

| Category | Event Name | | Time | Description |
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| Healthy Living | Home Safety | Fri., Dec, 1 | 1-2pm | Speaker: Tanya Fuccio, RN Learn practical tips to stay safe, healthy and happy in your own home year round. |
| Healthy Living | Pneumonia - What You Need to Know | Sat., Dec, 2 | 1-2pm | Speaker: Tanya Fuccio, RN Find out more about pneumonia including who is at greatest risk, causes, treatment and vaccine information. |
| Healthy Living | Postpartum Recovery | Mon., Dec, 4 | 11am-12pm | Speaker: Angie Dishner, 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. |
| Support Group | Know the 10 Signs of Alzheimer's | Mon., Dec, 4 | 3:30-4:30pm | Speaker: Tabitha Ebbert, BS, CDP, Alzheimer's Association Manager of Programs & Education Learn to tell the difference between Alzheimer's and typical aging as well as the steps to take if you see a warning sign in yourself or a loved one. |
| Healthy Living | Aortic Valve Disease | Mon., Dec, 4 | 5:30-6:30pm | Speaker: Dr Bryan Helsel Aortic Stenosis is one of the most common and most serious heart valve problems. It often has very few to no symptoms in the early stages! Join cardiovascular/ thoracic surgeon, Dr Helsel, to learn the warning signs and the newest treatment technology available. |
| Healthy Living | Yoga Basics | Tues., Dec 5, 12 & 19 | 10:30-11:30am | Instructor: Amy Fitzpatrick, MS, RD, R-HYI A holistic approach to health and well-being that helps you learn to nourish the mind, body and spirit through gentle yoga, breath work and meditation. Bring a mat if you have one. \$5 Fee. Cash only. |
| Healthy Living | COPD | Tue., Dec, 5 | 2-3pm | Speaker: Lisa Rice, RN Learn about chronic obstructive pulmonary disease (COPD) also known as emphysema or chronic bronchitis. Prevention tips and treatment options discussed. |

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| Healthy Living | Importance of Fiber in Your Diet | Wed., Dec, 6 | 11am-12pm | Speaker: Andrew Gibbs, MD Learn why dietary fiber is so important to your health. |
| Healthy Living | Thyroid Disorders 101 | Wed., Dec, 6 | 2-3pm | Speaker: Lisa Rice, RN Join us to learn the basics of thyroid function and thyroid disease. |
| Diabetes | Healthy Holiday Hints for Diabetes | Wed., Dec, 6 | 4-5pm | Speaker: Teri Hurt, RN, CDE Does having diabetes concern you with the upcoming holiday season? Come to learn ways to enjoy the festivities and food while keepig your blood sugars, weight and stress under control. Practical tips, ideas and recipes. |
| Diabetes | Diabetes 101: Problem Solving & Reducing Risks | Wed., Dec, 6 | 5-6pm | Speaker: 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 | Diabetes 101: Healthy Eating | Thu., Dec, 7 | 9-10am | Speaker: 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. |
| Healthy Living | Arthritis | Thu., Dec, 7 | 10-11am | Speaker: Angie Dishner, 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. |
| Food & Nutrition | Fix it and Forget it - Crockpot Cooking | Thu., Dec, 7 | 12:30-1:30pm | Speaker: Crystal Woods, 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. Join us for healthy crockpot recipes that are great to use as the months get cooler and the days get shorter. Samples provided. |
| Support Group | Better Breathers Club | Thu., Dec, 7 | 1-2:30pm | Facilitator: Tammie Heaton, BS, CRT Join our new series on helping patients with chronic lung disease drive their own healthcare bus to a healthier and more sustainable life. Each segment will deal with the different stops that may be encountered on this journey. |

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| Healthy Living | Better Blood Pressure | Thu., Dec, 7 | 4-5pm | Speaker: Angie Dishner, RN Learn simple ways to help get your blood pressure under control. |
| Healthy Living | Surprising Medications that Could be Impacting Your Hearing | Fri., Dec, 8 | 12:30 -1pm | Speaker: Dr Matthew Brady, AuD, CCC-AuD, Mountain Region Speech and Hearing Do you know that many of the medications taken regularly for a variety of illnesses can also result in hearing loss? Dr Brady will discuss these medications and the signs and symptoms of hearing problems to watch for. |
| Healthy Living | Hearing Screening | Fri., Dec, 8 | 1-2:30pm | Free hearing screening compliments of Dr Matthew Brady, AuD, CCC-AuD, Mountain Region Speech and Hearing. Call for appointment. |
| Healthy Living | Blood Clot Prevention | Sat., Dec, 9 | 1-2pm | Speaker: Tanya Fuccio, RN What to look for, how they occur, basic prevention tips and how to avoid this common medical problem. |
| Healthy Living | Understanding Laser Therapy | Sat., Dec, 9 | 3-5pm Drop In | Speaker: 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 | Kick the Tobacco Habit for Good! | Mon., Dec, 11 | 5-6pm | Speaker: Angie Dishner, RN Have you thought about quitting or maybe even tried to quit but weren't successful? Join us to find your "why" and "how" to kick the habit for good! |
| Healthy Living | Winter Safety | Tue., Dec, 12 | 1-1:30pm | Speaker: Tanya Fuccio, RN Winter weather poses many safety risks. Learn how you can be most prepared. |
| Healthy Living | Medicare 101 | Wed., Dec, 13 | 10-11am | Speaker: Jim Hunter, Insurance Consultant What you need to know about Medicare. |

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| Healthy Living | Hope Through the Holidays | Wed., Dec, 13 | 11am-12pm | Speaker: Thomas Arbaugh, Mdiv, BCC, Indian Path Chaplain Holidays can be emotionally challenging. Learn about surviving the holidays, coping with grief and ways you can help those who are alone or struggling this season. |
| Healthy Living | Osteoporosis | Thu., Dec, 14 | 5-6pm | Speaker: Angie Dishner, 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 | Evolution of Cardiac Medications | Fri., Dec, 15 | 2-2:30pm | Speaker: Lisa Rice, RN Learn how cardiac medications have evolved, or changed, over the past 50 years. |
| Healthy Living | Chest Pain | Sat., Dec, 16 | 11-11:30am | Speaker: Lisa Rice, 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 | Palpitations | Sat., Dec, 16 | 2-2:30pm | Speaker: Lisa Rice, 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 | Ho! Ho! Oh NO to Holiday Stress | Mon., Dec, 18 | 11-11:30am | Speaker: Tanya Fuccio, RN Quick ways to combat that inevitable holiday stress. |
| Food & Nutrition | Holly Jolly Holiday Treats | Mon., Dec, 18 | 4-6pm Drop In | Drop in to taste some nutritious holiday treats prepared by our dietitian, Crystal Woods. |
| Healthy Living | Lowering Your Cholesterol | Tue., Dec, 19 | 11am-12pm | Speaker: Angie Dishner, RN Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers. |

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| Food & Nutrition | Merry Makeover *Heart & Soul* | Tue., Dec, 19 | 2-3pm | Speaker: Crystal Woods, 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. |
| Diabetes | Diabetes Changes - How and Why | Wed., Dec, 20 | 4-5pm | Speaker: 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. |
| Diabetes | Diabetes 101: Monitoring and Being Active | Wed., Dec, 20 | 5-6pm | Speaker: 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. |
| Healthy Living | What is My Ejection Fraction (EF)? | Thu., Dec, 21 | 3-3:30pm | Speaker: Lisa Rice, RN What is an ejection fraction and why every heart failure patient should know his/her number. |
| Healthy Living | Cardiomyopathy | Fri., Dec, 22 | 2-3pm | Speaker: Lisa Rice, RN Anyone can develop cardiomyopathy, a serious disease of the heart muscle. Assess your risk and learn the symptoms and treatment available. |
| Healthy Living | Atrial Fibrillation | Wed., Dec, 27 | 2-3pm | Speaker: Lisa Rice, RN Do you ever feel like your heart is skipping a beat? It could be atrial fibrillation (Afib). Learn about this common cardiac condition and current treatment options. |
| Healthy Living | CHF | Thu., Dec, 28 | 2-3pm | Speaker: Lisa Rice, RN Gain a better understanding of heart failure - from causes to treatments including lifestyle changes, daily monitoring and medications. |
| Food & Nutrition | Ringin in a Healthier New Year | Fri., Dec, 29 | 12-1pm | Speaker: Crystal Woods, 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. |
| Healthy Living | CPR for Healthcare Providers | Sat., Dec, 30 | 9am-1pm | Register online at www.MountainStatesHealth.com/classes-and-programs . Fee for class. |

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| Support Group | Celiac Disease - Gluten Free | Thu., Jan, 4 | 4:30-5:30pm | New support group starting January 4!! Celiac Disease/Gluten Free peer led Support Group. Food samples at every meeting. January topic is Gluten Free 101 - Resources to help you on your gluten free journey, led by Jill Skeans. |
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