



## Health webinars & community events

**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 for the webinar.

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.* 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](mailto:wrobinson@dconc.gov) at least 15-20 minutes prior to the start of a webinar.

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### Planning Makes Change Possible

Thursday, March 10, 2016 3:00pm-3:45pm <https://attendee.gotowebinar.com/register/3165217272283752962>

Planning is essential for any behavioral change and can be a healthy habit in itself! Not only does planning increase your chances of adhering to something new, but it also increases the likelihood of you reaching your goals. Join this webinar to find out more about your roadmap to success. When it comes to change, practice makes permanent but planning makes it possible!

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### Dietitian/Nutritionist: Not the Food Police

Tuesday, March 15, 2016 1:00pm-1:30pm <https://attendee.gotowebinar.com/register/5175517053509427202>

Really....we are not watching everything you eat! Join us for this webinar to learn how dietitians can help you identify and achieve lifestyle changes to improve your well-being. Whether you are trying to manage your weight or a chronic condition such as diabetes, hypertension, high cholesterol or many others, let's work together to maximize your health!

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### Good Sleep is Within Reach!

Wednesday, March 16, 2016 3:00pm-3:30pm <https://attendee.gotowebinar.com/register/3916222196961710850>

Do you feel constantly tired and sluggish? Having trouble sleeping? Join this webinar to learn more about sleep and how you can get a better night's sleep!



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### Sleep Disorders Series: Abnormal Sleep Behaviors (1 of 5)

Wednesday, March 16, 2016 4:00pm-4:30pm <https://attendee.gotowebinar.com/register/3514524419846898946>

In this five part series, we will look at sleep behaviors, circadian rhythm disorders, excessive daytime sleepiness disorders, insomnia and sleep and specified chronic diseases. This first webinar will explore abnormal sleep behaviors such as nightmares, REM Behavior disorder, sleep talking and sleep walking. Sometimes we do strange things in our sleep, this webinar will shed some light on such disorders and what can be done to cope.



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## Colorectal Conditions

Thursday, March 17, 2016 11:00am-11:45am <https://attendee.gotowebinar.com/register/1263012678207942402>

Delays in the diagnosis of colorectal conditions are a growing cause of concern. Learning about such conditions is helpful to be able to recognize risk factors, signs and symptoms and prevention steps. Join us for this webinar to learn more about colorectal cancer and other conditions of the colon.

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## Reality or Rubbish: 10 myths that may hinder your weight loss efforts

Thursday, March 17, 2016 3:00pm-3:45pm <https://attendee.gotowebinar.com/register/1230014135235339522>

Losing weight is already a tough task! Add to it the constant bombardment of conflicting advice, and it's enough to make even the most determined lifestyle changer get discouraged. Here are 10 weight loss myths that get perpetuated over and over again. Learn the truth and end the confusion.

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## The WORLD has your Workout!

Wednesday, March 23, 2016 3:00pm-3:45pm <https://attendee.gotowebinar.com/register/7259341177284755202>

GYM...SHCWIM! If you don't know where to start or really know don't what counts as "exercise", tune in for tips on fitting physical activity into your day for a more energized and healthier lifestyle. You don't need a building or a membership. Find your fitness in the environment around you. The world has your workout...GO GET IT!

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## Diabetes and the "Dawn Phenomenon"

Thursday, March 24, 2016 1:00pm-1:30pm <https://attendee.gotowebinar.com/register/6031955247686995971>

The "Dawn Phenomenon" may impact up to 50% of patients with type 2 diabetes. It causes a rise in blood glucose at the end of the night which may result in an elevated blood sugar reading the next morning. Consider questions to ask your doctor to determine if it might be the cause of your morning highs. Join us for this webinar to find out what causes this phenomenon from recent scientific studies.

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## Keys to Recruitment Strategies

Tuesday, March 29, 2016 11:00am-11:30am <https://attendee.gotowebinar.com/register/86020665046478083>

Let's be honest, nothing is more discouraging than to have an informative workshop with life-changing information, but low participation rates. Truth be told, recruiting for all workshops can be very frustrating and difficult—especially when you do not know which strategies are most effective. This webinar will share with you those strategies that have been proven to work, particularly those targeting the undeserved populations.

# Community Events

## Diabetes Support Group

Tuesday, March 1, 2016 at 5 pm (and every first Tuesday of the month)  
Durham County Human Services Building, Conference Room C  
414 E. Main Street

Do you or a loved one have diabetes? This is the group for you! Each month we'll discuss a different topic related to diabetes care and management. You'll get support and help from others in the group and learn how to live better with diabetes. No registration is required. For more information, contact Aubrey Delaney, 919-560-7180, [adelaney@dconc.gov](mailto:adelaney@dconc.gov)

## Living Healthy with Chronic Disease

Chronic Disease Self-Management (CDSMP)

**Lincoln Community Health Center** 1301 Fayetteville Street

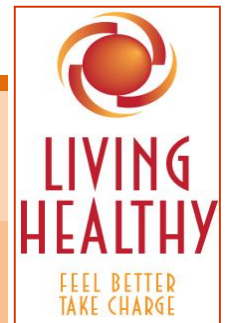
*To register, call 919-956-3934*

**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

**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



Tuesday, March 22, 2016

Human Services Building 414 E. Main Street

10:00am-2:00pm

Diabetes Alert Day is observed annually on the 4th Tuesday in March. It is a one-day wake-up call to inform the public about the seriousness of diabetes, particularly when diabetes is left undiagnosed or untreated. The Durham Diabetes Coalition, Durham County Department of Public Health, recognizes this day by offering free screenings for diabetes, presentations by renowned diabetes experts, written information on diabetes prevention and management, local resources, incentive gifts and prizes. To register for the event, contact Crystal Dixon at 919-560-7648 or [ctdixon@dconc.gov](mailto:ctdixon@dconc.gov)

*Take action by visiting any of the participating sites below and to take a diabetes risk test:*

<b>Durham County Human Services Building</b> 414 E. Main St 10:00am – 2:00pm	<b>VA Medical Center</b> 508 Fulton Street 8:00am-5:00pm
<b>Lincoln Community Health Center</b> 1301 Fayetteville St 10:00am – 2:00pm	<b>Duke Outpatient Clinic</b> 4220 N. Roxboro Rd 8:00am-5:30pm

## Shopping Matters Grocery Store Tours

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](mailto:lswilliams@dconc.gov) Registration is required. Space is limited. **New participants only.**

## For faith-based Organizations

### Durham County Health Ministry Network Quarterly Meeting

(for Durham faith-based organizations)

Are you part of a faith-based organization looking for health-related resources for your church in Durham? Join the Durham County Health Ministry Network! Visit the Network website [www.durhamhealthministry.org](http://www.durhamhealthministry.org) for training schedules and other events. Also, 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.

If your organization would like to be part of the Durham County Health Ministry Network, contact Willa Robinson Allen at 560-7771 or via email [wrobinson@dconc.gov](mailto:wrobinson@dconc.gov)