

Health Resources Center Kingsport Schedule

June 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.

Diabetes

Diabetes 101: Healthy Eating	Wed., June 6, 11 a.m. - Noon	Crystal Woods, RDN, LDN Learn the basics about healthy food choices and portion control plus common myths and truths about diabetes.
50 Ways to Prevent Diabetes	Wed., June 13, 11 a.m. - Noon	Teri Hurt, RN, CDE Learn how to prevent or delay diabetes with these healthy tips.
Diabetes 101: Taking Medication & Healthy Coping	Wed., June 13, Noon - 1 p.m.	Teri Hurt, RN, CDE Explore medication options to help manage your blood sugar so you can stay healthy.
What is Pre-Diabetes?	Tues., June 26, 11 a.m. - Noon	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.
Diabetes 101: Problem Solving & Reducing Risks	Tues., June 26, 2 - 3 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.

Food & Nutrition

Pantry Staples Grocery Store Tour	Thurs., June 7, 12:30 - 1:30 p.m.	Crystal Woods, RDN, LDN & Elizabeth Hall, RDN, LDN We will take you aisle by aisle to learn more about what options to choose for your pantry staples. Meet at Eastman Rd Food City café.
Brain Food	Mon., June 11, 1 - 2 p.m.	Crystal Woods, RDN, LDN Join us for information on the link between our diet and Alzheimer's Disease and preventative steps to take to keep your brain healthy.
Berry Beneficial	Tues., June 12, 5 - 6 p.m. Drop In	Crystal Woods, RDN, LDN 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.
Taste of the World Series: Caribbean - Heart & Soul	Tues., June 26, 12:30 - 1:30 p.m.	Crystal Woods, RDN, LDN Cuisine of the Caribbean - history of their food, culinary techniques, mealtime customs and more. Samples.

Healthy Living

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.
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CPR for Health Care Providers	Sat., June 2, 9 a.m. - Noon	Fee for class. Online registration at: https://www.balladhealth.org/event/class/764051 or call 431-7147.
Gardening with Plants Native to East TN	Mon., June 4, Noon - 1 p.m.	Bill Grigsby, Master Gardener Native plants save time and money. They also benefit the air, our water, local wildlife and us! Join Bill to learn how to cultivate these in your own garden.
Sun Safety	Thurs., June 7, 3 - 5 p.m. Drop In	Stop by to learn how you can protect your skin from the sun this summer!
Medicare 101	Wed., June 13, 10 - 11 a.m.	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Overcoming Guilt	Fri., June 15, 11 a.m. - Noon	Marsha Litton-Baker, licensed therapist Guilt can propel us forward or paralyze us for years. Learn about healthy and unhealthy ways to deal with guilt.
Obstructive Sleep Apnea	Fri., June 15, Noon - 1 p.m.	Kelly Hare, FNP, BC Find out about this common disorder and new treatment options available.
Self Defense for Women & Girls	Mon., June 18, 4:30 - 5:30 p.m.	Dixie Neth, RN, 6th Degree Black Belt Dixie will share important safety tips and effective techniques to use. Gain the confidence and skills you need to potentially save your life! Ideal for all ages and abilities.
Endocarditis	Wed., June 20, 2 - 3 p.m.	Lisa Rice, RN Learn about this heart valve inflammation and the associated stroke risk.
Cardiac Ablations	Tues., June 26, 10 - 10:30 p.m.	Lisa Rice, RN Lisa will explain what is a cardiac ablation and when one might be indicated.

Health Screening

Vision Screening	Thurs., June 28, 1 - 3 p.m.	Take advantage of this free vision screening compliments of the Lions Club.
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Support Groups

Alzheimer's & Dementia	Mon., June 4, 1:30 - 2:30 p.m. *Note Time Change	Topic: Know the 10 Signs of Alzheimer's Disease.
Better Breathers Club	Thurs., June 7, 1 - 2:30 p.m.	Learn how to manage your lung disease and discover resources to help you.

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 Fibillation	Cholesterol Management	Osteoporosis	Thyroid Disorders 101
Blood Pressure Management	COPD	Pneumonia	
Blood Clot Prevention	Heart Failure	Post Partum Recovery	

Saturday, July 7, 2-4pm

7th Annual Fun Fest Block Party

Refreshments, giveaways and live music performed by Fire in the Kitchen!!