

Health Resources Center Johnson City Schedule

July 2018

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



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

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

Diabetes

Eating to Prevent Diabetes	Thurs., July 5, 12:30 - 1:30 p.m.	Crystal Woods, RDN, LDN Have you been told you have “pre” or “borderline” diabetes? Gain tools to change the course you are on and learn how to decrease your risk of developing diabetes.
What is Diabetes?	Fri., July 13, 2 - 3 p.m.	Teri Hurt, RN, CDE Diabetes is a condition in which the body doesn't make or use insulin correctly. Join us to learn more about this chronic disease.
Bowl to your Goal	Mon., July 16, 1 - 2 p.m.	Teri Hurt, RN, CDE Teri will help you set goals and teach you how to knock down 10 pins (diabetes tips) to score better diabetes control.
Insulin Administration	Thurs., July 19, 10 - 11 a.m.	Teri Hurt, RN, CDE Have you recently started on insulin? Learn the basics of insulin administration, storage, and safe use.
DT1: Sweet Chat	Sat., July 21, 11 a.m. - 12 p.m.	Teri Hurt, RN, CDE Ever wanted to just chat with other Type 1 Diabetic kids? Join us for an open discussion lead by a teen with Type 1 DM. Topics to include “Sports, favorite foods, rest, school, and friends”.

Food & Nutrition

Eating Healthy with Diabetes Grocery Store Tour	Wed., July 11, 5 - 6 p.m.	Crystal Woods, RDN, LDN & Elizabeth Hall, RDN, LDN Grocery shopping can be extremely intimidating, but it doesn't have to be! Meet in the café at the St of Franklin Rd Food City for a tour around the store geared toward those with diabetes.
No Bake Summer Sweets	Thurs., July 12, 5 - 6 p.m.	Crystal Woods, RDN, LDN There is no need to deprive yourself of sweets. Join us for no-bake dessert recipes that won't heat up the house and many will help cool you down this summer! Samples.
Taste of the World Series: Philippines *Heart & Soul	Wed., July 25, 5 - 6 p.m.	Crystal Woods, RDN, LDN Cuisine of the Philippines - history of their food, culinary techniques, mealtime customs and more. Samples.

Healthy Living

Medicare 101	Tues., July 10, 10 - 11 a.m.	Jim Hunter, Insurance Consultant What you need to know about Medicare.
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PEMF Therapy	Wed., July 11, 5 - 6 p.m.	Cindy Eller, PEMF therapy uses bursts of low-level electromagnetic radiation to heal damaged tissues and bone, to relieve injury-related pain, and even to stimulate organs. Join us to learn more.
Living With Chronic Kidney Disease	Tues., July 17, 2 - 3:30 p.m.	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.
Cancer 101: What You Need to Know	Wed., July 18, 5 - 6 p.m.	Gayle Hawley RN,BSN,OCN Learn what cancer is, your risk factors, what to look for, prevention, screening, diagnosis and treatment options.
Is it Normal Aging or Dementia?	Thurs., July 25, 1 - 2 p.m.	Tracey Kendall - Wilson, Alzheimer's TN, Join us as we discuss this topic and entertain questions related to normal aging vs. dementia.
Ask the Podiatrist	Tues., July 31, 5 - 6 p.m.	Ryan Chatelain, J DPM Feet problems? Join us for an informal discussion with a Podiatrist and have your questions answered.

Support Groups

Mended Hearts	Tues., July 3, 11 a.m. - 1 p.m.	Lynn Frierson Mended Hearts offers information and support to individuals who have had heart surgery.
Alzheimer's	Fri., July 13, 11 a.m. - Noon	Tabitha Ebbert, Alzheimer's Association Join us for educational and social support for caregivers and people in the early stage of Alzheimer's disease or another form of dementia.
Multiple Myeloma	Sat., July 21, 1 - 3 p.m.	Darlene Jessee, If you or someone you love has multiple myeloma, 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	