

Category	Event Name	date	time	Description
Diabetes	<b>Diabetes 101: Healthy Eating</b>	Wed., Dec, 6	5-6pm	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	<b>Diabetes 101: Monitoring and Being Active</b>	Thu., Dec, 7	5-6pm	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	<b>Holiday Eating with Diabetes</b>	Wed., Dec, 13	5-6pm	Teri Hurt, RN, CDE   Does having diabetes concern you with the upcoming holiday season? Come learn ways to enjoy the festivities and food while keeping your blood sugars, weight and stress under control. Practical tips, ideas and recipes.
Diabetes	<b>Diabetes 101: Problem Solving and Reducing Risks</b>	Thu., Dec, 14	5-6pm	Teri Hurt, RN, CDE   Learn how to interpret your blood sugar results to improve the highs and lows of diabetes and reduce your risks for developing complications.
Diabetes	<b>Diabetes Changes-How and Why</b>	Mon., Dec, 18	5-6pm	Teri Hurt, RN, CDE   Type 2 Diabetes changes over time because of changes that take place in the body. Join us to discuss these changes and how to manage blood sugars during these times.
Food & Nutrition	<b>Crockpot Cooking</b>	Fri., Dec, 15	1:30-2:30pm	Crystal Woods, MS, RDN, LDN   It's not often that you can create a whole meal in one pot, but that's the beauty of the slow cooker. Come join us for healthy crockpot recipes that are great to use as the months get cooler and the days get shorter- samples
Food & Nutrition	<b>Merry Makeover</b>	Wed., Dec, 20	12-1pm	Crystal Woods, MS, RDN, LDN   The holidays are here, which means lots of delicious food that is hard to resist. Join us to find helpful tips to enjoy the holidays without over-doing it! Samples and recipes provided. <b>HEART &amp; SOUL</b>
Food & Nutrition	<b>Ring in a Healthier New Year</b>	Thu., Dec, 28	12-1pm	Crystal Woods, MS, RDN, LDN   If you are looking for some creative yet more nutritional recipes for your New Years' Eve get-together, this is the class for you! Samples and recipes provided.

Health Screening	<b>Hearing Screening</b>	Tue., Dec, 5	10am-1pm	Have your hearing checked at the HRC (courtesy of East Tennessee Hearing Center). Appointment required. FREE
Healthy Living	<b>Cardiomyopathy</b>	Fri., Dec, 1	11am-12pm	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	<b>Home Safety</b>	Fri., Dec, 1	1-2pm	Doreen Lancaster, RN   Learn practical tips to stay safe, healthy and happy in your own home year round.
Healthy Living	<b>Medication Management Basics</b>	Fri., Dec, 1	2-3pm	Doreen Lancaster, RN   Join us to learn information about medication safety and tips for properly taking your medications.
Healthy Living	<b>Probiotics</b>	Tue., Dec, 5	1-2pm	Patsy Meredith, Natural Foods Market   Learn specifics about how probiotics & prebiotics impact health, choosing the best foods and supplements and getting the most benefit from probiotics.
Healthy Living	<b>Chest Pain</b>	Wed., Dec, 6	10-11am	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	<b>CHF</b>	Wed., Dec, 6	2-3pm	Doreen Lancaster, RN   Gain a better understanding of heart failure - from causes to treatments including lifestyle changes, daily monitoring and medications.
Healthy Living	<b>Atrial Fibrillation</b>	Wed., Dec, 6	3-4pm	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	<b>Asthma</b>	Fri., Dec, 8	1-2pm	Jeanne Clarke, RN   Join us to learn asthma basics, the importance of an asthma action plan and common asthma terminology.
Healthy Living	<b>Understanding Laser Therapy</b>	Sat., Dec, 9	12-1pm	Kevin Fielden, D.C. and Cindy Eller, Chiropractic Therapy Assistant   Drop in to learn how Low Level Laser Therapy can help with a variety of painful disorders and accelerate healing in fibromyalgia, plantar fasciitis and more.
Healthy Living	<b>Ho! Ho! Oh NO to Holiday Stress</b>	Mon., Dec, 11	1-2pm	Teri Hurt, RN   Quick ways to combat that inevitable holiday stress.
Healthy Living	<b>Medicare 101</b>	Tue., Dec, 12	10-11am	Jim Hunter, Insurance Consultant   What you need to know about Medicare.
Healthy Living	<b>COPD</b>	Tue., Dec, 12	12-1pm	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	<b>Lowering Your Cholesterol</b>	Wed., Dec, 13	12-1pm	Doreen Lancaster, RN   Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers.
Healthy Living	<b>Substance Abuse in our Region</b>	Thu., Dec, 14	12:30-1:30pm	Laurie Street, Overmountain Recovery   Join us to learn about Overmountain Recovery, the new Medication Assisted Treatment Center in Gray, and what we are doing to help with the opioid crisis.
Healthy Living	<b>Better Blood Pressure</b>	Fri., Dec, 15	11am-12pm	Teri Hurt, RN   Learn simple ways to help get your blood pressure under control.

Healthy Living	<b>Belly Fat: Your Middle Matters</b>	Fri., Dec, 15	12:30-1:30pm	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.
Healthy Living	<b>Arthritis</b>	Tue., Dec, 19	12-1pm	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	<b>All Day Energy</b>	Wed., Dec, 20	5-6pm	Doreen Lancaster, RN   Do you run out of energy before the days end? Come learn tips, tools, exercises and foods to help perk you up, improve alertness and keep you going strong all day.
Healthy Living	<b>Winter Safety</b>	Fri., Dec, 22	12-1pm	Jeanne Clarke, RN   Winter weather poses many safety risks. Learn how you can be most prepared.
Healthy Living	<b>Blood Clot Prevention</b>	Fri., Dec, 22	3-4pm	Jeanne Clarke, RN   What to look for, how they occur, basic prevention tips and how to avoid this common medical problem.
Healthy Living	<b>Palpitations</b>	Tue., Dec, 26	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	<b>Postpartum Recovery</b>	Tue., Dec, 26	3-4pm	Doreen Lancaster, RN   What is the postpartum period? How can you feel optimal after the delivery of your baby? Join a former labor & delivery nurse as she discusses strategies for enjoying this time with your baby.
Healthy Living	<b>Osteoporosis</b>	Wed., Dec, 27	11am-12pm	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	<b>Thyroid Disorders 101</b>	Wed., Dec, 27	2-3pm	Jeanne Clarke, RN   Join us to learn the basics of thyroid function and thyroid disease.
Healthy Living	<b>Pneumonia - What You Need to Know</b>	Fri., Dec, 29	12-1pm	Jeanne Clarke, RN   Find out more about pneumonia including who is at greatest risk, causes, treatment and vaccine information.
Support Group	<b>Mended Hearts</b>	Tue., Dec, 5	11am-1pm	Lynn Frierson   Mended Hearts offers information and support to individuals who have had heart surgery.
Support Group	<b>Alzheimer's Support Group</b>	Fri., Dec, 8	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	<b>Immune Deficiency Support Group</b>	Sat., Dec, 9	1-3pm	Facilitator: Ashlee Carmack   This support group is for Individuals diagnosed with a primary immunodeficiency disease and their caregivers. Join us to receive support and encouragement, network and raise awareness in their communities.
Support Group	<b>Multiple Myeloma Support Group</b>	Sat., Dec, 16	12-2pm	Darlene Jessee,   If you or someone you love has multiple myeloma, join us for a time of caring and sharing.