

Category	Event Name		Time	Description
Diabetes	Diabetes 101: Taking Medication & Healthy Coping	Mon., May, 1	1-2pm	Speaker: Teri Hurt, RN, CDE Don't let diabetes get you down! Explore medication options to help you manage your blood sugar so you can stay healthy and lead a normal life.
Support Group	Alzheimer's & Dementia	Mon., May, 1	3:30-4:30pm	Facilitator: Tabitha Ebbert, BS, CDP, Alzheimer's Assoc. Manager of Programs & Education
Diabetes	Diabetes 101: Problem Solving & Reducing Risks	Mon., May, 1	4-5pm	Speaker: Teri Hurt, RN, CDE Learn how to interpret your blood sugar results to improve the highs and lows of diabetes and reduce your risks for developing complications.
Diabetes	Moving to Prevent Diabetes	Mon., May, 1	5-6pm	Speaker: Teri Hurt, RN, CDE 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.
Healthy Living	Yoga Basics	Tues. May 2, 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.
Healthy Living	Chest Pain	Tue., May, 2	1-1:30pm	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	Grow Your Own Herb Garden	Tue., May, 2	2-3pm	Speaker: Joy Moore, Master Gardener Learn all the do's and don'ts of growing herbs including how to grow them all year long.

Healthy Living	CHF	Wed., May, 3	3-4pm	Speaker: Lisa Rice, RN Gain a better understanding of heart failure - from causes to treatments including lifestyle changes, daily monitoring and medications.
Support Group	Better Breathers Club	Thu., May, 4	1-2:30pm	Facilitator: Tammie Heaton, BS, CRT Learn some fun breathing exercises including harmonica training.
Support Group	Gluten Free TriCities - Sampling Session & Food City Store Tour	Thu., May, 4	4-6pm	Meet in the Community Room at Food City on Eastman Road for a brief meeting followed by a sampling session and store tour.
Health Screening	Hearing Screen	Fri., May, 5	9am-2pm	Screeener: Matthew Brady, AuD, CCC-AuD Dr. Brady will provide a free hearing screening courtesy of Mountain Region Speech & Hearing.
Healthy Living	Asthma Basics	Fri., May, 5	4-5pm	Speaker: Tanya Fuccio, RN Join us to learn asthma basics, the importance of an asthma action plan and common asthma terminology.
Healthy Living	Pneumonia - What You Need to Know	Sat., May, 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	Stress Management	Sat., May, 6	4-5pm	Speaker: Tanya Fuccio, RN Learn practical tips to manage stress and techniques to help you relax.
Healthy Living	Osteoporosis	Mon., May, 8	11am-12pm	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.

allying	Better Blood Pressure	Mon., May, 8	5-6pm	Speaker: Angie Dishner, RN Learn simple ways to help get your blood pressure under control.
allying	Atrial Fibrillation	Tue., May, 9	1-2pm	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.
allying	Living to 100	Tue., May, 9	3-4pm	Speaker: David Ginn, MD Join Dr Ginn as he discusses health choices you can make today that can increase your longevity tomorrow.
allying	Medicare 101	Wed., May, 10	10-11am	Speaker: Jim Hunter, Insurance Consultant What you need to know about Medicare.
allying	Cardiomyopathy	Wed., May, 10	1-2pm	Speaker: Lisa Rice, RN Anyone can develop cardiomyopathy, serious disease of the heart muscle. Assess your risk and learn the symptoms and treatment available.
allying	Virtual Dementia Tour: Dementia Simulation	Thu., May, 11	10am-12pm	Speaker: Tracey Kendall - Wilson, Alzheimer's TN, The Virtual Dementia Tour will give individuals insight into what an average day for a person with dementia may be like. Appointment time required.
allying	Free Chair Massage	Thu., May, 11	1-4pm	Unwind with a relaxing chair massage provided by Chris Wright Licensed Massage Therapist. Call for appointment.
allying	Ask the Eye Doctor	Fri., May, 12	2-3pm	Speaker: Donny Reeves, MD, Reeves Eye Institute Eye questions? We have answers. Board certified Ophthalmologist, Reeves, will be available to answer your eye related questions.

Healthy Living	Home Safety	Sat., May, 13	4-5pm	Speaker: Tanya Fuccio, RN Learn practical tips to stay safe, healthy and happy in your own home year round.
Healthy Living	Blood Clot Prevention	Mon., May, 15	11am-12pm	Speaker: Tanya Fuccio, RN What to look for, how they occur, basic prevention tips and how to avoid this common medical problem.
Diabetes	Diabetes Jeopardy	Mon., May, 15	3-4pm	Speaker: Teri Hurt, RN, CDE Choose your diabetes category.....Healthy Habits for 100. Learn about all aspects of diabetes in this fun, interactive game.
Diabetes	What is Pre Diabetes?	Mon., May, 15	4-5pm	Speaker: Teri Hurt, RN, CDE 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	Eating to Prevent Diabetes	Mon., May, 15	5-6pm	Speaker: Crystal West, RDN, LDN Many don't realize the impact that foods and drinks have on our blood sugar. Eating throughout the day and consuming nutrient dense foods will help keep blood sugar under control and help avoid those dreaded highs and lows.
Food & Nutrition	Nutrition for Cancer Prevention *Heart & Soul*	Tue., May, 16	12:30-1:30pm	Speaker: Crystal West, RDN, LDN Eating right can lower your chance of developing cancer. In fact, nutrition guidelines for cancer prevention are similar to those for preventing other chronic diseases such as diabetes and heart disease. Come learn how to eat to reduce your cancer risk!
Healthy Living	Essential Oils of the Bible	Tue., May, 16	4:30-5:30pm	Speaker: Maggie Cooper, LMT, Certified Integrative Health Coach Join us to learn about the ancient history of essential oils and how they were used for health and healing.
Food & Nutrition	Mediterranean Diet Grocery Tour	Tue., May, 16	6-7pm	Speaker: Elizabeth Hall, RDN Meet at the cafe in the Eastmar Rd Food City for a grocery store tour with a Mediterranean Diet theme.

althy ing	Arthritis	Wed., May, 17	10-11am	Speaker: Angie Dishner, RN Did you know arthritis describes 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.
althy ing	Postpartum Recovery	Wed., May, 17	2-3pm	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.
althy ing	Medication Management	Thu., May, 18	10-11am	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. Pill box giveaway.
althy ing	Bone Strengthening Exercises	Thu., May, 18	1-2pm	Speaker: Chris Sanders, Wellness Director, YMCA Learn easy exercises to strengthen your bones.
althy ing	Lowering Your Cholesterol	Thu., May, 18	4-5pm	Speaker: Angie Dishner, RN Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride number
althy ing	Thyroid Disorders 101	Fri., May, 19	3-4pm	Speaker: Lisa Rice, RN Join us to learn the basics of thyroid function and thyroid disease.
althy ing	Palpitations	Sat., May, 20	1:30-2pm	Speaker: Lisa Rice, RN Does it ever feel as if your heart skips beat? Learn about palpitations, what causes them and when you need to seek medical attention.
ibetes	Diabetes 101: Healthy Eating	Mon., May, 22	12-1pm	Speaker: Crystal West, RDN, LDN Not sure how to eat now that you have diabetes? Learn the basics about healthy food choices and portion control plus common myths and truths about diabetes.

Food & Nutrition	Variety is the Spice of Life: Cooking with Herbs and Spices	Thu., May, 25	12:30-1:30pm	Speaker: Crystal West, RDN, LDN Join us to learn how to spice up your meals with herbs and spices that not only provide lots of flavor but many nutritional benefits as well!
Healthy Living	COPD	Thu., May, 25	2-3pm	Speaker: Lisa Rice, RN Learn about chronic obstructive pulmonary disease (COPD) also known as emphysema or chronic bronchitis. Prevention tips and treatment options discussed.