

Health Resources Center Kingsport Schedule

May 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 Myths	Tues., May 1, 10 - 11 a. 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 eating to manage your blood sugars.
Summer Fun with Diabetes	Tues., May 1, 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 101: Healthy Eating	Thurs., May 10, 10 - 11 a.m.	Crystal Woods, 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 101: Monitoring & Being Active	Wed., May 30, 10 - 11 a.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 Survival	Wed., May 30, 11 a.m. - Noon	Teri Hurt, RN, CDE Learn the basic survival skills needed when you are newly diagnosed with diabetes.

Food & Nutrition

Taste of the World Series: Mexico - Heart & Soul class	Fri., May 4, 12:30 - 1:30 p.m.	Crystal Woods, RDN, LDN Cuisine of Mexico - history of their food, culinary techniques, mealtime customs and more. Samples.
Osteoporosis Prevention & Bone Building Food	Thurs., May 10, Noon - 1 p.m.	Angie Dishner, RN & Crystal Woods, RDN, LDN 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.
Fighting Back Against the "Silent Killer"	Mon., May 21, Noon - 1 p.m.	Crystal Woods, RDN, LDN & Angie Dishner, RN One in six Americans have high blood pressure and DO NOT KNOW. High blood pressure is often preventable, yet it kills more people worldwide than any other condition. Learn tips to prevent or manage high blood pressure by making positive lifestyle modifications.

Creative Spins to
Salads & Dressings

Wed., May 23,
3:30 - 4:30 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.

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.

Dr. Who?

Tues., May 8,
2 - 2:30 p.m.

Lisa Rice, RN | Join us to learn which doctor to see for specific diseases.

Medicare 101

Wed., May 9,
10 - 11 a.m.

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

Organize Your Purse

Mon., May 14,
1 - 2:30 p.m.

Angie Hyche, Professional Organizer, Shipshape Solutions | Bring your purse to this hands on workshop. We will organize our purses together and talk about basic organizing principles that you can use to organize other areas of your home.

Opioid Dependency in
Pregnancy

Wed., May 16,
Noon - 1 p.m.

Selman Welt, MD | Learn about the effects of opioids on mother and baby, weaning narcotics during pregnancy and about the clinic at ETSU.

Elder Concern

Fri., May 18,
Noon - 1 p.m.

Linda Evans, Human Services Program Supervisor | Are you concerned about a senior friend or family member but aren't sure how to help? Discover various avenues of assistance available to seniors in our area.

Fish Oil

Thurs., May 24,
3 - 4 p.m.

Reeda Tate, Good Food Grocery | Join Reeda as she discusses the many benefits of fish oil.

Cryptogenic Stroke

Tues., May 29,
2 - 2:30 p.m.

Lisa Rice, RN | Join Lisa as she discusses unexplained strokes.

Paint Up - Fix Up

Thurs., May 31,
11 a.m. - Noon

Pam Archer, Furniture Artist | Need to brighten up an old piece of furniture? Join us as Pam, owner of the Colorful Cottage, shares the basics of using chalkstyle paint and tissue decoupage to give new life to an old piece of furniture.

Support Groups

Better Breathers Club

Thurs., May 3, 1 - 2:30 p.m.

Is it Allergies or a Cold? Learn about dealing with allergies when you have lung disease.

Celiac Disease -
Gluten Free

Thurs, May 3, 4:30 - 5:30 p.m.

Celebrate Celiac Awareness Month with us at the Mad Greek restaurant in Kingsport where we will enjoy a gluten free meal together. Limited seating. Registration required.

Alzheimer's & Dementia

Mon., May 7, 3:30 - 4:30 p.m.

Understanding and Responding to Dementia Related Behaviors.

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 Fibillation

Cholesterol Management

Osteoporosis

Stress Management Tips

Blood Pressure Management

COPD

Palpitations

Thyroid Disorders 101

Blood Clot Prevention

Heart Failure

Pneumonia