

Health Resources Center Johnson City Schedule

January 2019

Registration required; call 1-844-488-7827.



**Monday-Saturday, 8am-6pm
FREE unless otherwise noted.**

Johnson City | 423-915-5200
The Wellness Center
200 Med Tech Parkway, Suite 2A

Lab prices have been reduced!

Beginning Jan. 2019, lab vouchers are available for purchase at an even lower price! Call for pricing.

Diabetes

Diabetes Myths	Tue., Jan, 8 12-1pm	Angie Dishner, RN Myths or Truths...While there is plenty of advice available, not all of it is accurate. Whether you are new to diabetes or were diagnosed years ago, learn the truth about managing your blood sugars!
Eating to Prevent Diabetes	Wed., Jan, 9 12-1pm DROP IN	Have you or a loved one been diagnosed with pre-diabetes? Drop by to speak with our registered dietitian and learn tips to prevent diabetes through diet and lifestyle modifications.
Healthy Shopping for Diabetes-Supermarket Tour	Tue., Jan, 22 12-1pm	Crystal Woods MS, RDN, LDN & Elizabeth Hall, Food City Registered Dietitian Navigating the supermarkets can be very overwhelming for us all! Join registered dietitians for a grocery store tour to help you feel comfortable making healthy decisions when shopping with diabetes. Meet in the cafe' at Food City, State of Franklin Rd.
Treatment of Diabetes	Tue., Jan, 22 5-6pm	Rick Hess, PharmD, CDE, BC-ADM, BCACP Join us to hear an update on the new medications available for the treatment of diabetes.
DM 101 Monitoring and Being Active	Tue., Jan, 29 12-1pm	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

Ask a Nutrition Expert	Wed., Jan, 2 9-10 am DROP IN	Crystal Woods MS, RDN, LDN Confused by ALL of the contradicting nutrition advice and the billions of diets out there? Aren't we all! Here is your chance to drop by and chat with our registered dietitian nutritionist.
Immune Health: Food as Medicine	Wed., Jan, 9 1:30-2:30pm	Crystal Woods, MS, RDN, LDN and Doreen Lancaster, RN Unhealthy practices can weaken our immune system and make us more susceptible to illness. Join us to learn lifestyle strategies for creating a stronger immune system, foods that can weaken the immune system, and those that strengthen it. Samples provided.

Healthy Living

Medicare 101	Tue., Jan, 8 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
--------------	-------------------------	--

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

Chiropractic Benefits	Wed., Jan, 9 12-1pm	Dr. Brion Jones Chiropractic is the method of natural healing most chosen by those seeking complementary or alternative health care for acute and chronic conditions. Dr. Jones will discuss chiropractic care and Dry Needling
Alzheimer's at Any Stage	Fri., Jan, 11 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.
The Mental Health Benefits of Exercise	Fri., Jan, 11 12-1pm	Robby Latham, Intensive Outpatient Therapist, Woodridge How our thoughts affect our overall wellness and how our overall wellness affects our thought patterns.
Is it Normal Aging or Dementia?	Mon., Jan, 14 12-1pm	Tracey Kendall - Wilson, Alzheimer's TN, Almost 40% of people over the age of 65 experience some form of memory loss.... Brain diseases like Alzheimer's disease and other dementias are different. Join us as we discuss this topic and entertain questions related to normal aging vs. dementia.
Living With Chronic Kidney Disease	Tue., Jan, 15 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.
Time of Your Life: Senior Health Expo	Wed., Jan, 16 10am-12pm	Join us as we focus on providing health and wellness information for our senior population. Displays will be set up inside the Wellness Center. We will have representatives from Ballad Health as well as other community organizations.
Lose Weight Even if You Don't Have Willpower	Thu., Jan, 17 5-6pm	Sarah Haas, Certified Nutrition Health Coach, Personal Fitness Trainer Lose weight and keep it off this time, boost your energy, and look and feel amazing in your clothes. No calorie counting, going hungry, or feeling deprived. Learn practical solutions to lose weight and regain your health while feeling full and satisfied.
Oils of the Bible	Fri., Jan, 18 12-1pm	Kelly Watercott, doTERRA Wellness Advocate Join us for Oils of the Bible! We will learn about Frankincense, Sandalwood, Myrrh... and many more. We will also learn what they are, where they come from, how they work, and why we can use them as a natural solution for our health. Detailed training is provided on how to use them for your family.
Simple Ways to Practice Self-Care	Wed., Jan, 23 12-1pm	Crystal Woods, MS, RDN, LDN and Doreen Lancaster, RN Many of us are ready to create healthier habits in the New Year. Self-care is much more than getting a massage or relaxing in a bubble bath. Join our registered nurse and registered dietitian to learn tips to add restorative habits and cut out toxic ones.
Drug Addiction-the Ugly Truth	Wed., Jan, 30 12-1pm	Corinne Allen, Director of ETSU Pharmacy Students Join us as we learn the truths about addiction and ways to overcome it.

Support Groups

Parkinson's Disease Support Group	Sat., Jan, 26 1-3pm	Judy Hensley If you or someone you love has Parkinson's Disease, join us for a time of caring and sharing.
-----------------------------------	------------------------	--

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	