



Public Health



Health Webinars & Community Events

August 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 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:** A 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. Use the confirmation link to access the webinar on the day of the event.

How to Eat Healthy Without Trying

Wednesday, August 3, 2016 3:00pm-3:30pm <https://attendee.gotowebinar.com/register/4911253835294218754>

Do you want to eat healthier, but have trouble making it happen? Join this webinar for some tips on how to improve your eating environment to make it easier for you to eat healthier and feel better.



4 Steps to Control Your Diabetes for Life

Monday, August 15, 2016 11:00am-11:30am <https://attendee.gotowebinar.com/register/7431531298738511874>

Diabetes is a serious disease. While there is no cure for diabetes, there are ways to live a healthy lifestyle and properly manage diabetes. This webinar will go over four steps to help those with diabetes understand, monitor, and manage their diabetes.

Hormone Balance, Healthy Body

Tuesday, August 16, 2016 10:00am-10:45am <https://attendee.gotowebinar.com/register/8539620216722831874>
Thursday, August 18, 2016 3:00pm-3:45pm <https://attendee.gotowebinar.com/register/4603793000773101570>

Women can be and many times are, greatly affected by hormone fluctuations. From dieting to stress, anxiety, depression, to YES even exercise, these factors can create a horrible hormonal uproar! Learn more about key

hormones and how they work in our bodies. Become aware of behaviors that may affect their functions and how you can get them in check, to get your healthy body back on track. Find out more here!

Foot Care: Don't Tip Toe around the importance!

Tuesday, August 16, 2016 3:00pm-3:30pm <https://attendee.gotowebinar.com/register/1198748426079920131>

Don't take them for granted, they have carried you this far. Just think about it, if you had a headache everyday, you probably wouldn't wait to put into play all you can do to prevent and treat your discomfort. Well, before your achy feet get to that point, learn through this webinar all you can do to keep them in "tip toe", I mean "tip top" shape.

Put Your Best to the Test: Helpful Fit Tips for Everyday

Tuesday, August 23, 2016 10:00am-10:45am <https://attendee.gotowebinar.com/register/7202041231790015490>

Wednesday, August 24, 2016 3:00 pm-3:45pm <https://attendee.gotowebinar.com/register/8845056850338512130>

There are 1000 reasons why you can't make healthier changes. Put the excuses away, drop the word can't, and start focusing on reasons for why you should. The best you is within your grasp. Learn some new ideas or get refreshed on why you need to make yourself a priority in small ways, every day.

15 Top Money Saving Apps

Wednesday, August 24, 2016 10:00am-10:30am <https://attendee.gotowebinar.com/register/3718871957896037635>

Tired of searching through thousands (and we do mean thousands) of apps to find the ones that TRULY deliver on their cost-cutting, smart-shopping promises? Well, search no further! The research and homework has been done for you. We will help you chart your course to find bottom-line benefits that you are bound to enjoy!

Community Events

FreshStart

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:

Thursdays: September 8-29, 2016

<http://events.constantcontact.com/register/event?llr=gdhnt6dab&oeidk=a07ed0vcijaf0e2f64>

Thursdays: October 20-November 10, 2016

<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.

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

Emergency Preparedness for Faith-based Organizations

Saturday, September 24, 2016

9:00am-12:00pm

White Rock Baptist Church
3400 Fayetteville Street

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 or register online by clicking the link below:

<http://events.constantcontact.com/register/event?llr=gdhnt6dab&oeidk=a07ecza43w545dd668c>