

HEALTH RESOURCES CENTER SCHEDULE

Registration required; call 1-844-488-STAR (7827).

FREE unless otherwise noted.

Monday-Saturday, 8am-6pm











Johnson City | 423-915-5200

Kingsport | 423-857-7981










 The Mall, lower level beside Belk Women's Store.

 Fort Henry Mall, upper level, near JCPenney.










DIABETES

Healthy Holiday Hints for Diabetes	 Wed., Dec. 6, 4-5pm	Teri Hurt, RN, CDE
	 Wed., Dec. 13, 5-6pm	
Diabetes 101: Healthy Eating	 Wed., Dec. 6, 5-6pm	Crystal Woods, MS, RDN, LDN
	 Thurs., Dec. 7, 9-10am	
Diabetes 101: Problem Solving & Reducing Risks	 Wed., Dec. 6, 5-6pm	Teri Hurt, RN, CDE
	 Thurs., Dec. 14, 5-6pm	
Diabetes 101: Monitoring and Being Active	 Thurs., Dec. 7, 5-6pm	Teri Hurt, RN, CDE
	 Wed., Dec. 20, 5-6pm	
Diabetes Changes-How and Why	 Mon., Dec. 18, 5-6pm	Teri Hurt, RN, CDE
	 Wed., Dec. 20, 4-5pm	

FOOD & NUTRITION

Fix it and Forget it - Crockpot Cooking	 Thurs., Dec. 7, 12:30-1:30pm	Crystal Woods, MS, RDN, LDN
	 Fri., Dec. 15, 1:30-2:30pm	
Merry Makeover 	 Tues., Dec. 19, 2-3pm	Crystal Woods, MS, RDN, LDN
	 Wed., Dec. 20, 12-1pm	
Holly Jolly Holiday Treats	 Mon., Dec. 18, Drop In 4-6pm	Drop in to taste some nutritious holiday treats prepared by our dietitian, Crystal Woods.
	 Thurs., Dec. 21, Drop In 4-6pm	
Ringing in a Healthier New Year	 Thurs., Dec. 28, 12-1pm	Crystal Woods, MS, RDN, LDN
	 Fri., Dec. 29, 12-1pm	

HEALTHY LIVING

CPR for Healthcare Providers	 Sat., Dec. 2, 9am-1pm	Register online at www.MountainStatesHealth.com/classes-and-programs . Fee for class.
	 Sat., Dec. 30, 9am-1pm	
Know the 10 Signs of Alzheimer's Disease	 Mon., Dec. 4, 3:30-4:30	Tabitha Ebbert, BS, CDP
Aortic Valve Disease	 Mon., Dec. 4, 5:30-6:30pm	Dr Bryan Hesel, cardiovascular/thoracic surgeon
Yoga Basics	 Tues., Dec. 5, 12, 19, 10:30-11:30am	Instructor: Amy Fitzpatrick, MS, RD, R-HY. \$5 Cash only.
Probiotics: Your Gut Health Matters	 Tues., Dec. 5, 1-2pm	Patsy Meredith, Natural Foods Market
Importance of Fiber in Your Diet	 Wed., Dec. 6, 11am-12pm	Andrew Gibbs, MD
All Day Energy	 Wed., Dec. 6, 12-1pm	Doreen Lancaster, RN
Surprising Medications that Could be Impacting Your Hearing	 Fri., Dec. 8, 12:30-1pm	Dr Matthew Brady, AuD, CCC-AuD, Mountain Region Speech and Hearing

Understanding Laser Therapy	JC Sat., Dec. 9, 12-1pm Drop In KP Sat., Dec. 9, 3-5pm Drop In	Kevin Fielden, D.C. and Cindy Eller, Chiropractic Therapy Assistant Learn how Low Level Laser Therapy can help with a variety of painful disorders and accelerate healing in fibromyalgia, plantar fasciitis and more.
Ho! Ho! Oh NO to Holiday Stress	JC Mon., Dec. 11, 1-2pm KP Mon., Dec. 18, 11-11:30am	Teri Hurt, RN Tanya Fuccio, RN
Kick the Tobacco Habit for Good!	KP Mon., Dec. 11, 5-6pm	Angie Dishner, RN
Medicare 101	JC Tues., Dec. 12, 10-11am KP Wed., Dec. 13, 10-11am	Jim Hunter, Insurance Consultant
Winter Safety	KP Tues., Dec. 12, 1-1:30pm JC Fri., Dec. 22, 12-1pm	Tanya Fuccio, RN Jeanne Clarke, RN
Hope Through the Holidays	KP Wed., Dec. 13, 11am-12pm	Thomas Arbaugh, Mdiv, BCC, Indian Path Chaplain
Substance Abuse in our Region	JC Thurs., Dec. 14, 12:30-1:30pm	Lauire Street, RN, BC, MBA, Overmountain Recovery
Belly Fat: Your Middle Matters	JC Fri., Dec. 15, 12:30-1:30pm	Doreen Lancaster, RN
Evolution of Cardiac Medications	KP Fri., Dec. 15, 2-2:30pm	Lisa Rice, RN Learn how cardiac medications have evolved, or changed, over the past 50 years.
What is My Ejection Fraction (EF)?	KP Thurs., Dec. 21, 3-3:30pm	Lisa Rice, RN What is an ejection fraction and why every heart failure patient should know his/her number.

HEALTH SCREENING

FREE Hearing Screening By appointment	JC Tues., Dec. 5, 10am-1pm	Courtesy of East Tennessee Hearing Center
FREE Hearing Screening By appointment	KP Fri., Dec. 8, 1-2:30	Courtesy of Mountain Region Speech & Hearing.

SUPPORT GROUPS

Alzheimer's	KP Mon., Dec. 4, 3:30-4:30pm	Alzheimer's	JC Fri., Dec. 8, 11am-12pm
Mended Hearts	JC Tues., Dec. 5, 11am-1pm	Immune Deficiency	JC Sat., Dec. 9, 1-3pm
Better Breathers	KP Thurs., Dec. 7, 1-2:30pm	Multiple Myeloma	JC Sat., Dec. 16, 12-2pm

Monthly Classes offered at both HRC locations. Call for dates and times...

Arthritis	Chest Pain	Osteoporosis
Asthma	Cholesterol Management	Palpitations
Atrial Fibrillation	Congestive Heart Failure	Pneumonia
Blood Pressure Management	COPD	Post Partum Recovery
Blood Clot Prevention	Home Safety	Stress Management Tips
Cardiomyopathy	Medication Management Basics	Thyroid Disorders 101

NEW Celiac Disease/ Gluten Free peer led support Group

starting in Kingsport on January 4!! Food samples at every meeting.