

Health Resources Center Kingsport Schedule

July 2018

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



Kingsport | 423-857-7981
Fort Henry Mall, upper level, near JCPenney.

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

FUN FEST!

Official Fun Fest Block Party

Saturday, July 7, 2 - 4 p.m.

Refreshments, Door Prizes, Giveaways (while they last) and Live Music provided by Fire in the Kitchen, an Appalachian Celtic band!

Diabetes

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| Eating to Prevent Diabetes | Fri., July 6, 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. |
| Bowl to Your Goal | Wed., July 11, 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 | Wed., July 11, 3 - 4 p.m. | Teri Hurt, RN, CDE Have you recently started on insulin? Learn the basics of insulin administration, storage, and safe use. |
| What is Diabetes? | Tues., July 24, 10 - 11 a.m. | Teri Hurt, RN, CDE Diabetes is a condition in which the body doesn't make or use insulin correctly. Learn more about this chronic disease. |

Food & Nutrition

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| No Bake Summer Sweets | Tues., July 10, 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. |
| Eating Healthy with Diabetes Grocery Store Tour | Wed., July 11, 11:30 a.m. - 12:30 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 Eastman Rd Food City for a tour around the store geared toward those with diabetes. |

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| Taste of the World Series: Philippines *Heart & Soul | Wed., July 25, Noon - 1 p.m. | Crystal Woods, RDN, LDN Cuisine of the Philippines - history of their food, culinary techniques, mealtime customs and more. Samples. |
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Healthy Living

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| Smoking Cessation | Call 857-7981 to schedule | 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., July 11, 10 - 11 a.m. | Jim Hunter, Insurance Consultant What you need to know about Medicare. |
| Cancer 101: What You Need to Know | Thurs., July 19, 10:30 - 11:30 a.m. | Gayle Hawley RN,BSN,OCN Learn what cancer is, your risk factors, what to look for, prevention, screening, diagnosis and treatment options. |
| Insomnia | Fri., July 20, Noon - 1 p.m. | Kelly Hare, FNP, BC Join Kelly as she discusses this very prevalent sleep disorder and how to combat it. |
| Endocarditis Basics | Wed., July 25, 10:30 - 11 a.m. | Lisa Rice, RN Learn about this infection of the heart that can involve the heart chambers and valves. |
| Building Better Relationships | Wed., July 25, 3 - 4 p.m. | Marsha Litton-Baker, Licensed Therapist Healthy relationships are a vital component of health and wellbeing. Learn how to improve your relationships with others at home, work and in the community. |
| Supplements and Nutrition for Seniors | Thurs., July 26, Noon - 1 p.m. | Andrew Clark, PhD, RD, ETSU Associate Dean of Research The supplement aisle can be overwhelming. Dr. Clark will teach about the unique dietary and supplemental needs of aging adults. |
| DIY Kids' Soap | Thurs., July 26, 2 - 3 p.m. | Back by popular demand, 12 yr old entrepreneur, Colin Heaton! This time teaching how to make fun glycerin soaps for kids and the young at heart! |

Support Groups

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| Alzheimer's & Dementia | Mon., July 2, 1:30 - 2:30 p.m. | Topic: Healthy Choices for a Healthier You |
| Better Breathers Club | Thurs., July 5, 1 - 2:30 p.m. * Lynn Garden Community Center | Road trip to visit the Lynn Garden community center as guests of the train club. Topic: Why it is important to have extracurricular activities when dealing with chronic lung disease. |

Monthly Classes offered at both HRC locations. Call for dates and times...

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| 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 | |