

THE HEALTH RESOURCES CENTER
May 2014 CALENDAR
(Johnson City & Kingsport Locations)

*Pre-registration is required due to limited seating.
To register, call 1-800-888-5551.*

Services provided by the HRC include:

- ❖ Free blood pressure or weight checks (8am-6pm daily)
- ❖ Registered Nurse available daily to provide health information
- ❖ Individual nutritional counseling available with a registered dietitian certified in diabetic education and weight management (Free)
- ❖ Cholesterol Screenings now available daily by appointment. (Completed by fingerstick with results in minutes. Fast 10-12 hours before test. Registration required. \$25 fee)
- ❖ Individual insulin administration training available by appointment with a Registered Nurse, Certified in Diabetes Education.
- ❖ A1C testing used to monitor average blood sugar levels available daily by appointment. (\$25 fee. Done by finger stick with results in minutes. Fasting not required. Registration required.)

*Please call appropriate phone number to register for above services:
423-915-5200 (Johnson City) or 423-857-7981 (Kingsport)*

Diabetes

DIABETES 101: NUTRITION BASICS

Wednesday, May 7, 5-6:30 p.m.

Johnson City

Speaker: Jennifer Persinger, RD, CDE, MSHA

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. **HRC*

CONVERSATION MAP: ON THE ROAD TO MANAGING DIABETES

Tuesday, May 13, 1-2pm

Kingsport

Share in a fun, interactive conversation between diabetes educators and other people with diabetes to learn basic concepts from each other for managing your diabetes.

1st STEPS TO DIABETES SELF-MANAGEMENT

Wednesday, May 14, 1-2 p.m.

Johnson City

Speaker: Jennifer Persinger, RD, CDE, JCMC

Join us to learn the basic survival skills needed when you are first diagnosed with diabetes. A brief overview of what is diabetes, avoiding complications, and tools for controlling diabetes will be provided. **Annex*

DIABETES 101: MONITORING & BEING ACTIVE

Wednesday, May 14, 5:30-6:30 p.m.

Johnson City

Speaker: Teri Hurt, RN, CDE, JCMC

Are you looking for something that can help you take charge of your diabetes? Find out how being active can help you get better control of your blood sugar. Monitoring basics will also be discussed.

**HRC*

DIABETES 101: TAKING MEDICATION S & HEALTHY COPING

Thursday, May 15, 3-4pm

Kingsport

Don't let diabetes get you down! Explore medication options to help you manage your blood sugar to stay healthy and lead a normal life.

CONTROL ON THE GO: TRAVELING WITH DIABETES

Thursday, May 29, Noon-1pm

Kingsport

Don't let vacation travel hijack your diabetes management goals. Pack these healthful tips with you this summer!

DIABETES 101: PROBLEM SOLVING & REDUCING RISKS

Thursday, May 29, 3-4pm

Kingsport

Learn how to interpret your blood sugar results to improve the highs and lows of diabetes and reduce your risks for developing complications.

Pre-Diabetes

DIABETES PREVENTION SERIES

Mondays, May 5, 5-6 & 6-7 & May 12, 5-6 p.m.

Speaker: Jennifer Persinger, RD, JCMC

5/5, 5-6 p.m. ~ What is Pre-Diabetes?

5/5, 6-7 p.m. ~ Eating to Prevent Diabetes

5/12, 5-6 p.m. ~ Moving to Prevent Diabetes

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. **Annex*

Healthy Living

STRESS TIPS 101

Friday, May 2, 11am-Noon

Kingsport

Learn practical tips to manage your stress and techniques to help you relax.

FAST & HEALTHY FAMILY MEALS

**Wednesday, May 7, 11am-Noon
Kingsport**

Got a busy family and struggle with providing quick, healthy meals? Get tips for answering the dreaded question, "What's for dinner?"

BEAT THE TOBACCO HABIT!

**Thursday, May 8, 1-2 p.m.
Johnson City**

Speaker: Darlene Hatley, RN, MS, MSHA

Learn practical tips and get the support you need to become smoke free. **Free Orientation! 4 week series available. *HRC**

SNOOZE FOODS

**Monday, May 12, noon-1 p.m.
Johnson City**

Speaker: Jennifer Persinger, RD, CDE, JCMC

What you eat can affect how you sleep. Join us to learn which foods are best at promoting restful sleep and which ones to avoid, including dinner and bedtime snack suggestions. ***Annex**

HEALTHY HEARTS **NEW!**

**Tuesday, May 13, 11a.m.-noon
Johnson City**

Speaker: Chasity Harness RN, MSN, STS

By far, the most effective way to lead a "Heart Healthy" lifestyle is to gain an understanding about Cardiac Risk Factors and take steps to minimize their impact upon your life. Are you at risk- come and find out! ***HRC**

STRESS~ARE YOU MANAGING IT OR IS IT MANAGING YOU?

**Wednesday, May 14, 1-2p.m.
Johnson City**

Speaker: Darlene Hatley, RN, MS, MSHA

How do you manage your stress? Do you stuff it? Are you an exploder? Many people manage stress in unhealthy and ineffective ways. Find out what stress managers do differently. ***HRC**

WOK YOUR WORLD

**Friday, May 16, 12:30-1:30pm
Kingsport**

Speaker: Beau Gerarde, Executive Chef

Join us for a fun and tasty cooking demo as we learn to prepare heart friendly stir fry utilizing this quick, fuss-free, one pan method. Samples provided of both chicken and vegetable options.

LOSE WEIGHT THE HEALTHY WAY

Friday, May 16, noon-1 p.m.

Johnson City

Speaker: Alice Sulkowski, RD, JCMC

Are you tired of fad diets that only leave you frustrated after you re gain the weight? Join us to learn the healthy way to lose the weight and keep it off for good. **HRC*

MEDITERRANEAN DIET

Tuesday, May 20, 5-6 p.m.

Johnson City

Speaker: Alice Sulkowski, RD, JCMC

Learn what this eating plan is all about and how you can change your habits to include these healthy foods **HRC*

LOWERING YOUR CHOLESTEROL

Wednesday, May 21, noon-1p.m.

Johnson City

Speaker: Rachel Forbush, RN, MSHA

Come and learn practical nutrition and lifestyle tips to help you improve your cholesterol and triglyceride levels. **HRC*

MAKE A DASH FOR BETTER BLOOD PRESSURE

Tuesday, May 27, noon-1 p.m.

Johnson City

Speaker: Jennifer Persinger, RD, CDE, JCMC

A healthy lifestyle plays an important role in lowering high blood pressure. Learn about the DASH (Dietary Approaches to Stop Hypertension) eating plan, and how exercise can help lower blood pressure. **Annex*

SPRING SALADS COOKING DEMO

Tuesday, May 27, 4-5pm

Kingsport

Spring is here and the markets are filling with fresh produce! Learn the basics of salad making and join us to prepare and taste some healthy options.

PORTION DISTORTION

Thursday, May 29, 5-6 p.m.

Johnson City

Speaker: Jennifer Persinger, RD, CDE, JCMC

Super sized servings have changed what we think of as normal portions. Get smart about portions plus tips for balanced eating at home and out. **Annex*

An Integrative Approach to Breast Health

Tuesday May 6, 6-7:30 p.m.

~Identifying Risk Factors for Breast Cancer

Trey Robertson, MD focuses on identifying non-modifiable risk factors and the importance of valid screening practices.

~Mammography & Genetic Testing

Jocelyn Medina, MD provides answers about mammograms, thermography and genetic testing.

~Addressing Modifiable Risk Factors for Breast Cancer

Tamara McKenzie, MD identifies non-modifiable risk factors and the importance of valid screening practices.

Tuesday May 13, 6-7:30 p.m.

~Metabolic Syndrome & Breast Cancer

Lynn Conley, D.C. discusses the relationship between insulin resistance and the development of breast cancer.

~Hormone Replacement Therapy & Breast Cancer

Eva Pickler, MD looks at the pros and cons of HRT as well as bio-identical hormones.

~The Role of Nutrition in Breast Health

Glynda Ramsey, MD focuses on cancer fighting power of phytonutrients.

Tuesday May 20, 6-7:30 p.m.

~Endocrine Disruptors & Breast Cancer

Connie Pennington, MD explains how plastics, pesticides and other chemicals act as "xenoestrogens" and how to avoid them.

~Exercise Physiology & Well-Being

Benjamin Sharfstein, MD discusses the importance of an active lifestyle in disease prevention.

~The Benefits of Tai Chi

Master Amanda Olsen shares how this slow movement meditation rooted in martial arts provides stress reduction plus improvement in balance and coordination.

Tuesday May 27, 6-7:30 p.m.

~Behavior & Lifestyle Changes

Kim Bushore Maki, LPC discusses how to access the strength within to achieve maximum wellness.

~The Mind, Body & Spirit Benefits of Yoga

Jennifer Chiasm explores this ancient practice and it's transforming power in today's busy world.

~Lifestyle Modification Program

Maggie Cooper, Certified Integrative Health Coach

Describes how health coaching can transform your life

Please Note: Programs may have to be canceled or rescheduled due to inclement weather, so please make sure to pre-register. If in doubt, please use caution and call 423-915-5200 (Johnson City) or 423-857-7981 (Kingsport) to confirm.

To receive the monthly Health Assessment calendar, please e-mail us your email address at citydiet@johnsoncitytn.org

The Health Resources Center is located on the lower level of The Mall at Johnson City beside the Belk Women's store.

The Annex is located at the back of The Mall between Belk Women's store and Belk Home Store. Enter directly from parking lot #17 at the green awning. The Kingsport Health Resources Center is located in the Kingsport Town Center Mall on the second level outside of JC Penny.