

Healthy Living



Celebrate Heart Month



LOVE YOUR HEART PROGRAMMING!

There are many ways to love your heart by taking care of yourself by lowering blood pressure, cholesterol, eating healthier or decreasing your stress. The classes we are offering will help you learn ways to do all these things. Plus, there will be two heart loving lunches this month too!

With this series of programming, there will be door prizes given away at the end of month. For each "Love Your Heart Program" you attend, you will be given a ticket. Come to all nine and get nine chances to win a prize! These qualifying programs will have a heart to signify they are part of "Loving Your Heart's" celebration.

Be Balanced

Monday, February 2

11:15-11:45am • Cost: Free

Jennifer Persinger, RD will continue the 2015 Challenge Classes. Learn portion control and how to balance calories in/out.



Congestive Heart Failure

Monday, February 2

1:00-2:00pm • Cost: Free

Kelli Ouelette, RN CHF, Program Manager from MSHA will discuss Congestive Heart Failure (CHF). Learn what CHF is, warning signs and symptoms, prevention, treatment, and more.



Hypertension

Wednesday, February 4

11:00-Noon • Cost: Free

Does your doctor want you to lower your blood pressure? Why is hypertension so dangerous? Julie Bates, NP, will discuss these concerns and ways to lower your blood pressure.

Navigating Over the Counter Aisles for Self-Treatment

Wednesday, February 4

10:00-11:00am • Cost: Free

Do you go to the pharmacy for over the counter medications when you are sick

or just need a boost? Which of these medications are beneficial? Do they react with your regular meds? Can they actually harm you? Pharmacy students from the

Bill Gatton College of Pharmacy will present an informative program to bring clarity to this confusing topic.



A Healthy Heart Cooking Demonstration

Thursday, February 5

Noon-1:00 p.m.

Cost: \$3.00 (Must register and pay for this program by Tuesday, February 3)

Senior Services and the Washington County S.A.L.T. Council have partnered with The ETSU Clinical Nutrition Graduate Studies Program to demonstrate and discuss healthy lunches. Enjoy chicken quesadillas, vegetable medley, and a light dessert while watching a cooking demo and nutrition discussion. This event is limited to the first 25 people. Stick around afterwards for the monthly S.A.L.T. Council meeting.



Basic Training for Your Heart

Wednesday, February 11

11:00-noon • Cost: Free

Learn how heart rate, blood pressure and exercise affect your heart. When is your heart too fast or too slow to exercise? What is optimal blood pressure when exercising? What exercise precautions should you know? Deb Fogle will cover all these topics and more.



New Cholesterol Guidelines

Thursday, February 12

10:00-11:00am • Cost: Free

Pharmacy students from the Bill Gatton College of Pharmacy return to share the newest cholesterol guidelines. They will also help to answer the question "is getting your cholesterol to a certain level important or is your doctor looking at other factors?"

Be Sensible

Monday, February 16

10:00-10:30am • Cost: Free

The 2015 Challenge Class is winding down with a talk by Jennifer Persinger, RD.

**Make sure you turn in your calendars to

Patty or the Health Resources Center in the Mall at Johnson City.

This week Jennifer will share tips for eating at home and away that will help you stay on track.



Treatment for Heart Disease

Monday, February 16

11:00-noon • Cost: Free

Chastity Harness, RN, Open Heart Nurse Manager with MSHA will present an informative and educational program "Treatment for Heart Disease". You will learn the options for treatment for heart disease and what can be done to help you live a better life and live with heart disease.



What Does a Heart Healthy Diet Look Like?

Wednesday, February 18

11:00-noon • Cost: Free

Discover what a heart healthy diet looks like! Which foods are good for you? What foods should you avoid? Are there healthy foods you have never tried? You would be surprised how filling a healthy diet can be! Alice Sulkowski, RD.



Heart Talk and "Wear Red"

Lunch with Dr. Shobha

Hiremagalur, Cardiologist with Mountain States Cardiology

Thursday, February 19 • Noon-1:00 p.m.

Free (must register by Tuesday, February 17, only 50 seats available)

This Heart Healthy Lunch is sponsored by Mountain States Health Alliance. Wear red to bring awareness to the serious and many times silent killer—heart disease. Enjoy a heart healthy lunch prepared especially for you by the chef at MSHA while Dr. Shobha talks about the latest heart developments.



Reducing Stress with Dr. Glynda Ramsey

Wednesday, February 25

11:00-noon • Cost: Free

Dr. Glynda Ramsey will discuss how stress adversely affects your health. Learn ways to reduce stress in your life for life's sake!