

# Health Resources Center Johnson City Schedule

May 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.**

## Diabetes

Diabetes 101: Healthy Eating	Tues., May 8, 5:30 - 6:30 p.m.	Crystal Woods, MS, RDN, LDN   Not sure how to eat now that you have diabetes? Learn the basics about healthy food choices and portion control plus common myths and truths about diabetes.
Diabetes Survival	Wed., May 9, 2 - 3 p.m.	Teri Hurt, RN, CDE   Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
Diabetes 101: Monitoring & Being Active	Wed., May 9, 5:30-6:30 p.m.	Teri Hurt, RN, CDE   Find out how being active can help you get better control of your blood sugar. Monitoring basics will also be discussed.
Diabetes Medication Review	Thurs., May 10, 5:30 - 6:30 p.m.	Emily Russell, ETSU   Join us for a diabetes medication review.
Summer Fun with Diabetes	Wed., May 16, Noon - 1 p.m.	Teri Hurt, RN, CDE   Summer is packed with vacations, travel, picnics and outdoor activities. Join us to learn how summer activities can impact your diabetes and get tips for staying healthy and in control.
Diabetes Myths	Wed., May 23, 4 - 5 p.m.	Teri Hurt, RN, CDE   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

Taste of the World Series: Mexico - Heart & Soul class	Wed., May 2, 5 - 6 p.m.	Crystal Woods, MS, RDN, LDN   Cuisine of Mexico - history of their food, culinary techniques, mealtime customs and more. Samples.
Osteoporosis Prevention & Bone-Building Foods	Tues., May 8, Noon - 1 p.m.	Crystal Woods, MS, RDN, LDN and Doreen Lancaster, RN   May is National Osteoporosis Month! Osteoporosis and low bone mass put an estimated 54 million Americans at risk for broken bones. Join us to understand the risk factors for osteoporosis and lifestyle strategies you can implement to build and maintain strong bones. Samples provided.
Creative Spins to Salads & Dressings	Wed., May 23, 12:30 - 1:30 p.m.	Crystal Woods, RDN, LDN   Celebrate National Salad Month by learning more about these nutrition powerhouses and how to incorporate them into your day. Join us for tips on making salads and salad dressings at home. Recipes and samples.

Fighting Back Against  
the “Silent Killer”

Tues., May 22,  
5:30 - 6:30 p.m.

Crystal Woods, MS, RDN, LDN and Doreen Lancaster, RN | One in six Americans have high blood pressure and DO NOT KNOW. Join us for tips to help prevent or manage high blood pressure by making positive lifestyle modifications to live a healthier, longer life.

## Healthy Living

Ask the  
Gastroenterologist

Mon., May 7, 5 - 6 p.m.

Do you have questions regarding: GERD, fatty liver disease, irritable bowel syndrome, weight loss or any other digestive issues? Join Dr. Fenyves as he entertains your personal questions about gastrointestinal health.

Medicare 101

Tues., May 8,  
10 - 11 a.m.

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

Treating PTSD & Trauma

Tues., May 8,  
1 - 2 p.m.

Sara Carico-Arnold, LMSW | This class will explore the different factors that play a role in trauma symptoms as well as the latest interventions and treatment methods available to alleviate symptoms.

The Mind-Body  
Connection: Strategies  
for Better Mental Health

Mon., May 14,  
12:30 - 1:30 p.m.

Benjamin B. Hall, MA, Clinical Psychology, ETSU and Elizabeth Hall, MS, RDN, LDN | Mental health challenges are very common. In fact, 1 in 5 adults will experience some form of mental illness. Come learn about mental health and how to manage it using practical strategies and even nutrition.

Living With Chronic  
Kidney Disease

Tues., May 15,  
2 - 2:30 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.

Update on Antidepressant  
Medications

Wed., May 23,  
10 - 11 a.m.

Pharmacy Students, ETSU | Antidepressants are a popular treatment choice for depression. There are a number of antidepressants available that work in slightly different ways and have different side effects. Join us as we consider an update on antidepressant/anti-anxiety medications.

## Health Screening

Labs

Sat., May 19,  
7:30 - 9 a.m.

No food or drink (except water) for 8-12 hours before the test. Call for an appointment. \$25 Coronary Risk Panel: total cholesterol, HDL, LDL, triglycerides, glucose and hematocrit. \$20 Liver Panel: albumin, bilirubin: total, direct and indirect, bilirubin ratio, alkaline phosphatase, total protein, ALT, AST. \$20 Hemoglobin A1c. \$30 TSH: thyroid. \$35 PSA - prostate. Cash or check only.

## Support Groups

Mended Hearts

Tues., May 1, 11 a.m. - 1 p.m.

Parkinson's

Sat., May 19, 10 a.m. - 12 p.m.

Alzheimer's

Fri., May 11, 11 a.m. - 12 p.m.

Multiple Myeloma

Sat., May 19, Noon - 2 p.m.

Fibromyalgia

Mon., May 14, 5 - 6:30 p.m.

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

Arthritis

Cardiomyopathy

Home Safety

Post Partum Recovery

Asthma

Chest Pain

Medication Management

Smoking Cessation

Atrial Fibrillation

Cholesterol Management

Osteoporosis

Stress Management Tips

Blood Pressure Management

COPD

Palpitations

Thyroid Disorders 101

Blood Clot Prevention

Heart Failure

Pneumonia