

Category	Event Name	Date	Time	Description
Diabetes	Diabetes 101: Healthy Eating	Wed., Jun, 7	5-6pm	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.
Diabetes	Diabetes 101: Problem Solving & Reducing Risks	Wed., Jun, 14	4-5pm	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	Diabetes 101: Monitoring & Being Active	Wed., Jun, 14	5-6pm	Teri Hurt, RN, CDE Find out how being active can help you get better control of your blood sugar. Monitoring basics will also be discussed.
Diabetes	Don't Wait too Late	Thu., Jun, 15	5-6pm	Teri Hurt, RN, CDE Through careful blood sugar control, many of the complications associated with diabetes can be prevented or slowed. Learn how to improve control and lessen your risk of developing complications such as eye disease, kidney disease, heart disease, nerve damage and foot problems. It's not too late!
Diabetes	Diabetes Prevention Series: What is Pre-Diabetes?	Wed., Jun, 28	4-5pm	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	Diabetes Prevention: Eating to Prevent Diabetes	Wed., Jun, 28	5-6pm	Crystal West, RDN, LDN Many of us 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. Join us to learn more about eating well with diabetes!
Diabetes	Diabetes Prevention Series: Moving To Prevent Diabetes	Wed., Jun, 28	6-7pm	Teri Hurt, RN, CDE Learn about the role physical activity plays in reducing your risk of developing diabetes.
Food and Nutrition	Healthy Eating on the Go	Thu., Jun, 1	12-1pm	Crystal West, RDN, LDN You probably eat out a lot—most Americans do. Come learn tips on how to choose healthier options while on the go as well as meal planning tips to avoid eating out so often. Our waistlines and wallets will appreciate Heart & Soul
Food and Nutrition	Fruit Desserts	Wed., Jun, 14	12-1pm	Elizabeth Renfro, UT Extension Agency Learn how to reduce your high calorie, high fat, high sugar desserts with heart healthy desserts. Samples and recipes provided.
Food and Nutrition	Cast Iron Cooking	Tue., Jun, 20	5-6pm	Crystal West, RDN, LDN Seasoned with years of cooking and loving care, cast iron skillets are a "must-have" for your kitchen. Learn all about cooking and caring for your cast iron while sampling some tasty recipes!
Food and Nutrition	Cooking Light for a Healthier Summer	Tue., Jun, 27	5-6pm	Crystal West, RDN, LDN Join us for tips to become a healthier you this summer so you feel great and look good too! Quick and easy recipes will be provided with samples. Heart & Soul
Healthy Living	Thyroid Disorders 101	Tue., Jun, 6	1-2pm	Jeanne Clarke, RN Join us to learn the basics of thyroid function and thyroid disease.
Healthy Living	How to Cope With the Loss of a Loved One	Tue., Jun, 6	2-3pm	Sara Carico, LMSW, Have you had to deal with the loss of a loved one? Join us as we discuss the stages of grief and how you can cope during this difficult time.
Healthy Living	Preventing Blood Clots	Wed., Jun, 7	11am-12pm	Pam King, RN What to look for, how they occur, basic prevention tips and how to avoid this common medical problem.

allying	The Importance of the Measles, Mumps and Rubella Vaccine	Wed., Jun, 7	1:30-2:30pm	Corinne Allen, Director of Pharmacy, MSHA The CDC recommends that people get MMR vaccine to protect against measles, mumps and rubella. Who should get the vaccine? Who should not? Join us as we discuss this topic.
allying	Arthritis	Thu., Jun, 8	2-3pm	Pam King, RN Did you know arthritis describes a group of over 100 diseases? Join us to learn the basics about symptoms, treatment, risk factors and the difference between the two most common forms, osteoarthritis and rheumatoid arthritis.
allying	Skin Cancer Prevention	Thu., Jun, 8	5-6pm	Tamra McKenzie, Hear the latest about skin cancer — different types, warning signs and treatment options available. Be sun savvy and learn ways to protect yourself. Optional screening available following program if you have a spot or mole that concerns you.
allying	Cardiomyopathy	Fri., Jun, 9	10-11am	Doreen Lancaster, RN Anyone can develop cardiomyopathy serious disease of the heart muscle. Assess your risk and learn the symptoms and treatment available.
allying	Chest Pain	Fri., Jun, 9	2-3pm	Doreen Lancaster, 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.
allying	Self Defense for Women	Fri., Jun, 9	5-6pm	Dixie Neth, 6th degree black belt Your self defense plan must be in place BEFORE the need arises. Gain the confidence and skills you need to save your life! Learn safety tips to improve your awareness and avoid potential attacks plus effective offensive strategies to use if needed. Practical tips for women all ages including teens and girls heading off to college!
allying	CPR for Health care Providers	Sat., Jun, 10	9am-1pm	This class is for health care workers and includes CPR for adult and infant victims plus AED training and airway obstruction. Includes new AHA guidelines. Fee for class. Online registration at www.MountainStatesHealth.com < http://www.MountainStatesHealth.com >. Select Classes & Programs from top blue bar > MSHA Training Center > Advanced/Basic BLS.
allying	Medicare 101	Tue., Jun, 13	10-11am	Jim Hunter What you need to know about Medicare.
allying	The Buzz About Honey	Tue., Jun, 13	12-1pm	John Hamrick, UT Extension Office Learn more about the amazing process of honey production, pollination and the honey bee shortage plus the health benefits of honey and ways to use it.
allying	Asthma	Thu., Jun, 15	2-3pm	Jeanne Clarke, RN Join us to learn asthma basics, the importance of an asthma action plan and common asthma terminology.
allying	Postpartum Recovery	Fri., Jun, 16	10-11am	Doreen Lancaster, RN What is the postpartum period? How can you feel optimal after the delivery of your baby? Join a Labor and Delivery nurse as she discusses strategies for enjoying this time with your baby.
allying	Blood Pressure Management	Fri., Jun, 16	12-1pm	Doreen Lancaster, RN Learn simple ways to help get your blood pressure under control.
allying	Osteoporosis	Mon., Jun, 19	2-3pm	Pam King, 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	COPD	Tue., Jun, 20	11am-12pm	Jeanne Clarke, RN Learn the facts about chronic obstructive pulmonary disease (COPD), also known as emphysema or chronic bronchitis. Prevention of COPD and treatment options will be discussed.
allying	Living With Chronic Kidney Disease	Tue., Jun, 20	2-3:30pm	Marianna Higgins, LCSW Focus will be on chronic kidney disease including diagnosis, stages, signs and symptoms as well as treatment options of hemodialysis, peritoneal dialysis,

				and transplant.
Healthy Living	Stress Management Tips	Wed., Jun, 21	12-1pm	Pam King, RN Trying to unwind? Learn practical tips to manage your stress and techniques to help you relax.
Healthy Living	Coaching and Strategies to Better Manage Stress	Thu., Jun, 22	5-6pm	Maggie Cooper, LMT, Certified Integrative Health Coach Join us to learn techniques for managing your stress and tips for balancing your life.
Healthy Living	Lowering Your Cholesterol	Fri., Jun, 23	12-1pm	Pam King, RN Learn practical nutrition and lifestyle tips to help you improve your cholesterol and triglyceride levels
Healthy Living	Chronic Fatigue Syndrome	Sat., Jun, 24	1-2pm	Doreen Lancaster, RNA Learn more about this complex disorder and how it can be managed. A nurse will share her personal story about her experience with Chronic Fatigue Syndrome.
Healthy Living	Home Safe Home	Mon., Jun, 26	10-11am	Doreen Lancaster, RN Learn practical tips to stay safe, heal and happy in your own home year round. Stop in for a fall risk assessment tool and pick up a room by room home safety checklist.
Healthy Living	Palpitations	Mon., Jun, 26	1-2pm	Doreen Lancaster, RN Does it ever feel as if your heart skip beat? Join us to learn more about palpitations, what causes them and when you need to seek medical attention.
Healthy Living	Atrial Fibrillation	Mon., Jun, 26	2-3pm	Doreen Lancaster, RN Do you ever feel like your heart is skipping a beat? It could be atrial fibrillation. Learn about this common cardiac condition and current treatment options.
Healthy Living	Medication Management Basics	Tue., Jun, 27	10-11am	Doreen Lancaster, RN Join us to learn information about medication safety and tips for properly taking your medication
Healthy Living	Congestive Heart Failure	Tue., Jun, 27	12-1pm	Doreen Lancaster, RN Gain a better understanding of heart failure - from causes to treatments including lifestyle changes daily monitoring and medications.
Healthy Living	Pneumonia	Thu., Jun, 29	1-2pm	Jeanne Clarke, RN Find out more about pneumonia including who is at greatest risk, causes, treatment and vaccine information.
Support Group	Mended Hearts	Tue., Jun, 6	11:30a-1pm	Lynn Frierson Mended Hearts offers information and support to individuals who have had heart surgery.
Support Group	Stroke Support Group	Tue., Jun, 6	1:30-2:30pm	Jeanne Roper, RN, Stroke Program Manager Join this newly formed support group as they cover various stroke related topics.
Support Group	Aneurysm Support Group	Tue., Jun, 6	2:30-3:30pm	Jeanne Roper, RN, Stroke Program Manager Join this newly formed support group as they cover topics pertaining to aneurysm.
Support Group	Alzheimer's Support Group	Fri. June 9 & 23	11am-12pm	Tabitha Ebbert, Alzheimer's Association Join us for educational and social support for caregivers and people in the early stage of Alzheimer's disease or another form of dementia
Support Group	Multiple Myeloma Support Group	Sat., Jun, 17	12-2pm	Darlene Jessee, If you or someone you love has multiple myeloma, join us for a time of caring and sharing.
Support Group	Mended Little Hearts	Sat., Jun, 24	11am-12pm	Amanda Downing, RN, Join this newly formed support group which provides hope and support to children, patients and families affected by congenital heart disease.