

# 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







Better Blood Sugars in 30 Days	 Tues., Jan. 2, 12-1pm	Teri Hurt, RN, CDE
	 Wed., Jan. 10, 12-1pm	
What is Diabetes?	 Tues., Jan. 2, 2-3pm	Teri Hurt, RN, CDE
	 Wed., Jan. 24, 12-1pm	
Pre Diabetes: Eating to Prevent Diabetes	 Mon., Jan. 15, 12-3pm	Crystal Woods, MS, RDN, LDN
	 Tues., Jan. 30, 11am-12pm	
50 Ways to Prevent Diabetes	 Mon., Jan. 15, 3-4pm	Teri Hurt, RN, CDE
	 Tues., Jan. 30, 12-1pm	
Insulin Administration	 Thurs., Jan. 25, 2-3pm	Teri Hurt, RN, CDE
	 Tues., Jan. 30, 2-3pm	

## FOOD & NUTRITION

Simple Swaps in the Kitchen	 Tues., Jan. 9, 12-1pm Drop In	Crystal Woods, RDN, LDN   Tips for cooking. meal planning & portion control. Samples & Recipes.
	 Tues., Jan. 9, 5-6pm Drop In	
A New Year, A Better You	 Fri., Jan. 12, 1-2pm	Crystal Woods, MS, RDN, LDN   Simple changes to live healthier this year. Tips for better eating habits, weight loss/management, physical activity & stress relief.
	 Thurs., Jan. 18, 12-1pm	
Simple Swaps in the Kitchen	 Tues., Jan. 23, 12-1pm Drop In	Crystal Woods, RDN, LDN   Tips for cooking. meal planning & portion control. Samples & Recipes.
	 Tues., Jan. 23, 5-6pm Drop In	
Taste of the World Series: Spain	 Tues., Jan. 30, 5-6pm	Crystal Woods, MS, RDN, LDN   Cuisine of different countries - history of their food, culinary techniques, mealtime customs, & more. Samples.
	 Wed., Jan. 31, 5-6pm	



## HEALTHY LIVING

Celiac Disease/Gluten Free Support	 Thurs., Jan. 4, 4:30-5:30pm	Jill Skeans   Resources to help you on your gluten free journey. Samples
Walk with Ease	 Every Mon., Tues., & Thurs. starting Jan. 8, 9-10am	Arthritis Foundation's 6 week fitness program shown to reduce pain and improve your health.
	 Every Mon., Wed., & Fri. starting Jan. 8, 9-10am	
Yoga Basics	 Tues., Jan. 9, 16, 23, & 30, 10:30-11:30am	Amy Fitzpatrick, MS, RD, R-HYI. \$5 Fee. Cash only.
Medicare 101	 Tues., Jan 9, 10-11am	Jim Hunter, Insurance Consultant
	 Wed., Jan. 10, 10-11am	

Radon & Lung Cancer: Test your Home	JC	Tues., Jan. 9, 12-1pm	Jan Compton, TN Dept. of Environment and Conservation   Learn about this colorless, odorless gas that can put your health at risk.
Chair Yoga	JC	Wed., Jan. 10 & 17, 3-4pm	Sudha Venkataraman   \$5. Cash only.
Emotional Eating	JC	Thurs., Jan. 11, 3-4pm	Lisa Bausell, LPC, CEAP, Woodridge   Really hungry or just feeding your feeling? Learn coping skills & mindfulness regrading better food choices.
Mood Boosting Strategies	JC	Fri., Jan. 12, 12-12:30pm	Doreen Lancaster, RN
<b>Walk the World *NEW*</b>		Begins January 15, Stop in to learn more!	Find the fun in fitness and get motivated to be more active in this 8 week "journey" for FREE!
Living With Chronic Kidney Disease	JC	Tues., Jan. 16, 2-3:30pm	Marianna Higgins, LCSW
What Your Feet Say About Your Health	JC	Wed., Jan. 17, 5-6pm	Ryan Chatelain, DPM   Your feet are a good barometer of your overall health & can show symptoms of disease that might require immediate attention.
3 Simple Steps to Organize Anything	KP	Thurs., Jan. 18, 1-2pm	Angie Hyche, Professional Organizer   3 simple steps to start the new year with less clutter and stress.
Fall & Injury Prevention	KP	Fri., Jan. 19, 2-3pm	Tanya Fuccio, RN
Cervical Cancer- Did you Know?	JC	Tues., Jan. 23, 5:30-6:30pm	Joy McClain, FNP
Medications for Thyroid Disorders	JC KP	Wed., Jan. 24, 10-11am Thurs., Jan. 25, 10-11am	ETSU Pharmacy Students   Other meds, vitamins, & food choices may interfere with thyroid medication.
What is a Mitral Clip?	KP	Mon., Jan. 29, 10:30-11am	Lisa Rice, RN   New treatment for mitral valve repair for older patients.
What is Mitral Regurgitation?	KP	Mon., Jan. 29, 10-10:30am	Lisa Rice, RN   Annually 200,000 people in the U.S. will be diagnosed with mitral regurgitation. Learn about this heart condition.
Hoarding 101	KP	Wed., Jan. 31, 4-5pm	Connie Simpson, LPC   Break the compulsive hoarding cycle.

## HEALTH SCREENING

Alpha 1 Fingerstick Blood Test By appointment	KP	Mon., Jan. 15, 2-4pm	COPD, emphysema or uncontrolled asthma? It may be due to an Alpha 1 antitrypsin deficiency.
Labs By appointment	JC	Sat., Jan. 20, 7:30-9am	Call for pricing   Cholesterol Panel, Liver Panel, A1C, PSA, TSH

## SUPPORT GROUPS

Mended Hearts	JC	Tues., Jan. 2, 11am-1pm	Fibromyalgia	JC	Mon., Jan. 8, 5-6:30pm
Better Breathers	KP	Thurs., Jan. 4, 1-2:30pm	Alzheimer's	JC	Fri., Jan. 12, 11am-12pm
Celiac Disease - Gluten Free	KP	Thurs., Jan. 4, 4:30-5:30pm	Parkinson's	JC	Sat., Jan. 20, 10-11:30am
Alzheimer's & Dementia	KP	Mon., Jan. 8, 3:30-4:30pm	Multiple Myeloma	JC	Sat., Jan. 20, 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