

# Health Resources Center Kingsport Schedule

September 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

Pre Diabetes: Eating to Prevent Diabetes	Fri., Sep, 6 11:30am-12:30pm	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	Fri., Sep, 6 1-2pm	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.
Diabetes Survival	Mon., Sep, 9 12-1pm or 5-6pm	Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
Diabetes 101: Taking Medication and Healthy Coping	Fri., Sep, 20 1-2pm	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

All About Breakfast	Fri., Sep, 6 10-11am	Crystal Woods, 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

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. <b>Fee \$6 cash/check for guidebook.</b>
Thyroid Disorders 101	Tue., Sep, 3 3-3:30pm	Lisa Rice, RN   Join us to learn the basics of thyroid function and thyroid disease.

Cancer: Thriving and Surviving Workshop	Wed., Sept. 4, 11, 18, 25, Oct. 2 and 9 10am-12pm	Join us for this six-week program that is designed for people with cancer and caregivers to learn basic skills necessary to self-manage their disease and work effectively with their health care professionals.
Stress Management	Sat., Sep, 7 10-11am	Tanya Fuccio, RN   Learn practical tips to manage stress and techniques to help you relax.
Home Safety	Sat., Sep, 7 2-3pm	Tanya Fuccio, RN   Learn practical tips to stay safe, healthy and happy in your own home year round.
Medication Management	Mon., Sep, 9 10-11am	Angie Dishner, RN   Multiple medications and combinations of over the counter, prescription and herbal supplements can be confusing and dangerous. Learn to take your medication safely.
Medicare 101	Wed., Sep, 11 10-11am	Jim Hunter, Insurance Consultant   What you need to know about Medicare.
Belly Fat - Your Middle Matters	Thu., Sep, 12 12-1pm	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.
Blood Clot Prevention	Sat., Sep, 14 11am-12pm	Tanya Fuccio, RN   What to look for, how they occur, basic prevention tips and how to avoid this common medical problem.
Better Blood Pressure	Mon., Sep, 16 5-6pm	Angie Dishner, RN   Learn simple ways to help get your blood pressure under control.
COPD	Wed., Sep, 18 2-2:30pm	Lisa Rice, RN   Learn about chronic obstructive pulmonary disease (COPD) also known as emphysema or chronic bronchitis. Prevention tips and treatment options discussed.
Lowering Your Cholesterol	Tue., Sep, 24 5-6pm	Angie Dishner, RN   Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers.

## Support Groups

Better Breathers Club	Thu., Sep, 5 1-2:30pm	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	Blood Clot Prevention	Medication Management
Asthma	Cardiomyopathy	Osteoporosis
Atrial Fibrillation	Heart Failure	Pneumonia