

Category	Event Name	Date	Time	Description
Diabetes	<b>Diabetes 101: Problem Solving &amp; Reducing Risks</b>	Wed., May, 10	5-6pm	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>Diabetes Prevention Series: Moving To Prevent Diabetes</b>	Wed., May, 10	6-7pm	Speaker: Teri Hurt, RN, CDE   Learn about the role physical activity plays in reducing your risk of developing diabetes.
Diabetes	<b>Diabetes Prevention: Eating to Prevent Diabetes</b>	Wed., May, 17	5-6pm	Speaker: 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 with diabetes!
Diabetes	<b>Diabetes Prevention Series: What is Pre-Diabetes?</b>	Wed., May, 17	6-7pm	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.
Diabetes	<b>Diabetes 101: Healthy Eating</b>	Tue., May, 23	5:30-6:30pm	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.
Diabetes	<b>Diabetes Jeopardy</b>	Wed., May, 24	5-6pm	Teri Hurt, RN, CDE   Choose your diabetes category, Healthy Habits for 100. Learn about all aspects of diabetes in this fun interactive game.
Diabetes	<b>Diabetes 101: Taking Medications &amp; Healthy Coping</b>	Wed., May, 24	6-7pm	Teri Hurt, RN, CDE   Don't let diabetes get you down. Explore medication options to help you manage your blood sugar so you can stay healthy and lead a normal life.
Food and Nutrition	<b>Nutrition for Cancer Prevention *Heart and Soul*</b>	Wed., May, 17	12-1pm	Speaker: Crystal West, RDN, LDN   Eating right can lower your chance of developing cancer. In fact, nutrition guidelines for cancer prevention are similar to those for preventing other chronic diseases such as diabetes and heart disease. Come learn how to eat to reduce your cancer risk!
Food and Nutrition	<b>Variety is the Spice of Life: Cooking with Herbs and Spices</b>	Wed., May, 24	12:30-1:30pm	Speaker: Crystal West, RDN, LDN   Join us to learn how to spice up your meals with herbs and spices that not only provide lots of flavor but many nutritional benefits as well!
Health Screening	<b>FREE Hearing Screening</b>	Wed., May 10	10am-12pm	Free Hearing test offered by East Tennessee Hearing Center.
Health Screening	<b>Labs</b>	Sat., May, 20	7:30-9am	No food or drink (except water) for 8-12 hours before the test. Call for an appointment. \$25 Coronary Risk Panel: total cholesterol, HDL, LDL, triglycerides, glucose and hematocrit. \$20 Liver Panel: albumin, bilirubin: total, direct and indirect, bilirubin ratio, alkaline phosphatase, total protein, ALT, AST. \$20 Hemoglobin A1c. \$30 TSH: thyroid. \$35 PSA - prostate. Cash or check only
Healthy Living	<b>Ancient Healing Meditation with Sudha</b>	Tue., May, 2	3-4pm, Annex	Speaker: Sudha Venkataraman   Come awaken your inner strength and heal with ancient meditation techniques.

Healthy Living	<b>Freedom From Smoking</b>	Tuesdays in May	4-5pm	Speaker: Becky McKinney, Health Educator, Washington County-Johnson City Health Department Are you ready to quit smoking? Join us to learn more about this FREE 8 class tobacco cessation program. This proven, effective program, through the American Lung Association, can help you quit for good!
Healthy Living	<b>Home Safe Home</b>	Wed., May, 3	10-11am	Speaker: Doreen Lancaster, RN   Learn practical tips to stay safe, healthy 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	<b>Medication Management Basics</b>	Wed., May, 3	11am-12pm	Speaker: Doreen Lancaster, RN   Join us to learn information about medication safety and tips for properly taking your medications.
Healthy Living	<b>Blood Pressure Management</b>	Wed., May, 3	12-1pm	Speaker: Doreen Lancaster, RN   Learn simple ways to help get your blood pressure under control.
Healthy Living	<b>Cardiomyopathy</b>	Wed., May, 3	3-4pm	Speaker: Doreen Lancaster, RN   Anyone can develop cardiomyopathy, a serious disease of the heart muscle. Assess your risk and learn the symptoms and treatment available.
Healthy Living	<b>Calcium Scoring &amp; Heart Healthy Tips</b>	Thu., May, 4	5-6pm	Speaker: Glynda Ramsey, MD   Have questions? Get answers about CT Calcium Scoring.
Healthy Living	<b>Palliative Care vs. Hospice</b>	Fri., May 5	12-1 pm	Speaker: Misty Cross, Director of Admissions & Marketing Greystone Healthcare   Have you heard the term "Palliative Care" and what does it mean? Do you know the difference between Palliative Care and Hospice? Come learn about these 2 wonderful services and see how each or perhaps even both services could benefit you or a loved one.
Healthy Living	<b>How Do Antianxiety/Antidepressant Medications Really Work</b>	Mon., May, 8	1-2pm	Speaker: Steve Ingram, Clinical Specialist Pharmacist Woodridge Psychiatric Hospital   Join us for a discussion about how medications work for anxiety and depression. Learn strategies for receiving the most benefit from these medications while avoiding unwanted effects.
Healthy Living	<b>Medicare 101</b>	Tue., May, 9	10-11am	Speaker: Jim Hunter   What you need to know about Medicare.
Healthy Living	<b>Arthritis</b>	Tue., May, 9	12-1pm	Speaker: 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.
Healthy Living	<b>Chronic Fatigue Syndrome</b>	Wed., May, 10	1-2pm	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>Postpartum Recovery</b>	Wed., May, 10	3-4pm	Speaker: 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.
Healthy Living	<b>How to Grow Your Own Herb Garden</b>	Thu., May, 11	12-1pm	Speaker: Joy Moore, Master Gardener   Learn about growing and harvesting your own herbs, also about preserving herbs - drying and freezing, etc.,
Healthy Living	<b>Osteoporosis</b>	Fri., May, 12	2-3pm	Speaker: 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.

healthy living	<b>CPR for Health care Providers</b>	Sat., May, 13	9am-1pm	This class is for health care workers and includes CE for adult, child and infant victims plus AED training a airway obstruction. Includes new AHA guidelines. Fee for class. Online registration at <a href="http://www.MountainStatesHealth.com">www.MountainStatesHealth.com</a> < <a href="http://www.MountainStatesHealth.com">http://www.MountainStatesHealth.com</a> >. Select Classes & Programs from top blue bar > MSHA Training Center > Advanced/Basic BLS.
healthy living	<b>Maintain Your Brain</b>	Mon., May, 15	1-2pm	Speaker: Tabitha Ebbert, Alzheimer's Association   Join us to learn about research in the areas of diet a nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.
healthy living	<b>Lowering Your Cholesterol</b>	Mon., May, 15	5-6pm	Speaker: Pam King, RN   Learn practical nutrition an lifestyle tips to help you improve your cholesterol an triglyceride levels
healthy living	<b>Stocking Your First Aid Kit</b>	Tue., May, 16	12-1pm	Speaker: ETSU Pharmacy Students   Many people keep a first aid kit at home – but what are the best items to include and have on-hand? Presenters will give suggestions for medications and supplies that should be in every home, in case of emergency.
healthy living	<b>Asthma</b>	Fri., May, 19	12-1pm	Speaker: Jeanne Clarke, RN   Join us to learn asthna basics, the importance of an asthma action plan and common asthma terminology.
healthy living	<b>COPD</b>	Fri., May, 19	2-3pm	Speaker: 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.
healthy living	<b>Chest Pain</b>	Mon., May, 22	2-3pm	Speaker: Pam King, 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.
healthy living	<b>Stress Management Tips</b>	Mon., May, 22	5-6pm	Speaker: Pam King, RN   Trying to unwind? Learn practical tips to manage your stress and techniques help you relax.
healthy living	<b>Pneumonia</b>	Tue., May, 23	1-2pm	Speaker: Jeanne Clarke, RN   Find out more about pneumonia including who is at greatest risk, causes, treatment and vaccine information.
healthy living	<b>Thyroid Disorders 101</b>	Thu., May, 25	1-2pm	Speaker: Jeanne Clarke, RN   Join us to learn the basics of thyroid function and thyroid disease.
healthy living	<b>Preventing Blood Clots</b>	Fri., May, 26	1-2pm	Speaker: Pam King, RN   What to look for, how they occur, basic prevention tips and how to avoid this common medical problem
healthy living	<b>Atrial Fibrillation</b>	Fri., May, 26	3-4pm	Speaker: Pam King, 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	<b>Congestive Heart Failure</b>	Wed., May, 31	10-11am	Speaker: Doreen Lancaster, RN   Gain a better understanding of heart failure - from causes to treatments including lifestyle changes, daily monitoring and medications.

Healthy Living	<b>Palpitations</b>	Wed., May, 31	12-1pm	Speaker: Doreen Lancaster, RN   Does it ever feel as if your heart skips a beat? Join us to learn more about palpitations, what causes them and when you need to seek medical attention.
Healthy Living	<b>Belly Fat: Your Middle Matters</b>	Wed., May, 31	5-6pm	Speaker: Doreen Lancaster, RN   Belly fat can increase your risk for heart disease, diabetes and certain types of cancer. Join us to learn nutrition tips, targeted abdominal exercises and lifestyle changes to help firm and flatten your abdomen.
Support Group	<b>Stroke Support Group</b>	Tue., May, 2	1:30-2:30pm	Speaker: Brian Mason, MD and Jeana Roper, RN, Stroke Program Manager   Join this newly formed support group as they cover various stroke related topics.
Support Group	<b>Mended Hearts</b>	Tue., May, 2	11:30am-1pm	Facilitator: Lynn Frierson   Mended Hearts offers information and support to individuals who have had heart surgery.
Support Group	<b>Fibromyalgia Support Group</b>	Mon., May, 8	5-6:30pm	Facilitator: Marina Evans   Join us for a time of caring and sharing.
Support Group	<b>Alzheimer's Support Group</b>	Fri., May 12 & 26	11am-12pm	Facilitator: 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	<b>Parkinson's Support Group</b>	Sat., May, 20	10-11:30am	Facilitator: Peggy Willocks   If you or someone you love has Parkinson's Disease, join us for a time of caring and sharing.
Support Group	<b>Multiple Myeloma Support Group</b>	Sat., May, 20	12-2pm	Facilitator: Darlene Jessee,   If you or someone you love has multiple myeloma, join us for a time of caring and sharing.