

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

Diabetes Medication Review		Tues., Nov. 14, 5-6pm	Brooklyn Nelson, PharmD
Diabetes 101: Problem Solving & Reducing Risks		Wed., Nov., 15, 12-1pm	Teri Hurt, RN, CDE
		Mon., Nov. 13, 12-1pm	
Diabetes Myths		Wed., Nov. 15, 1-2pm	Teri Hurt, RN, CDE
		Mon., Nov. 27, 12-1pm	
Diabetes 101: Healthy Eating		Wed., Nov. 15, 5:30-6:30pm	Crystal Woods, RDN, LDN
		Tues., Nov. 28, 9-10am	
Diabetes Basics - Where Do I Begin?		Wed., Nov. 22, 10-11am	Teri Hurt, RN, CDE Join us to learn the basic survival skills needed when you are newly diagnosed with diabetes.
		Thurs., Nov. 30, 2-3pm	
Diabetes 101: Taking Medications & Healthy Coping		Wed., Nov. 22, 12-1pm	Teri Hurt, RN, CDE
		Thurs., Nov. 30, 5-6pm	

FOOD & NUTRITION

Not Your Momma's Turkey: New Spins on Traditional Holiday Foods			Wed., Nov. 8, 2:30-3pm	Crystal Woods, RDN, LDN New prep methods and main course alternatives for holiday meals! Samples.
			Wed., Nov. 8, 5:30-6:30pm	
Breastfeeding Nutrition: Tips for Moms		Wed., Nov. 15, 12-1pm	Crystal Woods, RDN, LDN How much should I eat? What should I avoid? How might my diet affect my baby?	
		Fri., Nov. 17, 12-1pm		
Healthy Harvest Tasting Drop In Session		Tues., Nov. 21, 4-6pm	Nutritious fall treats prepared by our dietitian, Crystal Woods.	
		Mon., Nov. 27, 4-6pm		
Gluten-Free Grocery Shopping		Mon., Nov. 27, 6-7pm	Crystal Woods, RDN, LDN & Elizabeth Hall, RDN, LDN Gluten free grocery store tour. Meet at Eastman Rd Food City in Kpt, State of Franklin Food City in JC.	
		Tues., Nov. 28, 5:30-6:30pm		

HEALTHY LIVING

Fall Yard Work - Tips to Prevent Injury and Conserve Energy		Thurs., Nov. 2, 3-4pm	Milligan college OT Grad Students
Yoga Basics		Tues., Nov. 7, 14, 21 & 28, 10:30-11:30am	Amy Fitzpatrick, MS, RD, R-HYI \$5 Fee. Cash only.
Small Changes for Better Health		Wed., Nov. 8, 10-11am	ETSU Pharmacy Students Tips to help you feel your best during the holidays!
		Wed., Nov. 15, 10-11am	

Medicare 101	JC KP	Tues., Nov. 14, 10-11am Wed., Nov. 15, 10-11am	Jim Hunter, Insurance Consultant
Turkey Carving Safety & Tips to Survive Holiday Entertaining	JC KP	Wed., Nov. 8, 1-2pm Wed., Nov. 8, 3-4pm	Milligan college OT Grad Students, Tips to avoid cuts, burns, back strains and falls when working on the holiday "to do" lists including turkey carving, cooking, decorating, shopping, gift wrapping and travel.
Joint Pain	JC	Thurs., Nov. 9, 5:30-6:30pm	Michael Wilkinson, MD
Suicide Prevention	KP	Fri., Nov. 10, 1-2pm	Heatherly Sifford, BS, Trauma Injury Prevention Program Coordinator, Johnson City Medical Center
CPR for Health care Providers	JC	Sat., Nov. 11, 9am-1pm	Fee for classes. Online Registration.
Where is the Salt?	KP	Sat., Nov. 11, 4-4:30pm	Lisa Rice, RN Salt hides in places you never expected! Learn how to reduce salt intake.
Identity Theft	KP JC	Mon., Nov. 13, 2-3pm Mon., Nov. 20, 5-6pm	Jerry Stout, TN Department of Homeland Security
Be Alert!	KP	Thurs., Nov. 16, 1:30-2:30pm	Thomas Patton, Public Information Officer, Kingsport Police Department. Tips to increase awareness of potential threats and stay safe.
Living With Chronic Kidney Disease	JC	Tues., Nov. 21, 2-3:30pm	Marianna Higgins, LCSW
Cardiac Device Therapy	KP	Sat., Nov. 25, 2-2:30pm	Lisa Rice, RN

HEALTH SCREENING

Labs by Appointment	JC	Sat., Nov. 18, 7:30-9am	Call for Pricing
---------------------	----	-------------------------	------------------

SUPPORT GROUPS

Better Breathers	KP	Thurs., Nov. 2, 1-2:30pm	Fibromyalgia	JC	Mon., Nov. 13, 5-6:30pm
Mended Hearts	JC	Tues., Nov. 7, 11am-1pm	Parkinson's	JC	Sat., Nov. 18, 10-11:30am
Alzheimer's & Dementia	KP	Mon., Nov. 6, 3:30-4:30pm	Multiple Myeloma	JC	Sat., Nov. 18, 12-2pm
Alzheimer's	JC	Fri., Nov. 10, 11am-12pm	Mended Little Hearts	JC	Sat., Nov. 25, 11am-12pm

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

