

Upcoming events and activities

February 2016

Come One, Come All. Anyone can participate in the webinars on this schedule. Please feel free to share the schedule with anyone who is interested. The confirmation will be sent to the email address used to register.



Webinars

In order to participate, you must register. *Once you register, you will receive a confirmation email. Use the confirmation email to get the link that will allow you to access the webinar. Please test this link at least 10 minutes before the start of the webinar.*

If you have any difficulties registering for the webinars using the links in this document, please contact Willa Robinson Allen at 560-7771 or via email at wrobinson@dconc.gov at least 15-20 minutes prior to the start of a webinar. Please note, the confirmation link will be sent to the email address you included in your registration. So, make sure you are able to access that email address prior to the start of the webinar.

Wet Your Whistle with Water!

Wednesday, February 3, 2016 10:00am-10:45am <https://attendee.gotowebinar.com/register/5124758098681324546>
Tuesday, February 9, 2016 3:00pm-3:45pm <https://attendee.gotowebinar.com/register/1845250264071977986>

We tend to consume more water in the warmer months but it's important to drink it every day and all year long. Not only is water calorie free, sugar free, and fat free but it also aids in many processes of the body. You may be surprised to learn so much about something we get so little of! Get tips on how to increase your intake and watch water work wonders.

9 Risk Factors for Heart Disease in Women

Monday, February 8, 2016 11:00am-11:30am <https://attendee.gotowebinar.com/register/517820870974225410>
Thursday, February 25, 2016 2:00pm-2:30pm <https://attendee.gotowebinar.com/register/2130410803758887938>

Just because you feel fine doesn't mean you aren't at risk for heart disease. There are many factors that can increase a woman's risk of heart disease, and they are much more than just the obvious factors like age or weight. Join this webinar to find out more risks for heart disease and learn how you can reduce your risk.



A Good Night's Sleep (Updated webinar)

Tuesday, February 9, 2016 6:00pm-6:30pm <https://attendee.gotowebinar.com/register/5965608516511490050>
Tuesday, February 16, 2016 11:00am-11:45am <https://attendee.gotowebinar.com/register/8962690296851819778>

Did you know that the average American should be getting 8 hours of sleep each night, but most of us are only getting 6 hours and 40 minutes? This lack of sleep contributes to several different chronic diseases and for this reason it is important to gain knowledge on how you can improve your sleep habits. So join us in understanding how the lack of sleep contributes to these diseases as well as learn ways to improve your sleep habits which will ultimately improve your life! If you participated in this webinar, join again, new information has been added.

Jump Start Your Heart by Walking

Tuesday, February 16, 2016 10:00am-10:45am

<https://attendee.gotowebinar.com/register/371490166967842049>

Thursday, February 18, 2016 3:00pm-3:45pm

<https://attendee.gotowebinar.com/register/6422031186363477761>

Heart disease isn't just an old-age problem. It often begins in your youth and takes a lifetime to develop. Fortunately, you can jumpstart your heart health at any age! One easy way to do it is by walking and jogging. Not only are you using those legs great for a cardiovascular workout and toning but also to strengthen bones and burn calories. We walk everyday anyway, so why not step it up?

Your Waist and Your Wallet

Tuesday, February 23, 2016 10:00am-10:45am <https://attendee.gotowebinar.com/register/989944566871434754>

Tuesday, February 23, 2016 3:00pm-3:45pm <https://attendee.gotowebinar.com/register/6767741831392482562>

Making smarter choices in eating and exercise can benefit your health in many ways—less stress, reduced risk of disease, more energy and a longer life, just to name a few. Enjoying a healthy lifestyle and keeping fit could also lead to a healthier bank account. Saving money and saving calories go hand in hand. Tune in to find out more about becoming more physically and fiscally fit!

7.5 Keys for Healthier Living

Wednesday, February 24, 2016 11:00am-11:30am <https://attendee.gotowebinar.com/register/880845525605227010>

Many people believe they have to make severe lifestyle changes to become healthier. Also, many believe that if they already have a chronic condition that their overall health must decline. This webinar presents evidence that making a few healthy choices in moderation has tremendous long-term benefits for an improved quality of life.

Just Vapin': Trending with E-cigarettes

Wednesday, February 24, 2016 2:00pm-2:30pm <https://attendee.gotowebinar.com/register/8626755409705878018>

E-cigarettes have been around for a number of years. However, in the last two years, they have gained popularity. Join us for this webinar to learn about these products, current usage trends for both adults and youth and the current policies that govern where they can be used. You just might be surprised as to what you learn from this webinar.



Is this Fit LEGIT?

Thursday, February 25, 2016 11:00am-11:30am <https://attendee.gotowebinar.com/register/4268506821480810754>

Research shows that many of us do not get the recommended amount of physical activity. For weight management, some turn to alternatives that aren't always the best choice. This webinar will explore the latest trends in weight loss alternatives such as body wraps and waist sizers. Trying to manage your weight? Join us as we highlight better alternatives and resources which include fun ways to increase exercise.



Community Events

Shopping Matters Grocery Store Tours

February 17, 2016, Food Lion (2400 Holloway Street)

March 16, 2016, Food Lion (3022 Fayetteville Street)

April 12, 2016, Compare Foods (1000 N. Miami Blvd (en Espanol))

May 18, 2016, Food Lion (2000 Chapel Hill Rd)

June 15, 2016, Save-A-Lot (812 Liberty Street)

All tours are 11:00am-12:30pm

Attend this **FREE** interactive grocery store tour if you are interested in learning how to make informed decisions about food while you shop for groceries. The tour will go over skills such as buying fruits and vegetables on a budget; comparing unit prices to find bargains; reading food labels etc. If you want to attend this grocery store tour sponsored by the Durham Diabetes Coalition, contact Leah Williams at 919-560-7890 or email lswilliams@dconc.gov Registration is required. Space is limited. **New participants only.**

Living Healthy with Chronic Disease

Chronic Disease Self-Management (CDSMP)

Lincoln Community Health Center 1301 Fayetteville Street

To register, call 919-956-3934

Wednesdays, March 2-April 6, 2016

4:30pm-6:30pm

Thursdays, March 3-April 7, 2016

5:30pm-7:30pm



CDSMP is a six-week evidence-based workshop developed by Stanford University that helps you take control of your ongoing condition rather than letting the illness control you! It does not matter the illness, high blood pressure, high cholesterol, heart disease, Lupus, gastrointestinal disorders, etc. This fun interactive workshop can help you:

- Manage pain, fatigue, depression and frustration
- Increase fitness and self-confidence
- Use medications wisely
- Improve communication with your family members and health care providers
- Choose healthier foods
- Stress reduction techniques

Best of all, this workshop is **free!** To register, click the link to the below the date. Please register one week prior to the start date of the workshop(s) you would like to attend.

Living Healthy with Diabetes (Diabetes Self- Management Program/DSMP)

Lincoln Community Health Center 1301 Fayetteville Street

To register, call 919-956-3934

Mondays, February 8-March 14, 2016

10:00am-12:00pm

Thursdays, February 25-March 31, 2016

5:00pm-7:00pm

Tuesdays, April 5-May 10, 2016

10:00am-12:00pm

DSMP is a free 6-week program that helps individuals learn how to self-manage and improve their diabetes. Subjects covered include: 1) healthy eating 2) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 3) appropriate exercise for maintaining and improving strength and endurance; 4) healthy eating 5) appropriate use of medication; and 6) working more effectively with health care providers. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program

For Faith-based Organizations

Durham County Health Ministry Network

(for Durham faith-based organizations)

Are you part of a faith-based organization looking for health-related resources for your church in Durham? If so, attend a meeting and maybe join the Durham County Health Ministry Network! Membership is free and you will be able to participate in trainings, community events and grant opportunities. Mark your calendars for the next quarterly meeting on **Monday, March 14, 2016**

from 6-7:30pm at the Durham County Department of Public Health located at 414 E. Main Street.

For more information, call Willa Robinson Allen at 560-7771 or contact through email

wrobinson@dconc.gov

Starting or Rebuilding a Health Ministry (face-to-face)

Site TBD

Saturday, February 27, 2016 10:00am-11:30am

<http://events.constantcontact.com/register/event?llr=gdhnt6dab&oeidk=a07ec2mzeox33a8360f>

A Health Ministry works to support and promote health and wellness of the body, mind and spirit through planned congregational activities. If your organization does not have a health ministry, start one today. Don't know where or how to get started? This is a face-to-face training that you leave you ready to get started immediately! Please register by February 23, 2016. **Minimum: 5 Maximum: 20** participants. *This event is subject to be canceled if the minimum registration count is not met.*