |
| Home Safety | Thu., Sep, 19 1-2pm | Learn practical tips to stay safe, healthy and happy in your own home year round. |
| Healthcare Provider CPR | Sat., Sep, 21 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. |
| Medication Management Basics | Tue., Sep, 24 1-2pm | Join us to learn information about medication safety and tips for properly taking your medications. |
| Blood Clot Prevention | Thu., Sep, 26 11am-12pm | Angie Dishner, RN What to look for, how they occur, basic prevention tips and how to avoid this common medical problem. |
| Arthritis | Thu., Sep, 26 2-3pm | Angie Dishner, RN Did you know arthritis describes a group of over 100 diseases? Learn the basics about symptoms, treatment, risk factors and the difference between the two most common forms, osteoarthritis and rheumatoid arthritis. |
| Stress Management | Mon., Sep, 30 12-1pm | Learn practical tips to manage stress and techniques to help you relax. |

Support Groups

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| Parkinson's Disease Support Group | Sat., Sep, 28 1-3pm | Kelly Arney, Outreach Coordinator for Parkinson's Foundation If you or someone you love has Parkinson's Disease, join us for a discussion on "Fatigue and Parkinson Disease...Why am I so tired?" |
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Monthly Classes offered at both HRC locations. Call for dates and times...

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| Arthritis | Blood Clot Prevention | Heart Failure | Osteoporosis |
| Asthma | Cardiomyopathy | Home Safety | Stress Management Tips |
| Atrial Fibrillation | COPD | Medication Management | Thyroid Disorders 101 |