

pport cup	<b>Better Breathers Club</b>	Thu., Jun, 1	1-2:30pm	Speaker: Ron Owens, Chaplain   Learn what palliative care is a about and what types of services are available.
althy ing	<b>Postpartum Recovery</b>	Fri., Jun, 2	11am-12pm	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	<b>Better Blood Pressure</b>	Sat., Jun, 3	2-3pm	Speaker: Angie Dishner, RN   Learn simple ways to help get your blood pressure under control.
althy ing	<b>Lowering Your Cholesterol</b>	Sat., Jun, 3	3-4pm	Speaker: Angie Dishner, RN   Learn practical nutrition and lifestyle tips to help improve cholesterol and triglyceride number
abetes	<b>Diabetes 101: Monitoring &amp; Being Active</b>	Mon., Jun, 5	12-1pm	Speaker: 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.
pport cup	<b>Alzheimer's &amp; Dementia</b>	Mon., Jun, 5	3:30-4:30pm	Facilitator: Tabitha Ebbert, BS, CDP, Alzheimer's Assoc. Manager of Programs & Education
abetes	<b>Diabetes 101: Problem Solving &amp; Reducing Risks</b>	Mon., Jun, 5	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	<b>Moving to Prevent Diabetes</b>	Mon., Jun, 5	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	<b>Yoga Basics</b>	Tues. June 6, 13, 20 & 27	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.
diabetes	<b>Diabetes 101: Healthy Eating</b>	Tue., Jun, 6	11am-12pm	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.
Healthy Living	<b>Chronic Fatigue</b>	Tue., Jun, 6	2-3pm	Speaker: Doreen Lancaster, RN   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	<b>Keep Your Balance</b>	Wed., Jun, 7	1:30-2:30pm	Speaker: Scott Held, BS Exercise Physiology, Certified Strength & Conditioning Specialist, Great Body Company   Do you have balance problems or worry about falling? Learn about balance and get tips to keep yourself safe and mobile.
Food & Nutrition	<b>Dining With Diabetes #1 - Sauteing &amp; Spices</b>	Thu., Jun, 8	1-2pm	Speaker: Jennifer Banks, RDN, UT Extension Agent   This series offers great information for pre diabetics, diabetics or anyone wanting to learn more about healthier dietary decisions. Attend 2 or all 3 sessions. <b>Samples provided.</b>
Healthy Living	<b>Air Purifying Houseplants</b>	Thu., Jun, 8	4:30-5:30pm	Speaker: Penny Rutledge, Master Gardener   A master gardener will discuss indoor plants that help purify and improve the quality of the air you breathe.
Healthy Living	<b>Asthma Basics</b>	Fri., Jun, 9	11am-12pm	Speaker: Tanya Fuccio, RN   Join us to learn asthma basics, the importance of an asthma action plan and common asthma terminology.

od & trition	<b>Healthy Eating on the Go *Heart &amp; Soul*</b>	Fri., Jun, 9	12-1pm	Speaker: Crystal West, RDN, LDN   You probably eat out a lot most Americans do. Come learn tips on how to choose healthie options while on the go as well as meal planning tips to avoid eating out so often. Our waistlines and wallets will appreciate it
althy ing	<b>Blood Clot Prevention</b>	Fri., Jun, 9	2-3pm	Speaker: Tanya Fuccio, RN   What to look for, how they occur, basic prevention tips and how to avoid this common medical problem.
althy ing	<b>Home Safety</b>	Sat., Jun, 10	2-3pm	Speaker: Tanya Fuccio, RN   Learn practical tips to stay safe, healthy and happy in your own home year round.
althy ing	<b>Osteoporosis</b>	Mon., Jun, 12	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.
althy ing	<b>Self Defense for Women</b>	Mon., Jun, 12	5-6pm	Instructor: 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 tip to improve your awareness and avoid potential attacks plus effective offensive strategies to use if needed. Practical tips for women of all ages including teens and girls heading off to colleg
althy ing	<b>Chest Pain</b>	Tue., Jun, 13	2-2:30pm	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.
althy ing	<b>Medicare 101</b>	Wed., Jun, 14	10-11am	Speaker: Jim Hunter, Insurance Consultant   What you need to know about Medicare.
althy ing	<b>Palpitations</b>	Wed., Jun, 14	1-1:30pm	Speaker: Lisa Rice, RN   Does it ever feel as if your heart skips beat? Learn about palpitations, what causes them and when yo need to seek medical attention.

Healthy Living	<b>Atrial Fibrillation</b>	Wed., Jun, 14	3-4pm	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.
Food & Nutrition	<b>Dining With Diabetes #2 - Roasted Vegetables &amp; Herbs</b>	Thu., Jun, 15	1-2pm	Speaker: Jennifer Banks, RDN, UT Extension Agent   This series offers great information for pre diabetics, diabetics or anyone wanting to learn more about healthier dietary decisions. Attend 2 or all 3 sessions. <b>Samples provided.</b>
Healthy Living	<b>Stress Management</b>	Fri., Jun, 16	11am-12pm	Speaker: Tanya Fuccio, RN   Learn practical tips to manage stress and techniques to help you relax.
Diabetes	<b>Don't Wait Too Late</b>	Mon., Jun, 19	2-3pm	Speaker: 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 less your risk of developing complications such as eye disease, kidney disease, heart disease, nerve damage and foot problems. It's not too late!
Diabetes	<b>Eating to Prevent Diabetes</b>	Mon., Jun, 19	4-5pm	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.
Diabetes	<b>What is Pre Diabetes?</b>	Mon., Jun, 19	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.
Food & Nutrition	<b>Cast Iron Cooking</b>	Tue., Jun, 20	11:30am-12:30pm	Speaker: 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!
Healthy Living	<b>COPD</b>	Tue., Jun, 20	3-4pm	Speaker: Lisa Rice, RN   Learn about chronic obstructive pulmonary disease (COPD) also known as emphysema or chronic bronchitis. Prevention tips and treatment options discussed.

Healthy Living	<b>CHF</b>	Wed., Jun, 21	2-3pm	Speaker: Lisa Rice, RN   Gain a better understanding of heart failure - from causes to treatments including lifestyle changes, daily monitoring and medications.
Healthy Living	<b>Thyroid Disorders 101</b>	Wed., Jun, 21	3-4pm	Speaker: Lisa Rice, RN   Join us to learn the basics of thyroid function and thyroid disease.
Food & Nutrition	<b>Dining With Diabetes #3 - Let's Fry the Healthy Way</b>	Thu., Jun, 22	1-2pm	Speaker: Jennifer Banks, RDN, UT Extension Agent   This series offers great information for pre diabetics, diabetics or anyone wanting to learn more about healthier dietary decisions. Attend 2 or all 3 sessions. <b>Samples provided.</b>
Healthy Living	<b>Arthritis</b>	Thu., Jun, 22	4-5pm	Speaker: Angie Dishner, RN   Did you know arthritis describes a 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.
Healthy Living	<b>Pneumonia - What You Need to Know</b>	Fri., Jun, 23	11am-12pm	Speaker: Tanya Fuccio, RN   Find out more about pneumonia including who is at greatest risk, causes, treatment and vaccine information.
Food & Nutrition	<b>Cooking Light for a Healthier Summer *Heart &amp; Soul*</b>	Tue., Jun, 27	1-2pm	Speaker: Crystal West, RDN, LDN   Join us for tips to become healthier you this summer so you feel great and look good too! Quick and easy recipes will be provided with samples.
Healthy Living	<b>Medication Management</b>	Thu., Jun, 29	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. <b>Pill box giveaway.</b>
Healthy Living	<b>Ask the Foot Doctor</b>	Thu., Jun, 29	12-1pm	Speaker: Dr Ryan Chatelain, Podiatrist   Join Dr Chatelain as he discusses common foot problems. Bring your questions.

alth reening	<b>Foot Screen</b>	Thu., Jun, 29	1-2pm	Screeener: Virginia Kanner, RN, Wound Care Manager   Take advantage of this FREE foot screening and learn care tips for keeping your feet healthy and happy! Call for appointment.
alth reening	<b>Skin Cancer Screen</b>	Fri., Jun, 30	11am-1pm	Screeener: Dr Jami Reaves, Dermatologist   Do you have a suspicious spot you would like checked out? Join us for a free skin screening courtesy of Dr Reaves from Calladerm. Limited spaces, book now!
alth ing	<b>Cardiomyopathy</b>	Fri., Jun, 30	2-3pm	Speaker: Lisa Rice, RN   Anyone can develop cardiomyopathy, serious disease of the heart muscle. Assess your risk and learn the symptoms and treatment available.

**Save the Date - Saturday, July 8, 2-4pm**  
**6th Annual Fun Fest Block Party**

**Refreshments, storytelling, giveaways and music by the bluegrass band, Rockingham Road!**