

Health Resources Center Kingsport Schedule

January 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

DM 101 Monitoring and Being Active	Fri., Jan, 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.
Healthy Shopping for Diabetes-Supermarket Tour	Tue., Jan, 22 10-11am	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, Eatman Rd.
Eating to Prevent Diabetes	Thu., Jan, 24 4:30-5:30pm	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.
Diabetes Myths	Fri., Jan, 25 11am-12pm	Tanya Fuccio, 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!

Food & Nutrition

Ask a Nutrition Expert	Sat., Jan, 5 12-1pm 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	Thu., Jan, 24 2-3pm	Crystal Woods, MS, RDN, LDN and Angie Dishner, 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.

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

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.**

Medicare 101

Wed., Jan, 9
10-11am

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

Assisted Living: Exactly What is Assisted Living?

Thu., Jan, 10
2-3pm

Kellie Weaver | Join Kellie as she explains exactly what assisted living is and how it might be the perfect option for you.

Simple Ways to Practice Self-Care

Fri., Jan, 11
12-1pm

Crystal Woods, MS, RDN, LDN and Tanya Fuccio, 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.

Lose Weight Even if You Don't Have Willpower

Tue., Jan, 15
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.

Support Groups

Alzheimer's & Dementia

Mon., Jan, 7
1:30-2:30pm

Tabitha Ebbert, Alzheimer's Association | Basics of Alzheimer's

Better Breathers Club

Thu., Jan, 3
1-2:30pm

Health Benefits of Community Involvement

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