

# 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



**JC** The Mall, lower level beside Belk Women's Store.

**KP** Kingsport Town Center, upper level, near JCPenney.

## DIABETES

Diabetes 101: Monitoring & Being Active	<b>KP</b> Mon., Jun. 5, 12-1pm <b>JC</b> Wed., Jun. 14, 5-6pm	Teri Hurt, RN, CDE
Diabetes 101: Problem Solving & Reducing Risks	<b>KP</b> Mon., Jun. 5, 4-5pm <b>JC</b> Wed., Jun. 14, 4-5pm	Teri Hurt, RN, CDE
Diabetes Prevention Series: Moving To Prevent Diabetes	<b>KP</b> Mon., Jun. 5, 5-6pm <b>JC</b> Wed., Jun. 28, 6-7pm	Teri Hurt, RN, CDE
Diabetes 101: Healthy Eating	<b>KP</b> Tues., Jun. 6, 11am-12pm <b>JC</b> Wed., Jun. 7, 5-6pm	Crystal West, RDN, LDN
Don't Wait too Late	<b>KP</b> Mon., Jun. 19, 2-3pm <b>JC</b> Thurs., Jun. 15, 5-6pm	Teri Hurt, RN, CDE
Diabetes Prevention Series: What is Pre-Diabetes?	<b>JC</b> Wed., Jun. 28, 4-5pm <b>KP</b> Mon., Jun. 19, 5-6pm	Teri Hurt, RN, CDE
Diabetes Prevention: Eating to Prevent Diabetes	<b>KP</b> Mon., Jun. 19, 4-5pm <b>JC</b> Wed., Jun. 28, 5-6pm	Crystal West, RDN, LDN

## FOOD & NUTRITION

Healthy Eating on the Go	 <b>JC</b> Thurs., Jun. 1, 12-1pm <b>KP</b> Fri., Jun. 9, 12-1pm	Crystal West, RDN, LDN
Dining With Diabetes #1 - Sauteing & Spices	<b>KP</b> Thurs., Jun. 8, 1-2pm	Jennifer Banks, RDN, UT Extension Agent
Fruit Desserts	<b>JC</b> Wed., Jun. 14, 12-1pm	Elizabeth Renfro, UT Extension Agency
Dining With Diabetes #2 - Roasted Vegetables & Herbs	<b>KP</b> Thurs., Jun. 15, 1-2pm	Jennifer Banks, RDN, UT Extension Agent
Cast Iron Cooking	<b>KP</b> Tues., Jun. 20, 11:30am-12:30pm <b>JC</b> Tues., Jun. 20, 5-6pm	Crystal West, RDN, LDN
Dining With Diabetes #3 - Let's Fry the Healthy Way	<b>KP</b> Thurs., Jun. 22, 1-2pm	Jennifer Banks, RDN, UT Extension Agent
Cooking Light for a Healthier Summer	 <b>KP</b> Tues., Jun. 27, 1-2pm <b>JC</b> Tues., Jun. 27, 5-6pm	Crystal West, RDN, LDN

## HEALTHY LIVING

Yoga Basics	<b>KP</b> Tues., Jun. 6, 13, 20 & 27, 10:30-11:30 am	Amy Fitzpatrick, MS, RD, R-HY \$5 fee, cash only.
How to Cope With the Loss of a Loved One	<b>JC</b> Tues., Jun. 6, 2-3pm	Sara Carico, LMSW
Chronic Fatigue	<b>KP</b> Tues., Jun. 6, 2-3pm	Doreen Lanster, RN

The Importance of the Measles, Mumps and Rubella Vaccine	JC	Wed., Jun. 7, 1:30-2:30pm	Corinne Allen, Director of Pharmacy, MSHA
Keep Your Balance	KP	Wed., Jun. 7, 1:30-2:30pm	Scott Held, BS Exercise Physiology, Certified Strength & Conditioning Specialist, Great Body Company
Air Purifying Houseplants	KP	Thurs., Jun. 8, 4:30-5:30pm	Penny Rutledge, Master Gardener
Skin Cancer Prevention and Screening	JC	Thurs., Jun. 8, 5-6pm	Tamra McKenzie, MD
Self Defense for Women	JC	Fri., Jun. 9, 5-6pm	Dixie Neth, 6th degree black belt
	KP	Mon., Jun. 12, 5-6pm	
CPR for Health care Providers	JC	Sat., Jun. 10, 9am-1pm	Fee for Class. Online Registration
Medicare 101	JC	Tues., Jun. 13, 10-11am	Jim Hunter
	KP	Wed., Jun. 14, 10-11am	
The Buzz About Honey	JC	Tues., Jun. 13, 12-1pm	John Hamrick, UT Extension Office
Living With Chronic Kidney Disease	JC	Tues., Jun. 20, 2-3:30pm	Marianna Higgins, LCSW
Coaching and Strategies to Better Manage Stress	JC	Thurs., Jun. 22, 5-6pm	Maggie Cooper, LMT, Certified Integrative Health Coach
Ask the Foot Doctor	KP	Thurs., Jun. 29, 12-1pm	Dr Ryan Chatelain, Podiatrist

## HEALTH SCREENING

Foot Screen	KP	Thurs., Jun. 29, 1-2pm	Virginia Kanner, RN, Wound Care Manager
Skin Cancer Screen	KP	Fri., Jun. 30, 11am-1pm	Dr Jami Reaves, Dermatologist

## INDIVIDUAL EDUCATION - FREE Individual education sessions with a registered dietitian, certified diabetes educator or registered nurse - Call for appointment

- Individual Diabetes Management Education
- Individual Nutrition Education
- Individual Smoking Cessation Education
- Individual Disease Management Education

## SUPPORT GROUPS

Better Breathers Club	KP	Thurs., Jun. 1, 1-2:30pm	Aneurysm	JC	Tues., Jun. 6, 2:30-3:30pm
Alzheimer's & Dementia	KP	Mon., Jun 5, 3:30-4:30pm	Alzheimer's	JC	Fri., Jun. 9 & 23, 11am-12pm
Mended Hearts	JC	Tues., Jun. 6, 11:30am-1pm	Multiple Myeloma	JC	Sat., Jun. 17, 12-2pm
Stroke	JC	Tues., Jun. 6, 1:30-2:30pm	Mended Little Hearts	JC	Sat., Jun. 24, 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

## FUN FEST BLOCK PARTY COMING

Saturday, July 8th

2:00 - 4:00pm

Mark your calendar for the Kingsport location's 6th annual Fun Fest Block Party on Saturday, July 8, 2-4pm. Refreshments, storytelling, giveaways and music provided by bluegrass band Rockingham Road.