

# Health Resources Center Johnson City Schedule

June 2018

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



Johnson City | 423-915-5200  
The Mall, lower level beside Belk Women's Store.

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

**WE'RE MOVING! Beginning June 4, the Johnson City Health Resources Center will be located inside The Wellness Center.**

## Diabetes

Diabetes 101: Healthy Eating	Wed., June 13, 5:30 - 6:30 p.m.	Crystal Woods, RDN, LDN   Learn the basics about healthy food choices and portion control plus common myths and truths about diabetes.
Diabetes 101: Medications and Healthy Coping	Mon., June 18, 5:30 - 6:30 p.m.	Teri Hurt, RN, CDE   Explore medication options to help manage your blood sugar so you can stay healthy.
Diabetes 101: Problem Solving and Reducing Risks	Mon., June 25, 5:30 - 6:30 p.m.	Teri Hurt, RN, CDE   Learn how to interpret blood sugar results to improve the highs and lows of diabetes and avoid developing complications.
What is Pre Diabetes?	Wed., June 27, 2 - 3 p.m.	Teri Hurt, RN, CDE   Have you been told you have "pre-diabetes" or "borderline" diabetes? Gain tools to change your course and how to decrease your risk of developing diabetes.
50 Ways to Prevent Diabetes	Wed., June 27, 3 - 4 p.m.	Teri Hurt, RN, CDE   Learn how to prevent or delay diabetes with these healthy tips.

## Food & Nutrition

Pantry Staples Grocery Store Tour - Food City, St of Franklin Rd., JC	Thurs., June 7, 5:30 - 6:30 p.m.	Elizabeth Hall, MS, RDN, LDN and Crystal Woods, MS, RDN, LDN   Join us at Food City, St of Franklin Rd. for a tour as we learn how to navigate the grocery store. We will take you aisle by aisle to learn more about what options to choose for your pantry staples.
Berry Beneficial	Wed., June 13, Noon - 1 p.m. Drop In	Sample a variety of berries while you learn about their wonderful health benefits, new ways to use them, and how to select and store berries
Brain Food	Tues., June 19, 5:30 - 6:30 p.m.	Crystal Woods, MS, RDN, LDN,   Join us for more information on the link between our diet and Alzheimer's Disease and preventative steps we can take to keep our brain healthy.

Taste the World Series:  
Caribbean - Heart & Soul

Wed., June 27,  
5:30 - 6:30 p.m.

Crystal Woods, MS, RDN, LDN | This series will be offered each month throughout the year highlighting the cuisine of different countries. Come learn the country's history of food, culinary techniques, mealtime customs, and more. Samples provided.

## Healthy Living

Smoking Cessation

Call 915-5200 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

Tues., June 12,  
10 - 11 a.m.

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

Belly Fat:  
Your Middle Matters

Tues., June 19,  
Noon - 1 p.m.

Doreen Lancaster, RN | Join us to learn nutrition tips, targeted abdominal exercises and lifestyle changes to help firm and flatten your abdomen.

Living With Chronic  
Kidney Disease

Tues., June 19,  
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.

All Day Energy

Thurs., June 28,  
Noon - 1 p.m.

Doreen Lancaster, RN | Do you run out of energy before the days end? Come learn tips, tools, exercises and foods to help perk you up, improve alertness and keep you going strong all day.

## Support Groups

Multiple Myeloma

Sat. June 16,  
1-3 p.m.

Darlene Jessee, | If you or someone you love has multiple myeloma, join us for a time of caring and sharing.

Alzheimer's

Fri., June 22,  
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.

## 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