

Category	Event Name	Date	Time	Description
Healthy Living	Medication Management	Mon., Jan, 1	11am-12pm	Speaker: Angie Dishner, RN Multiple medications and combinations of over the counter, prescription and herbal supplements can be confusing and dangerous. Learn to take your medication safely.
Healthy Living	Yoga Basics	Tues., Jan. 9, 16, 23 & 30	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.
Diabetes	Better Blood Sugars in 30 Days	Tue., Jan, 2	12-1pm	Speaker: Teri Hurt, RN, CDE Are you having a hard time getting your blood sugars under control? Small steps can lead to BIG rewards. Join us to learn tips that can improve your blood
Healthy Living	COPD	Tue., Jan, 2	1-2pm	Speaker: Lisa Rice, RN Learn about chronic obstructive pulmonary disease (COPD) also known as emphysema or chronic bronchitis. Prevention tips and treatment options discussed.
Diabetes	What is Diabetes?	Tue., Jan, 2	2-3pm	Speaker: Teri Hurt, RN, CDE Diabetes is a condition in which the body doesn't make or use insulin correctly. Join us to learn more about this chronic disease.
Healthy Living	Atrial Fibrillation	Wed., Jan, 3	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	Arthritis	Thu., Jan, 4	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.

Support Group	Better Breathers Club	Thu., Jan, 4	1-2:30pm	Speaker: Mike Horton, MSHA Telcom department Mike, a lung cancer patient, will share his story of doing the free lung screen and how it saved his life from lung cancer by early detection.
Healthy Living	Osteoporosis	Wed., Jan, 4	2-3pm	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.
Support Group	Celiac Disease - Gluten Free	Thu., Jan, 4	4:30-5:30pm	New 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.
Healthy Living	Stress Management	Thu., Jan, 5	11am-12pm	Speaker: Tanya Fuccio, RN Learn practical tips to manage stress and techniques to help you relax.
Healthy Living	Pneumonia - What You Need to Know	Sat., Jan, 6	11am-12pm	Speaker: Tanya Fuccio, RN Find out more about pneumonia including who is at greatest risk, causes, treatment and vaccine information.
Healthy Living	Walk with Ease	Every Mon., Tue. & Thurs. starting Jan. 8	9-10am	Arthritis Foundation's 6 week fitness program shown to reduce pain and improve your health. This class will provide techniques to build and maintain a successful walking program.
Support Group	Alzheimer's & DementiaSupport Group	Mon., Jan, 8	3:30-4:30pm	Facilitator: Tabitha Ebbert, BS, CDP, Alzheimer's Association Manager of Programs & Education Alzheimer's can often have a devastating impact on the family. In this support group, Tabitha will help you navigate through these tough times. Ideal for
Healthy Living	Better Blood Pressure	Mon., Jan, 8	5-6pm	Speaker: Angie Dishner, RN Learn simple ways to help get your blood pressure under control.

Healthy Living	Postpartum Recovery	Tue., Jan, 9	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.
Food & Nutrition	Simple Swaps in the Kitchen	Tue., Jan, 9	12-1pm Drop In	Drop in education including tips for cooking, meal planning, portion control and more for the new year. Samples & Recipes provided.
Healthy Living	Lowering Your Cholesterol	Tue., Jan, 9	5-6pm	Speaker: Angie Dishner, RN Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride numbers.
Healthy Living	Medicare 101	Wed., Jan, 10	10-11am	Speaker: Jim Hunter, Insurance Consultant What you need to know about Medicare.
Healthy Living	Thyroid Disorders 101	Wed., Jan, 10	3-4pm	Speaker: Lisa Rice, RN Join us to learn the basics of thyroid function and thyroid disease.
Healthy Living	Chest Pain	Thu., Jan, 11	3-3:30pm	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	Blood Clot Prevention	Thu., Jan, 12	4-5pm	Speaker: Tanya Fuccio, RN What to look for, how they occur, basic prevention tips and how to avoid this common medical problem.
Healthy Living	Home Safety	Sat., Jan, 13	11am-12pm	Speaker: Tanya Fuccio, RN Learn practical tips to stay safe, healthy and happy in your own home year round.

Healthy Living	Walk the World 8 week walking challenge	Starts 1/15/2018	Drop In	Need some motivation to move more? Join us as we “Walk the World” in a free, fun 8 week walking challenge. Our journey to fitness begins January 15, so stop by the Health Resources Center to pick up your “passport” and itinerary.
Health Screening	Alpha 1 Testing	Mon., Jan, 15	2-4pm	If someone you know has been diagnosed with COPD, emphysema or uncontrolled asthma, it may be due to an Alpha 1 antitrypsin deficiency. This free fingerstick blood screening will test for that deficiency. Call for appointment.
Healthy Living	Palpitations	Tue., Jan, 16	3-3:30pm	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	CHF	Wed., Jan, 17	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	A New Year, A Better You	Thu., Jan, 18	12-1pm	Speaker: Crystal Woods, MS, RDN, LDN Join us for simple lifestyle changes you can make to live healthier throughout the new year. Topics will include: Healthier eating habits, weight loss/management tips, physical activity recommendations, stress relief ideas and more.
Healthy Living	3 Simple Steps to Organize Anything	Thu., Jan, 18	1-2pm	Speaker: Angie Hyche, Professional Organizer Start the new year out with less clutter and less stress by learning 3 simple steps to organize anything.
Healthy Living	Fall & Injury Prevention	Fri., Jan, 19	2-3pm	Speaker: Tanya Fuccio, RN Tips on staying vertical and avoiding injuries. Optional fall risk assessment screening with class.

Healthy Living	Cardiomyopathy	Tue., Jan, 23	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.
Food & Nutrition	Simple Swaps in the Kitchen	Tue., Jan, 23	5-6pm Drop In	Drop in education including tips for cooking, meal planning, portion control and more for the new year. Samples & Recipes provided.
Healthy Living	Medications for Thyroid Disorders	Thu., Jan, 25	10-11am	Speaker: ETSU Pharmacy Students Do you take medication that is prescribed for hypo or hyperthyroidism? Learn about these medications and how your other medications, vitamins, supplements and even food choices may interfere with your thyroid medication.
Healthy Living	What is Mitral Regurgitation?	Mon., Jan, 29	10-10:30am	Speaker: Lisa Rice, RN More than 200,000 people in the U.S. will be diagnosed with mitral regurgitation this year. Join Lisa to learn all about this condition.
Healthy Living	What is a Mitral Clip?	Mon., Jan, 29	10:30-11am	Speaker: Lisa Rice, RN Learn about this new treatment for mitral valve repair for older patients.
Diabetes	Pre Diabetes: Eating to Prevent Diabetes	Tue., Jan, 30	11am-12pm	Speaker: Crystal Woods, MS, RDN, LDN Have you been told you have "pre-diabetes" or "borderline" diabetes? Gain the tools you need to change the course you are on and learn how to decrease your risk of developing diabetes.
Diabetes	50 Ways to Prevent Diabetes	Tue., Jan, 30	12-1pm	Speaker: Teri Hurt, RN, CDE Learn how to prevent or delay diabetes with these healthy tips.
Diabetes	Insulin Administration	Tue., Jan, 30	2-3pm	Speaker: Teri Hurt, RN, CDE Have you recently started on insulin? Learn the basics of insulin administration, storage and safe use.

Food & Nutrition	Taste of the World Series: Spain *Heart & Soul*	Mon., Jan, 30	5-6pm	Speaker: Crystal Woods, MS, RDN, LDN This series will be offered each month throughout the year highlighting the cuisine of different countries. Learn the country's history of food, culinary techniques, mealtime customs and more. Samples provided.
Healthy Living	Hoarding 101	Wed., Jan, 31	4-5pm	Speaker: Connie Simpson, LPC Are you a hoarder or do you know someone who is? Join a professional therapist as she shares how to help break this compulsive cycle.