

Health Resources Center Kingsport Schedule

November 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

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| Diabetes Day - The 411 on Diabetes Medications | Fri., Nov, 16 10-11am | ETSU Pharmacy Students Learn about the differences in the many new diabetes medications available. |
| Diabetes Day- Diabetes 101: Healthy Eating | Fri., Nov, 16 11am-Noon | 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 Day - Better Blood Sugars in 30 Days | Fri., Nov, 16 Noon-1pm | Teri Hurt, RN, CDE Are you having a hard time getting your blood sugars under control? Small steps can lead to BIG rewards. Learn tips to improve your blood sugars. |
| Diabetes Foot Care | Tue., Nov, 27 10-11am | Teri Hurt, RN, CDE 75% of amputations due to diabetic complications can be avoided with better blood sugars and better foot care. Join us to learn the do's and don'ts and what to watch for to help keep your feet healthy. |
| Diabetes 101: Monitoring & Being Active | Tue., Nov, 27 Noon-1pm | 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. |

Food & Nutrition

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| De-Stress & Worry Less During the Holidays | Fri., Nov, 16 2-3pm | Tanya Fuccio, RN & Crystal Woods, RDN, LDN Join a registered nurse and registered dietitian for simple tips to slow down and relax during the holiday season. Recipes & Samples. |
| Healthy Harvest Tasting | Fri., Nov, 16 3:30-4:30pm Drop In | Crystal Woods, RDN, LDN Spins on traditional Thanksgiving foods. Samples. |
| Taste of the World Series: France | Wed., Nov, 28 12:30-1:30pm | Crystal Woods, RDN, LDN Cuisine of France - history of their food, culinary techniques, mealtime customs and more. Samples. |

Healthy Living

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| 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. |
| Self Defense for Women & Girls | Mon., Nov, 5 4-5:30pm | 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. |

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

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| Sleep Apnea & Heart Disease | Fri., Nov, 9 2-2:30pm | Lisa Rice, RN Join Lisa to learn the connection between these two common disorders. |
| Tech Savvy Senior: Internet Safety | Mon., Nov, 12 1-2pm | Jerry Stout, Homeland Security The internet can be a great resource for information, but it doesn't come without risks. Join us to learn about the most common scams and ways to protect yourself online. |
| Medicare 101 | Wed., Nov, 14 10-11am | Jim Hunter, Insurance Consultant What you need to know about Medicare. |
| Natural Approaches to Pain Management | Wed., Nov, 14 2-3pm | Reeda Tate, Good Food Grocery Pain can interfere with the ability to sleep, work and enjoy life. Learn about the proper use of natural products such as arnica, turmeric and CBD oil to help manage pain. |
| Leukemia vs. Lymphoma | Thu., Nov, 15 1-2pm | Carrie Campbell RN, BSN Do you know the difference? Join one of our oncology nurse navigators as she shares more on these common cancer diagnoses, challenges and treatment options. |
| SAD - Seasonal Affective Disorder | Mon., Nov, 19 2-3pm | Marsha Litton-Baker, Licensed Therapist Seasonal affective disorder impacts millions each year. Often beginning in fall and winter months, it results in low energy, depression and moodiness. Join a licensed therapist as she discusses symptoms and ways to beat the "winter blues". |
| Holiday Fire Safety | Wed., Nov, 21 1:30-3:30pm Drop In | Stop by to learn from Barry Brickey, Kingsport Fire Department's public education officer, how to keep your family, pets and home safe during the holiday season. |
| A-Fib: Rate vs Rhythm Control | Wed., Nov, 21 4-4:30pm | Lisa Rice, RN Join Lisa to learn about these two very different approaches to treating a-fib. |
| Semi-Homemade Goodies for the Holidays | Mon., Nov, 26 11am-Noon | Jo-Rita Clayton, Owner Operator The Gazebo Party Shop Simple, quick semi-homemade gifts to wow over anyone! |

Support Groups

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| Better Breathers Club | Thu., Nov, 1 1-2:30pm | Dr Mildred Maisonet will speak on environmental exposures and COPD. |
| Celiac Disease-Gluten Free | Thu., Nov, 1 4:30-5:30pm | Gluten free for the holidays. |
| Alzheimer's & Dementia | Mon., Nov, 5 1:30-2:30pm | Understanding and responding to dementia related behaviors. |

Health Screens

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| Diabetes Day - Blood Sugar Screening | Fri., Nov, 16 8-10am | Stop by for a FREE blood sugar screening. |
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Monthly Classes offered at both HRC locations. Call for dates and times...

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| 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 | |