



JOHNSON CITY 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




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

February is American Heart Month

DIABETES

Diabetes Jeopardy	Wed., Feb. 7, 2-3pm	Teri Hurt, RN, CDE Choose your diabetes category...Healthy Habits for 100. Learn about all aspects of diabetes in this fun interactive game.
 Nutrition Tips for Healthy Hearts & Blood Sugars	Tues., Feb. 13, 11am-12pm	Crystal Woods, MS, RDN, LDN Since diabetes is a cardiovascular disease, it is important to focus on your heart health as well. Join us for tips in the kitchen to keep your blood sugars balanced and your heart healthy.
Taking Your Diabetes Medications	Tues., Feb. 13, 2-3pm	Teri Hurt, RN, CDE It is not unusual for the person with Diabetes to feel overwhelmed. You are not alone. Join us to learn more about coping with the emotional side of Diabetes.
 Diabetes and Heart Disease	Thurs., Feb. 22, 12-1pm	Teri Hurt, RN, CDE Since diabetes is linked to cardiovascular disease, it is important to know how to eat for heart disease prevention and blood glucose control. Learn about the relationship and how to reduce complications.
Emotional Side of Diabetes	Mon., Feb. 26, 12-1pm	Teri Hurt, RN, CDE Often the person with Diabetes will take medication to help lower the blood sugar. How, When and Why are the questions that we will be answering in this interactive session.

FOOD & NUTRITION

 Heart Healthy Snack Attack	Wed., Feb. 7, 12:30-1:30pm Drop In	Crystal Woods, MS, RDN, LDN Snacking isn't "bad" if you make good choices. Skip the junk food and load up on some tasty, heart healthy snacks that may help you drop some pounds as well.
 Top 15 Foods for Heart Health	Tues., Feb. 13, 12:30-1:30pm	Elizabeth Hall, MS, RDN, LDN A healthy diet can be good for your heart as well as your waistline. Come learn about 15 key foods to work into your eating pattern to reduce your risk of heart disease.
 Where's the Salt?	Wed., Feb. 14, 12-1pm	Crystal Woods, MS, RDN, LDN Salty foods can be found in places you hadn't considered, and high sodium foods are sometimes hard to avoid. More than 75 percent of the sodium in the average American diet comes from salt added to processed foods so we don't even know we are eating it! Arm yourself with tips to make healthier choices and reduce your sodium intake.
Taste of the World Series: Italy	Wed., Feb. 28, 5-6pm	Crystal Woods, MS, RDN, LDN This series will be offered each month throughout the year highlighting the cuisine of different countries. Come learn the country's history of food, culinary techniques, mealtime customs, and more. Samples provided.



HEALTHY LIVING

♥ Inflammation, Heart Disease and Depression	Fri., Feb. 2, 5-6pm	Steven Kendell, MD What is the link between inflammation, heart disease and depression? Join a local psychiatrist as he discusses this very important health topic.
♥ Lunch with the Cardiologist	Tues., Feb. 6, 12-1pm	Daniel Merrick, MD Do you have questions about heart health? Want to know the latest about cholesterol, blood pressure and other risk factors? Have questions about testing or lifestyle factors that could improve your health? Join us for an informal Q&A session and get the information you need. Lunch Provided.
♥ Olive Oil and Heart Health	Thurs., Feb. 8, 12:30-1:30pm	Shirley Mueller, Owner, Olive Oil Divine Olive oil is one of the top sources of heart healthy fats. Join us to learn more about how it can protect the heart and blood cells from damage.
Sugar Blues	Thurs., Feb. 8, 5-6pm	Sarah Haas, Integrative Nutrition Health Coach, AFAA Certified Personal Trainer Learn to curb sugar cravings for good!
Winter Storm Safety	Fri., Feb. 9, 12-1pm	David Boyd, Meteorologist, WCYB Join us to learn about winter storms, what causes freezing rain and sleet instead of rain or snow, winter weather terminology, forecast challenges, and more.
Medicare 101	Tues., Feb. 13, 10-11am	Jim Hunter, Insurance Consultant What you need to know about Medicare.
Low Level Laser Therapy for Pain and Healing	Thurs., Feb. 15, 5:30-6:30pm	Kevin Fielden, D.C. Got an "itis" or an "algia"? Join us to learn about a safe and non-invasive way to ease pain and promote healing of tissues associated with arthritis, tendonitis, bursitis, fibromyalgia, back and neck pain.
♥ Update on Blood Pressure Medications	Fri., Feb. 16, 1-2pm	Pharmacy Students, ETSU Hear a discussion on the latest on blood pressure guidelines and medications; including the classifications, importance of taking them, side effects, etc.
Living With Chronic Kidney Disease	Tues., Feb. 20, 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.
CPR-HCP	Sat., Feb. 24, 9am-1pm	Register online at www.MountainStatesHealth.com/classes-and-programs . Fee for class.

SUPPORT GROUPS

Immune Deficiency	Sat., Feb. 3, 2-4pm	Parkinson's	Sat., Feb. 17, 10am-12pm
Mended Hearts	Tues., Feb. 6, 11am-1pm	Multiple Myeloma	Sat., Feb. 17, 12-2pm
Alzheimer's	Fri., Feb. 9, 11am-12pm	Grief Support	Tues., Feb. 20, 3:30-4:30pm
Fibromyalgia	Mon., Feb. 12, 5-6:30pm		

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