



KINGSPORT HEALTH RESOURCES CENTER SCHEDULE

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

FREE unless otherwise noted.

Monday-Saturday, 8am-6pm

Kingsport | 423-857-7981

Fort Henry Mall, upper level, near JCPenney.

February is American Heart Month

DIABETES

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| ♥ Diabetes & Heart Disease | Thurs., Feb. 8, 12-1pm | Teri Hurt, RN, CDE |
| Diabetes Jeopardy | Thurs., Feb. 8, 1-2pm | Teri Hurt, RN, CDE |
| Taking Your Diabetes Medications | Thurs., Feb. 15, 12-1pm | Teri Hurt, RN, CDE |
| The Emotional Side of Diabetes | Thurs., Feb. 15, 1-2pm | Teri Hurt, RN, CDE It is not unusual for the person with diabetes to feel overwhelmed. You are not alone. Learn about coping with the emotional side of diabetes. |
| ♥ Nutrition Tips for Healthy Hearts & Blood Sugars | Fri., Feb. 23, 10-11am | Crystal Woods, MS, RDN, LDN Diabetes is linked to cardiovascular disease, so it is important to focus on your heart health as well. Get kitchen tips to keep your blood sugars balanced and your heart healthy. |

FOOD & NUTRITION

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| ♥ Heart Healthy Snack Attack  | Tues., Feb. 6, 12:30-1:30pm Drop In | Crystal Woods, 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. |
| Sugar Blues - Curb Cravings | Tues., Feb. 6, 5-6pm | Sarah Haas, Integrative Nutrition Health Coach, AFAA Certified Personal Trainer Learn to curb sugar cravings for good! |
| ♥ All About Chocolate | Wed., Feb. 7, 1-2pm | Reeda Tate, Good Food Grocery Discover why chocolate is good for the heart and soul! Learn health benefits, history of and details about different types of chocolate. Free chocolate and hot chocolate samples! Bring a copy of your favorite chocolate recipe (optional). |
| ♥ Where's the Salt? | Thurs., Feb. 15, 12-1pm Drop In | Crystal Woods, RDN, LDN Salty foods can be found in places you hadn't considered. Arm yourself with tips to make healthier choices and reduce your sodium intake. |
| ♥ Top 15 Foods for Heart Health | Thurs., Feb. 15, 12:30-1:30pm | Elizabeth Hall, 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. |
| Healthy Eating on a Fixed Income | Tues., Feb. 27, 11am-12pm | Dr Heather Walls Learn how to make nutritious meals while staying within your budget. |
| Taste of the World Series: Italy  | Tues., Feb. 27, 5-6pm | Crystal Woods, MS, RDN, LDN Cuisine of different countries - history of their food, culinary techniques, mealtime customs and more. Samples. |

HEALTHY LIVING

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| American Heart National Wear Red Day | Fri., Feb. 2, 9am-5pm | Stop by to learn some vital heart health facts. Wear red to show your support for women with heart disease and get your choice of an item from our giveaway basket, while supplies last. |
| Yoga Basics | Tues., Feb. 6, 13, 20 & 27, 10:30-11:30pm | Amy Fitzpatrick, MS, RD, R-HYI \$5 Fee. Cash only. |
| Medicare 101 | Wed., Feb. 14, 10-11am | Jim Hunter, Insurance Consultant |
| ♥ Spot a Stroke | Thurs., Feb. 15, 2-2:30pm | Tanya Fuccio, RN Do you know how to spot a stroke? Pop in for this presentation that could save your life. |
| ♥ Aortic Valve Disease | Thurs., Feb. 22, 12-1pm | Dr Bryan Helsel Aortic stenosis is one of the most common and most serious heart valve problems, but often has few to no symptoms in the early stages! Join a cardiovascular/thoracic surgeon to learn the warning signs and the newest treatment technology available. |
| ♥ Simple 7 | Fri., Feb. 23, 2-2:30pm | Tanya Fuccio, RN American Heart Association has identified 7 simple things that can result in living a longer and healthier life. |
| Neuro Feedback | Mon., Feb. 26, 5:30-6:30pm | Dr Noel Baker, Baker Family Chiropractic Have you ever wondered how your brain is functioning? See how BrainCore Neurofeedback can unlock your brain's potential. |
| ♥ World's Smallest Pacemaker - Lunch Included | Tues., Feb. 27, 12-1pm | Dr Robert McQueen Dr McQueen is the first cardiologist in the region to offer the Micra Transcatheter Pacing System, the world's smallest pacemaker. Enjoy a heart healthy lunch compliments of Indian Path Medical Center while Dr McQueen discusses this amazing new treatment for a slow heart rate. |
| Understanding Feng Shui | Wed., Feb. 28, 12-1pm | Paulette Byrd, Certified Feng Shui Practitioner Feng shui focuses on how surroundings and their placements affect your mental and physical calmness. Learn ways to incorporate more serenity into your home and life. |

HEALTH SCREENING

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| ♥ Winter Check Up | Mon., Feb. 19, 9am-5pm Walk In | After a long stretch of cold winter days, it's time for a check up. Stop in for a FREE blood pressure check, height, weight, BMI and log card. Vouchers for low cost lab work will be available for purchase. |
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SUPPORT GROUPS

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| Better Breathers Club | Thurs., Feb. 1, 1-2:30pm | How breathing affects the heart. |
| Celiac Disease - Gluten Free | Thurs., Feb. 1, 4:30-5:30pm | Gluten free baking led by Arleen Fox. Food samples at every meeting. |
| Alzheimer's & Dementia | Mon., Feb. 5, 3:30-4:30pm | |

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

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| 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 |