



March 2018 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 at least 15-20 minutes prior to the start of a webinar.

Skin Cancer

Tuesday, March 13, 2018 10:00am-10:30am <https://attendee.gotowebinar.com/register/221273805763499521>

This webinar will provide information on the different types of skin cancer and various ways you can protect your skin. Learn about the causes of skin cancer and the 2 main types of skin cancer. Warm weather brings outdoor activities and we need to know the various ways we can protect our skin.



Colorectal Cancer: What You Don't Know CAN Hurt You

Tuesday, March 13, 2018 11:00am-11:30am <https://attendee.gotowebinar.com/register/883179805684597761>

Colorectal cancer is the 3rd leading cause of cancer-related death in the United States. As part of Colorectal Cancer Awareness Month, this webinar is designed to provide you with the basic information on colorectal cancer, its causes, risk factors and screening guidelines. The webinar will also cover useful tips for lowering your risks. You don't want to miss this webinar!

Diabetes: Does it have to be so complicated?

Wednesday, March 14, 2018 11:00am-11:30am <https://attendee.gotowebinar.com/register/3200314799315675905>

Common complications associated with diabetes included blindness, kidney damage, nerve damage and even amputation. Having a diagnosis of type 2 diabetes does not automatically mean that a person will experience any of these complications. This webinar will highlight the potential complications of diabetes and share tips for preventing or delaying them. Tune in!



Body Image: Choose Your Health

Wednesday, March 14, 2018 1:00pm-1:30pm <https://attendee.gotowebinar.com/register/2946737731136861955>

What is obesity? How common is obesity? Health risks associated with obesity, how body fat is measured, what is body mass index, where body fat should be located, treatment for obesity, and ways to safely and successfully lose weight.



Good Sleep is Within Reach

Tuesday, March 20, 2018 11:00am-11:30am <https://attendee.gotowebinar.com/register/7002969166909962497>

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!

Kidney Health, Kidney Conditions

Thursday, March 22, 2018 2:00pm-2:45pm <https://attendee.gotowebinar.com/register/3593385808199869697>

Kidney disease can affect your body's ability to clean your blood, filter extra water out of your blood and help control your blood pressure. For those reason, it is most important for the kidneys to work to the best of their ability. This webinar will cover how to keep kidneys healthy while also discussing other kidney conditions. Join us!



El cáncer colorrectal

Wednesday, March 7, 2018 6:00pm-6:30pm <https://attendee.gotowebinar.com/register/3471612696400498689>

El cáncer colorrectal es la tercera causa de muerte relacionada con el cáncer en los Estados Unidos. Como parte del Mes del Cáncer Colorrectal, este seminario web está diseñado para proporcionarle información básica sobre el cáncer colorrectal, sus causas, factores de riesgo y pautas de detección. El seminario web también cubrirá consejos útiles para reducir su riesgo de desarrollar cáncer colorrectal.



Community Events

What's the 411: "A Healthy Weight, the Healthy Way"

Tuesday, March 27, 2018, 11:00am – 12:30pm
South Regional Library, 4505 S. Alston Ave, Durham, 27713, Large Meeting Room

Join us for an interactive discussion on weight. This talk will explore the basics of weight gain and weight loss and will also provide information for losing weight the healthy way and keeping it off. A light lunch will be provided. Contact Chelsea Hawkins 919-560-7223 or chawkins@dconc.gov for more information or to register. You can also register online at <https://tinyurl.com/HealthyW8T>.

FreshStart

April-June 2018

Wednesdays: May 16, 2018 – June 6, 2018

11:00am-12:00pm

Register [here](#)



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 using the register here link above.

Sponsored by Durham County Department of Public Health **locations will vary depending on the series*

Support Groups	
Diabetes Support Group First Tuesday of the month 4:00pm-5:00pm Human Services Building, 1 st Floor Board Rm 414 East Main St	Do you have diabetes or have a loved one with diabetes? If so, this group is for you! Come to this monthly group to learn helpful tips about how to manage your diabetes better and get support from others with diabetes. Contact Aubrey Delaney at 919-560-7180 or adelaney@dconc.gov for more information.
Stay Quit Support Group First Thursday if the month 5:30pm-6:30pm Human Services Building, 1 st Floor Board Rm 414 E. Main St.	Have you quit smoking and are trying to stay quit? If so, this group is for you! Come join us every month to find support in quitting and to learn how to handle possible stumbling blocks along the way to being quit for good. Sign up at http://tinyurl.com/DurhamStayQuit or contact Natalie Rich at 919-560-7895 or nrich@dconc.gov for more information.

For faith-based Organizations

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 faith-based organization 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 12, 2018 from 6-7:30pm** at the Durham County Department of Public Health located at 414 E. Main Street. For more information, register online

<http://events.constantcontact.com/register/event?llr=gdhnt6dab&oeidk=a07ef2utrck1ea528cd>

or call Willa Robinson Allen at 560-7771 or via email wrobinson@dconc.gov

Preventing Human Trafficking in Disasters: What You Need to Know and What You Can Do (webinar)

Tuesday, March 13, 2018, from 1:00 p.m.-2:00 p.m. EDT

The DHS Center for Faith-based and Neighborhood Partnerships (DHS Center), the DHS Blue Campaign, Office on Trafficking in Persons at the U.S. Department Health and Human Services, and FEMA, are co-hosting a webinar on [Preventing Human Trafficking in Disasters: What You Need to Know and What You Can Do](https://icpd.adobeconnect.com/preventhumantrafficking/event/registration.html) on Tuesday, March 13, 2018, from 1:00 p.m.-2:00 p.m. EDT. This webinar will provide information and resources on how to identify the risk factors that may lead to human trafficking. This also includes information on how to better prepare faith and community groups, first responders and emergency managers to recognize social and emotional impacts caused by disasters. [Click here](#) or copy and paste the full URL to register:
<https://icpd.adobeconnect.com/preventhumantrafficking/event/registration.html>.

The following organizations have been invited to present on this webinar:

- All Healers Mental Health Alliance
- Wheaton College, Humanitarian Disaster Institute
- Office on Trafficking in Persons at the U.S. Department of Health and Human Services
- DHS Blue Campaign

How to Join the Webinar:

- Please register for the event using the [Adobe Connect registration](#) web link.
- Be sure to [test your Adobe Connect connection](#) prior to the meeting.
- This webinar will offer captioning

Promoting Your Events with Little time or money (webinar)

Wednesday, March 21, 2018, 10:00am – 11:30pm

<https://attendee.gotowebinar.com/register/2857799335078330881>

Do you have a great event planned and unsure how to let your organization and the public know? Getting the word out about your faith-based events can be quite challenging! This is especially true if you want to attract those who are not currently part of your organization. This training will give you the basics of event marketing and promotion. You will learn that you can do a lot without a large budget. You will also learn a few basics on preparing flyers, public service announcements and a few additional tips.