

Health Resources Center Johnson City Schedule

November 2018

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



Johnson City | 423-915-5200
The Wellness Center
200 Med Tech Parkway, Suite 2A

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

We've MOVED! Visit our new location in the Wellness Center.

Diabetes

Diabetes Survival	Mon., Nov, 5 12-1pm or 5-6pm	Teri Hurt, RN, CDE Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
Take Charge of your Diabetes	Wed., Nov, 7 6 week series 10am-Noon	Crystal Woods, RD, and Doreen Lancaster, RN Are you having trouble managing your diabetes? Join us in this 6 week interactive series to learn how to control your blood sugar, manage medications, prevent health problems and get great nutrition and exercise tips.
The 411 on Diabetes Medications	Thu., Nov, 15 10-11am	ETSU Pharmacy Students Learn about the differences in the many new diabetes medications available.
Better Blood Sugars in 30 Days	Thu., Nov, 15 11am-Noon	Teri Hurt, RN, CDE Having a hard time getting blood sugar control? Join us to learn tips that can improve your blood sugars.
Diabetes Neuropathy	Thu., Nov, 15 Noon-1pm	Speaker: Dr. Niebauer One of the complications of diabetes can be neuropathy. Many find it hard to understand how or why this can happen. It often is affects the hands and/or feet, but diabetes neuropathy can affect many other parts of our bodies as well. Join us to learn more.
DM 101 Monitoring and Being Active	Mon., Nov, 19 5:30-6:30pm	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.
DM 101 Healthy Eating	Tue., Nov, 20 12:30-1:30pm	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.

Food & Nutrition

Healthy Harvest Tasting	Wed., Nov, 14 12:30-1:30pm DROP IN	Crystal Woods, RDN Stop by to learn spins on the traditional Thanksgiving feast. Samples and recipes provided.
De-Stress & Worry Less During the Holidays	Tue., Nov, 20 5-6pm	Crystal Woods, RDN and Teri Hurt, RN Join our registered nurse and registered dietitian for simple tips to slow down and relax during the holiday season. Recipes and samples provided.
Taste of the World Series: France	Wed., Nov, 28 5-6pm	Crystal Woods, RDN, LDN Cuisine of France - history of their food, culinary techniques, mealtime customs and more. Samples.

www.balladhealth.org/classes-programs/health-resources-center

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.
Are you Prepared for Inclement Weather?	Fri., Nov, 2 12-1pm	David Boyd, WCYB Weekday Morning Meteorologist We will look at winter time hazards, winter weather terms to know, and how to stay safe in extreme cold.
How to Boost Your Immunity for Winter	Thu., Nov, 8 1-2pm	Doreen Lancaster, RN Do you seem to catch cold after cold, while your friends sail through winter unscathed? There's no single pill or supplement you can take to boost your immune system. Join us as we discuss healthy living habits that can help improve your immunity for a lifetime.
Combat Surgical Experience in Afghanistan	Mon., Nov, 12 12-1pm	Bryan Helsel, MD In honor of Veterans' Day, Dr Helsel will share his personal story of his experience as a military physician.
Medicare 101	Tue., Nov, 13 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Belly Fat	Tue., Nov, 13 1-2pm	Doreen Lancaster, RN Belly fat can increase your risk for heart disease, diabetes and certain types of cancer. Join us to learn nutrition tips, targeted abdominal exercises and lifestyle changes to help firm and flatten your abdomen.
Attitude Makes a Difference	Fri., Nov, 16 11am-12pm	Doreen Lancaster, RN Which of the following do you think has the biggest effect on your happiness: your circumstances, your genes or your attitude? Learn the answer to this question as well as simple strategies you can employ to create a more positive you.
Living With Chronic Kidney Disease	Tue., Nov, 20 2-3:30pm	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.
Are You Up To Date On Your Vaccines?	Thu., Nov, 29 Noon-1pm	Speaker: ETSU Pharmacy Students Join us to find out what vaccines are recommended according to your age

Support Groups

Mended Hearts	Tue., Nov, 6 11am-1pm	Lynn Frierson Mended Hearts offers information and support to individuals who have had heart surgery.
Alzheimer's Support Group	Fri., Nov, 9 11am-12pm	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.
Parkinson's Support Group	Sat., Nov, 24 1-3pm	Judy Hensley If you or someone you love has Parkinson's Disease, join us for a time of caring and sharing.

Healthy Screening

FREE Blood Sugar Screening	Thu., Nov, 15 8-10am	In honor of Diabetes Day, stop by the HRC for a FREE blood sugar check.
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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	