

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: Taking Medication & Healthy Coping	KP Mon., May. 1, 1-2pm JC Wed., May. 24, 6-7pm	Teri Hurt, RN, CDE
Diabetes 101: Problem Solving & Reducing Risks	KP Mon., May. 1, 4-5pm JC Wed., May. 10, 5-6pm	Teri Hurt, RN, CDE
Moving To Prevent Diabetes	KP Mon., May. 1, 5-6pm JC Wed., May. 10, 6-7pm	Teri Hurt, RN, CDE
Diabetes Jeopardy	KP Mon., May. 15, 3-4pm JC Wed., May. 24, 5-6pm	Teri Hurt, RN, CDE
What is Pre-Diabetes?	KP Mon., May. 15, 4-5pm JC Wed., May. 17, 6-7pm	Teri Hurt, RN, CDE
Eating to Prevent Diabetes	KP Mon., May. 15, 5-6pm JC Wed., May. 17, 5-6pm	Crystal West, RDN, LDN
Diabetes 101: Healthy Eating	KP Mon., May. 22, 12-1pm JC Tues., May. 23, 5:30-6:30pm	Crystal West, RDN, LDN

FOOD & NUTRITION

Nutrition for Cancer Prevention	 KP Tues., May. 16, 12:30-1:30pm JC Wed., May. 17, 12-1pm	Crystal West, RDN, LDN
Mediterranean Diet Grocery Tour	KP Tues., May. 16, 6-7pm	Elizabeth Hall, RDN Meet at the café in the Eastman Rd Food City
Variety is the Spice of Life: Cooking with Herbs and Spices	JC Wed., May. 24, 12:30-1:30pm KP Thurs., May. 25, 12:30-1:30pm	Crystal West, RDN, LDN

HEALTHY LIVING

Yoga Basics	KP Tues., May. 2, 9, 16, 23 & 30, 10:30-11:30am	Amy Fitzpatrick, MS, RD, R-HY \$5 cash
Ancient Healing Meditation with Sudha	JC Tues., May. 2, 3-4pm	Sudha Venkataraman
Freedom From Smoking	JC Tues., May. 2, 9, 16, 23 & 30, 4-5pm	Becky McKinney, Health Educator, Washington County-Johnson City Health Department
How to Grow Your Own Herb Garden	KP Tues., May. 2, 2-3pm JC Thurs., May. 11, 12-1pm	Joy Moore, Master Gardener
Calcium Scoring and Heart Healthy Tips	JC Thurs., May. 4, 5-6pm	Glynda Ramsey, MD
Palliative Care vs. Hospice	JC Fri., May. 5, 12-1pm	Misty Cross, Director of Admissions & Marketing Greystone Healthcare
How Do Antianxiety/Antidepressant Medications Really Work?	JC Mon., May. 8, 1-2pm	Steve Ingram, Clinical Specialist Pharmacist, Woodridge Hospital

Medicare 101	JC	Tues., May. 9, 10-11am	Jim Hunter, Insurance Consultant
	KP	Wed., May. 10, 10-11am	
Living Well to 100 Years	KP	Fri., May. 9, 3-4pm	David Ginn, MD
Virtual Dementia Tour: Dementia Simulation	KP	Thursday., May. 11, 10am-12pm Call for appointment	Tracey Kendall-Wilson, Alzheimer's TN
Free Chair Massage	KP	Thurs., May. 11, 1-4pm Call for appointment	Provided by Chris Wright, Licensed Massage Therapist
Ask the Eye Doctor	KP	Fri., May. 12, 2-3pm	Donny Reeves, MD, Reeves Eye Institute
CPR for Health care Providers	JC	Sat., May. 13, 9am-1pm	Fee for Class. Online Registration
Maintain Your Brain	JC	Mon., May. 15, 1-2pm	Tabitha Ebbert, Alzheimer's Association
Stocking Your First Aid Kit	JC	Tues., May. 16, 12-1pm	ETSU Pharmacy Students
Essential Oils of the Bible	KP	Tues., May. 16, 4:30-5:30pm	Maggie Cooper, LMT, Certified Integrative Health Coach
Bone Strengthening Exercises	KP	Thurs., May. 18, 1-2pm	Chris Sanders, Wellness Director, YMCA

HEALTH SCREENING - Lab work vouchers for purchase at reduced cost. Tests available include: Coronary risk panel - total cholesterol, HDL, LDL, triglycerides, glucose, hematocrit, Liver Panel, Hemoglobin A1c, TSH (thyroid) and PSA. Cash or check only. Call for fee. Available daily in Johnson City and Kingsport.

FREE Hearing Screening	KP	Tues., May. 5, 9am-2pm	Matthew Brady, AuD, CCC-AuD, Mountain Region Speech and Hearing
	JC	Wed., May. 10, 10-12am	
Labs by Appointment	JC	Sat., May. 20, 7:30-9am	Cash or check only

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

Alzheimer's & Dementia	KP	Mon., May. 1, 3:30-4:30pm	Better Breathers Club	KP	Thurs., May. 4, 1-2:30pm
Mended Hearts	JC	Tues., May. 2, 11:30am-1pm	Gluten Free Tri Cities	KP	Thurs., May. 4, 4-6pm
Stroke	JC	Tues., May. 2, 1:30-2:30pm	Alzheimer's	JC	Fri., May. 12 & 26, 11am-12pm
Fibromyalgia	JC	Tues., May. 8, 5-6:30pm	Parkinson's	JC	Sat., May. 20, 10-11:30am
			Multiple Myeloma	JC	Sat., May. 20, 12-2pm

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