



## Public Health



## Health Webinars & Community Events

### July 2016

**Stay Connected!** Anyone can participate in the webinars on this schedule. So, please feel free to share the schedule with anyone who is interested, even if they do not live or work in Durham County.

### Webinars

In order to participate, you must register. *Once you register, you will receive a confirmation email. Use the link in the confirmation email 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](mailto: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.

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### Back to the Basics: Care, Strength and Fitness

Thursday, July 7, 2016 10:00am-10:30am <https://attendee.gotowebinar.com/register/1105541725287341825>  
Thursday, July 21, 2016 3:00pm-3:30pm <https://attendee.gotowebinar.com/register/6225497884390099201>

Your back is the foundation of your “power zone” –they key to better posture, and a source of strength not just for sports but for most daily activity. The bad news is that millions of people suffer from occasional or chronic back pain. The good news is that you can take steps to help yourself build a stronger, more flexible, fit back...no matter what shape you’re in now. For many, you can maintain a healthy back and avoid injury. Join us for this webinar to learn how....



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### Take Care of the Skin You’re In

Monday, July 11, 2016 3:00pm-3:30pm <https://attendee.gotowebinar.com/register/6813790481305351682>

Now that it’s nice out, we’re all spending more time outdoors. It’s important to take care of yourself when you’re outside, though. This webinar will help you understand the dangers of unprotected sun exposure and how you can safeguard your health with sunscreen.

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## Ten Tips for Summer Sanity

Tuesday, July 19, 2016 10:00am-10:30am

<https://attendee.gotowebinar.com/register/6620133498305325826>

Thursday, July 28, 2016 3:00pm-3:30pm

<https://attendee.gotowebinar.com/register/7729986032940582402>

Summer gets us in the mood for vacationing and relaxing but this season can also add stress. Between vacation planning, juggling children's summer schedules and an extra workload of vacationing colleagues, dealing with summer stress can be taxing! Staying mentally and physically fit takes work and requires an investment, but it ensures balance between emotional and physical wellness. Tune in for ten tips to manage your stress this summer...and for life!



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## Back Tips for People Who Sit

Tuesday, July 26, 2016 10:00am-10:30am

<https://attendee.gotowebinar.com/register/3873510571168791810>

You may not know it, but 40 hours of sitting can put more strain on your back than 40 hours of standing—or even lifting—making you one of the unsung heroes or heroines of the workplace. But you're also a prime target for the Monday-to-Friday Syndrome: backache and fatigue from slouching over your desk all week. Since you sit most of the day, it makes sense to learn simple back care tips to help prevent back strain and injury and help you feel healthy on the job.

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## So You Too Have Lupus

Tuesday, July 26, 2016 3:30pm-4:15pm

<https://attendee.gotowebinar.com/register/902402554011122434>

Systemic lupus erythematosus (SLE) can cause a variety of symptoms, most common are joint pains, skin rashes and tiredness. Treatment includes anti-inflammatory painkillers, steroids, diet and life style changes. Discover what new research studies are reporting about Lupus.

# Community Events & Webinars

## FreshStart

Thursdays: October 20-November 10, 2016

Durham County Department of Public Health

5:30pm-6:30pm

If you are thinking about quitting, there is no better time than the present. The American Cancer Society's FreshStart® program has helped thousands of adults quit smoking for good. Consider this announcement a personal invitation. To register by phone call 919-560-7765 or online:

<http://events.constantcontact.com/register/event?llr=gdhnt6dab&oeidk=a07ecwxh7zgab5249a6>



## Events for faith-based organizations

*Please note: Community trainings that do not reach the minimum number of registrants may be canceled.*

### **EmPowered To Serve Conference**

Saturday, July 16, 2016  
10:00am – 2:00pm

Duke Trent Seamans Health Education Center  
8 Searle Center Drive  
Durham, NC 27708

The American Heart Association EmPowered to Serve Conference will serve as a catalyst to create a sustainable culture of health in faith-based multi-cultural communities through discussion of ideas, sharing of information, and access to free health and wellness resources.

Discussions will center on four health priorities – smoke-free holy grounds, CPR training, blood pressure management, and healthy food and beverage offerings. Pastor Richard Joyner of Conetoe Chapel Missionary Baptist Church and 2015 CNN Hero of the Year, will give the keynote address.

Register your faith-based organization at <http://etsconference2016.heart.org> or contact Linda B. King, Director of Multi-Cultural Health Initiatives at [linda.king@heart.org](mailto:linda.king@heart.org) or 919.463.8652 for more information.

### **Durham County Health Ministry Network**

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! Network with other churches and participate in trainings, community events and grant opportunities. Also, mark your calendars for the next quarterly meeting on **Monday, September 12, 2016 from 6-7:30pm** at the Durham County Department of Public Health. For more information, call Willa Robinson Allen at 560-7771 or contact through email [wrobinson@dconc.gov](mailto:wrobinson@dconc.gov)

### **Emergency Preparedness—SAVE the Date**

**For faith-based organizations**

**Saturday, September 24, 2016**

**9:00am-12:00pm**

Would your organization be ready if there was a natural disaster or another type of emergency in Durham? This workshop will give you the information and tools so that you can be prepared. If your organization has not developed an emergency plan, now is the time and expertise from law enforcement, emergency services and public health will be available at the workshop. For more information, please contact Willa Robinson Allen at 919-560-7771 or email [wrobinson@dconc.gov](mailto:wrobinson@dconc.gov)