

THE HEALTH RESOURCES CENTER
October 2015 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 (Credit given only for individuals with a diagnosis of diabetes)

Kingsport	Heart Disease and Diabetes	Tuesday, October 06, 2015, 6-7pm	Katie Gagel, RD	Cardiovascular disease is strongly related to diabetes. It is important to know how to eat for heart disease prevention and blood glucose control. Come learn about the relationship and how to reduce complications.
Kingsport	Better Blood Sugars in 30 Days	Wednesday, October 14, 2015, 2-3pm	Teri Hurt, RN, CDE	Walk through a month of tips that can improve your blood sugar. Small steps can lead to BIG rewards.
Kingsport	Diabetes Trivia Challenge	Friday, October 16, 2015, 8:30am-9:30am	Doreen Lancaster, RN	How much do you know about diabetes? Join this early morning, friendly competition and education session and enjoy a snack of healthy muffins and coffee.
Johnson City--ANNEX	ABC'S Of Diabetes Management	Monday, October 19, 2015, 12-1pm	Jennifer Persinger, RD, CDE, MSHA	Staying healthy when you have diabetes can be as easy as learning your ABCs. By knowing and controlling your A (A1C), B (Blood Pressure), and C (Cholesterol), you can stay healthy and achieve your goals.

Kingsport	Lilly Diabetes My Educator Program	Tuesday, October 20, 2015, 10-11am	Heidi Mohn, RN, CDE, Lilly Diabetes Educator	Interactive, personalized program designed to help you fit diabetes care into your busy life. Learn how to monitor and treat high or low blood sugar, eat healthy and stay active. You'll leave with an action plan to share with your healthcare provider. Call 855-559-3422 to register!
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Johnson City--ANNEX	Better Blood Sugars in 30 Days	Wednesday, October 21, 2015, 5-6pm	Teri Hurt, RN, CDE, MSHA	Are you having a hard time getting your blood sugars under control? Small steps can lead to BIG rewards. Join us to learn tips that can improve your blood sugars.
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Johnson City	Lilly Diabetes My Educator Program	Wednesday, October 21, 2015, 6-7pm	Heidi Mohn, RN, CDE, Lilly Diabetes Educator	Interactive, personalized program designed to help you fit diabetes care into your busy life. Learn how to monitor and treat high or low blood sugar, eat healthy and stay active. You'll leave with an action plan to share with your healthcare provider. Call 855-559-3422 to register!
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Kingsport	Carb Counting & Insulin Therapy	Monday, October 26, 2015, 10-11am	Jessica Leu, MS, RD, LDN, BC-A	Join us to learn what you need to know about meal planning when taking insulin.
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Johnson City	Diabetes Self-Management	Monday, October 26, 2015, 8am-2pm	Jennifer Persinger, RD, CDE and Teri Hurt, RN, CDE, MSHA	Designed to put You in control of your diabetes and prevent complications. Learn about carbohydrate counting, medications, monitoring and much more.
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Healthy Living

Johnson City --ANNEX	Yoga For Every Body	Thursdays, 10/1, 10/8, 10/15 & 10/29, 6-7pm	Glynda Ramsey, MD	This yoga class focuses on breathing exercises, meditation, and gentle yoga postures for flexibility, balance, and strength. This class is for everyone! Learn to maintain balance and calm in the midst of life's daily stresses. Bring a yoga mat. \$5 fee.
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Kingsport	Yoga Basics	Tuesdays, October 6, 13, 20 & 27, 10:30am-11:30am	Amy Fitzpatrick, MS, RD, R-HYI	Learn how yoga and meditation can be used as part of a holistic approach to health and well-being. Bring mat if you have one. \$5 Fee. Cash only.
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Kingsport	Stress Management Tips	Saturday, October 03, 2015, 10-11am	Tanya Fuccio, RN	Trying to unwind? Learn practical tips to manage your stress and techniques to help you relax.
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Kingsport	Lower Your Cholesterol	Monday, October 05, 2015, 10-11am	10-11am	Doreen Lancaster, RN	Learn practical nutrition and lifestyle tips to help you improve cholesterol and triglyceride numbers.
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Johnson City	Lowering Your Cholesterol	Thursday, October 08, 2015, 1-2pm	Pam King, RN, MSHA	Learn practical nutrition and lifestyle tips to help you improve your cholesterol and triglyceride levels
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Johnson City--ANNEX	Make a DASH for Better Blood Pressure	Wednesday, October 14, 2015, 12-1pm	Jennifer Persinger, RD, CDE, MSHA	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.
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Kingsport	Thyroid Disorders 101	Thursday, October 15, 2015, 4-5pm	Lisa Rice, RN	Join us to learn the basics of thyroid function and thyroid disease.
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Kingsport	Dash to Better Blood Pressure	Monday, October 19, 2015, 9-10am	Doreen Lancaster, RN	Discover the Dietary Approaches to Stop Hypertension (DASH), how exercise can help, and ways to cope with stress.
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Johnson City	Foods That Fight Cancer	Tuesday, October 20, 2015, 5-6pm	Alice Sulkowski, RD, MSHA	The easiest, least expensive way to reduce your risk for cancer is just by eating a healthy diet. Cancer Fighting Foods have become a topic of interest among many researchers. Please join us to learn how to add cancer fighting foods into your diet.
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Johnson City-- ANNEX	Power Up Your Plate- Fall Edition	Wednesday, October 21, 2015, 12-1pm	Jennifer Persinger, RD, CDE, MSHA	Fall is a perfect time to add nutrient-packed foods to your diet. Join us to learn about 10 Fabulous Fall Foods that can help boost your health.
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Kingsport	E-Cigarettes: Are They Really Better for You?	Thursday, October 22, 2015, 5-6pm	Melony Ison, Sullivan County Anti Drug Coalition	Are e-cigs safer than tobacco? Are they a new form of addiction? Get the scoop on this new trend.
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Johnson City	Getting The Most Out of Your Healthcare Visits	Friday, October 23, 2015, 12-1pm	Pam King, RN, MSHA	You have limited time when you see a physician or healthcare provider. Come and learn how to use that time wisely and get the most out of your visit.
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Kingsport	Pumpkin Patch	Monday, October 26, 2015, 6-7pm	Katie Gagel, RD	Pumpkins are utilized for decoration and seasonal flavors during fall months. Join us to discover some little-known facts about pumpkins and ways to use them in cooking. Samples provided.
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Johnson City	Let's Talk About Your Stress!	Monday, October 26, 2015, 3-4pm	Pam King, RN, MSHA	Stress can take a toll on your physical and mental health. Sit down with our nurse and discuss the things that stress you out the most, and learn the best ways to deal with that stress.
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Johnson City-- ANNEX	Nutrition From A-Z	Wednesday, October 28, 2015, 12-1pm	Jennifer Persinger, RD, CDE, MSHA	Nutrition terms can be confusing. Join us as we scan through our nutrition dictionary for popular terms.
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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.