

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 Basics - Where do I Begin?	 Thurs., Sept. 7, 12-1pm  Mon., Sept. 11, 12-1pm	Teri Hurt, RN, CDE
Pre-Diabetes Jeopardy	 Thurs., Sept. 7, 2-3pm  Mon., Sept. 11, 2-3pm	Teri Hurt, RN, CDE
Counting Carbs - How to, When to, and Why to	 Wed., Sept. 27, 10-11am  Thurs., Sept. 28, 2-3pm	Teri Hurt, RN, CDE
Let's Talk Insulin - Overcoming Fears	 Wed., Sept. 27, 12-1pm  Thurs., Sept. 28, 12-1pm	Teri Hurt, RN, CDE

FOOD & NUTRITION

Pathweigs to Health Series: #2 Weighing in on Your Calories	 Tues., Sept. 5, 1-2pm  Wed., Sept. 6, 1:30-2:30pm	Crystal West, RDN, LDN & Jennifer Banks, RDN, UT Extension Agent
Nutrition for Healthy Aging 	 Fri., Sept. 8, 12:30-1:30pm  Mon., Sept. 11, 12:30-1:30pm	Crystal West, RDN, LDN Samples Provided
Pathweigs to Health Series: #3 Supermarket Know-how: Putting You in Control	 Tues., Sept. 12, 1-2pm  Wed., Sept. 13, 12:30-1:30pm	Crystal West, RDN, LDN & Jennifer Banks, RDN, UT Extension Agent
Pathweigs to Health Series: #4 Exercise, Sleep and Stress: Renewing Your Body & the Weight Connection	 Tues., Sept. 19, 1-2pm  Wed., Sept. 20, 12:30-1:30pm	Crystal West, RDN, LDN & Jennifer Banks, RDN, UT Extension Agent

HEALTHY LIVING

Yoga Basics	 Tues., Sept. 5, 12, 19, & 26, 10:30-11:30am	Amy Fitzpatrick, MS, RD, R-HYI \$5 Fee. Cash only.
Common Age Related Eye Diseases & Conditions	 Wed., Sept. 6, 11am-12pm	Dr John Chapman, Ophthalmologist
Surviving the Active Shooter	 Wed., Sept. 6, 5-6pm	Jerry Stout, Special Agent/Tennessee Dept. of Safety & Homeland Security
Freedom From Smoking Series	 Thurs., Sept. 7, 3-4pm  Mon., Sept. 11, 5-6:15pm	Becky McKinney, Health Educator; Angie Dishner, RN
Common Swallowing Problems	 Tues., Sept. 12, 11:30am- 12:30pm	Gail Mancl, Speech Language Pathologist
Low Level Laser Therapy for Pain and Healing	 Tues., Sept. 12, 5:30-6:30pm	Kevin Fielden, D.C.
Medicare 101	 Tues., Sept. 12, 10-11am  Wed., Sept. 13, 10-11am	Jim Hunter, Insurance Consultant

Rejuvenate and Restore
Your Health & Appearance

JC Wed., Sept. 13, 5-6pm

Richard Jackson, MD; Learn about optimizing your inner health for better skin, slower aging and illness protection. Free private consultation and \$10 skincare service coupon.

Peripheral Artery Disease (PAD)

KP Thurs., Sept. 14, 11am-12pm

Tariq Haddadin, MD, Cardiologist

Sepsis

JC Mon., Sept. 18, 5-6pm
KP Thurs., Sept. 28, 2-3pm

Stacey Lewis, RN & Leah Latham, RN;
Richard Dugger, Infection Prevention Practitioner

Natural Hormones-Not Replacement

JC Tues., Sept. 19, 5:30-6:30pm

Pam Davis, PA

Pastoral Care Tips

KP Wed., Sept. 20, 1-2pm

Thomas Arbaugh, Senior Chaplain, IPMC; Learn coping mechanisms for difficult life challenges.

Protective Factors Against Anxiety & Depression in Children and Teens

JC Wed., Sept. 20, 5-6pm

Natasha Gouge, PhD

Prostate Cancer- What You Need to Know

JC Thurs., Sept. 21, 4:30-5:30pm

Dalila Chantal Aguilar, MD

Acupuncture

JC Thurs., Sept. 21, 5:30-6:30pm

Michelle Bouton, L AC, Owner of Appalachian Acupuncture

Preventative Measures & Immunizations

KP Wed., Sept. 27, 10-11am

Alexandra Havlik, MD, ETSU Family Physicians; Learn how to optimize your health.

Ask the Attorney: Wills, Estate & Healthcare Planning

KP Fri., Sept. 29, 1:30-2:30pm

Jack Vaughn, Attorney

HEALTH SCREENING

Pre-Diabetes Screening

KP Thurs., Sept. 7, 10am-12pm
Drop In

Prediabetes means your blood sugar is higher than normal, but not yet diabetes. Determine your risk with this non lab testing tool.

Labs by Appointment

JC Fri., Sept. 29, 8-10am

Call for pricing

SUPPORT GROUPS

Mended Hearts

JC Tues., Sept. 5, 11am-1pm

Fibromyalgia

JC Mon., Sept. 11, 5-6:30pm

Better Breathers Club

KP Thurs., Sept. 7, 1-2:30pm

Parkinson's

JC Sat., Sept. 16, 10-11:30am

Alzheimer's & Dementia

KP Mon., Sept. 11, 3:30-4:30pm

Multiple Myeloma

JC Sat., Sept. 16, 12-2pm

Alzheimer's

JC Fri., Sept. 8, 11am-12pm

Mended Little Hearts

JC Sat., Sept. 30, 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



Health Resources Center monthly class schedules are now available at all Johnson City and Kingsport Food City stores