

Category	Event Name	date	time	Description
Diabetes	Better Blood Sugars in 30 Days	Wed., Jan, 10	12-1pm	Teri Hurt, RN, CDE Are you having a hard time getting your blood sugars under control? Small steps can lead to BIG rewards. Join us to learn tips that can improve your blood sugars.
Diabetes	Pre Diabetes: Eating to Prevent Diabetes	Mon., Jan, 15	2-3pm	Crystal Woods, MS, RDN, LDN Many of us don't realize the impact that foods and drinks have on our blood sugar. Eating throughout the day and consuming nutrient dense foods will help keep blood sugar under control and help avoid those dreaded
Diabetes	50 Ways to Prevent Diabetes	Mon., Jan, 15	3-4pm	Teri Hurt, RN, CDE Learn how to prevent or delay diabetes with these healthy tips.
Diabetes	What is Diabetes?	Wed., Jan, 24	12-1pm	Teri Hurt, RN, CDE Diabetes is a condition in which the body doesn't make or use insulin correctly. Join us to learn more about this chronic disease.
Diabetes	Insulin Administration	Thu., Jan, 25	2-3pm	Teri Hurt, RN, CDE Have you recently started on insulin? Learn the basics of insulin administration, storage, and safe use.
Food & Nutrition	Simple Swaps in the Kitchen	Tue., Jan, 9	5-6pm	Crystal Woods, MS, RDN, LDN Drop in education including tips for cooking, meal planning, portion control and more for the New Year. Samples & Recipes.
Food & Nutrition	A New Year, A Better You	Fri., Jan, 12	1-2pm	Crystal Woods, MS, RDN, LDN Join us for simple lifestyle changes you can make to live healthier throughout the New Year. Topics will include: healthier eating habits, weight loss/management tips, physical activity recommendations, stress

Food & Nutrition	Simple Swaps in the Kitchen	Tue., Jan, 23	12-1pm	Crystal Woods, MS, RDN, LDN Drop in education including tips for cooking, meal planning, portion control and more for the New Year. Samples & Recipes.
Food & Nutrition	Taste of the World Series: Spain *Heart & Soul*	Wed., Jan, 31	5-6pm	Crystal Woods, MS, RDN, LDN New series highlighting the cuisine of different countries - the country's history of food, culinary techniques, mealtime customs and more. Samples provided.
Health Screening	Labs	Sat., Jan, 20	7:30-9am	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
Healthy Living	Medication Management Basics	Fri., Jan, 5	11am-12pm	Doreen Lancaster, RN Join us to learn information about medication safety and tips for properly taking your medications.
Healthy Living	Home Safety	Fri., Jan, 5	1-2pm	Doreen Lancaster, RN Learn practical tips to stay safe, healthy and happy in your own home year round.
Healthy Living	Walk with Ease	Every Mon., Wed. & Fri. starting Jan. 8	9-10am	Arthritis Foundation's 6 week fitness program shown to reduce pain and improve your health.
Healthy Living	Medicare 101	Tue., Jan, 9	10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Healthy Living	Radon & Lung Cancer: Test your Home	Tue., Jan, 9	12-1pm	Jan Compton, Tn Dept. of Environment and Conservation Come and learn about this colorless, odorless gas that can put your health at serious risk.
Healthy Living	Blood Clot Prevention	Tue., Jan, 9	1-2pm	Jeanne Clarke, RN What to look for, how they occur, basic prevention tips and how to avoid this common medical problem.

Healthy Living	Chair Yoga	Wed., Jan, 10	3-3:45pm	Sudha Venkataraman, Yoga Sudha Center Perfect for those with limited mobility or balance, who wish to increase stability and flexibility without putting strain on limbs or joints. \$5. Cash only.
Healthy Living	Arthritis	Thu., Jan, 11	1-2pm	Jeanne Clarke, RN Did you know arthritis describes a group of over 100 diseases? Learn the basics about symptoms, treatment, risk factors and the difference between the two most common forms, osteoarthritis and rheumatoid arthritis.
Healthy Living	Emotional Eating	Thu., Jan, 11	3-4pm	Lisa Bausell, LPC, CEAP, Woodridge, A Service of JCMC Are you REALLY hungry or just feeding your feelings? Come find out the difference, learn healthier coping skills and be mindful regarding better food choices.
Healthy Living	Mood Boosting Strategies	Fri., Jan, 12	12-12:30pm	Doreen Lancaster, RN Weather got you feeling sad? Join us as we discuss mood boosters that can get you through the winter.
Healthy Living	Lowering Your Cholesterol	Fri., Jan, 12	3-4pm	Doreen Lancaster, RN Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers.
Healthy Living	Living With Chronic Kidney Disease	Tue., Jan, 16	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.
Healthy Living	Atrial Fibrillation	Wed., Jan, 17	10-11am	Doreen Lancaster, RN Do you ever feel like your heart is skipping a beat? It could be atrial fibrillation. Learn about this common cardiac condition and current treatment options.
Healthy Living	Palpitations	Wed., Jan, 17	1-2pm	Doreen Lancaster, RN Does it ever feel as if your heart skips a beat? Learn about palpitations, what causes them and when you need to seek medical attention.

Healthy Living	Chair Yoga	Wed., Jan, 17	3-3:45pm	Sudha Venkataraman, Yoga Sudha Center Perfect for those with limited mobility or balance, who wish to increase stability and flexibility without putting strain on limbs or joints. \$5. Cash only.
Healthy Living	What Your Feet Say About Your Health	Wed., Jan, 17	5-6pm	Ryan Chatelain, DPM Believe it or not, your feet are a good barometer of your overall health. Your feet can show symptoms of disease that might require immediate attention. Join Dr. Chatalain as he discusses this very important topic!
Healthy Living	Thyroid Disorders 101	Thu., Jan, 18	3-4pm	Jeanne Clarke, RN Join us to learn the basics of thyroid function and thyroid disease.
Healthy Living	Osteoporosis	Fri., Jan, 19	1-2pm	Jeanne Clarke, RN Gain a better understanding of osteoporosis, how it develops, the role of exercise, calcium and vitamin D, information on bone density testing and treatment options.
Healthy Living	COPD	Tue., Jan, 23	10-11am	Jeanne Clarke, RN Learn about chronic obstructive pulmonary disease (COPD) also known as emphysema or chronic bronchitis. Prevention tips and treatment options discussed.
Healthy Living	Pneumonia - What You Need to Know	Tue., Jan, 23	1-2pm	Jeanne Clarke, RN Find out more about pneumonia including who is at greatest risk, causes, treatment and vaccine information.
Healthy Living	Cervical Cancer- Did you Know?	Tue., Jan, 23	5:30-6:30pm	Joy McClain, FNP
Healthy Living	Medications for Thyroid Disorders	Wed., Jan, 24	10-11am	ETSU Pharmacy Students Do you take medication that is prescribed for hypo or hyperthyroidism? Learn about these medications and how your other medications, vitamins, supplements and even food choices may interfere with your

Healthy Living	Better Blood Pressure	Thu., Jan, 25	12:30-1:30pm	Teri Hurt, RN Learn simple ways to help get your blood pressure under control.
Healthy Living	Stress Management	Fri., Jan, 26	5-6pm	Doreen Lancaster, RN Learn practical tips to manage stress and techniques to help you relax.
Healthy Living	Asthma	Tue., Jan, 30	1-2pm	Jeanne Clarke, RN Join us to learn asthma basics, the importance of an asthma action plan and common asthma terminology.
Healthy Living	Cardiomyopathy	Wed., Jan, 31	10-11am	Doreen Lancaster, RN Anyone can develop cardiomyopathy, a serious disease of the heart muscle. Assess your risk and learn the symptoms and treatment available.
Healthy Living	CHF	Wed., Jan, 31	11am-12pm	Doreen Lancaster, RN Gain a better understanding of heart failure - from causes to treatments including lifestyle changes, daily monitoring and medications.
Healthy Living	Chest Pain	Wed., Jan, 31	2-3pm	Speaker: Doreen Lancaster, RN Chest pain is not always caused by a heart problem. Learn about common causes of chest pain and when you need to seek medical attention.
Healthy Living	Walk The World			Find the fun in fitness and get motivated to be more active in this 8 week "journey". Stop in to learn more.
Support Group	Mended Hearts	Tue., Jan, 2	11am-1pm	Lynn Frierson Mended Hearts offers information and support to individuals who have had heart surgery.

Support Group	Fibromyalgia Support Group	Sun., Jan, 8	5-6:30pm	Marina Evans Join us for a time of caring and sharing.
Support Group	Alzheimer's Support Group	Fri., Jan, 12	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.
Support Group	Parkinson's Support Group	Sat., Jan, 20	10-11:30am	Peggy Willocks If you or someone you love has Parkinson's Disease, join us for a time of caring and sharing.
Support Group	Multiple Myeloma Support Group	Sat., Jan, 20	12-2pm	Darlene Jessee, If you or someone you love has multiple myeloma, join us for a time of caring and sharing.