



## Public Health



## Health Webinars & Community Events

### July 2018

**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 Tips for People Who Sit

Thursday, July 5, 2018 11:30am-12:00pm <https://attendee.gotowebinar.com/register/5705924780185732353>

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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### Social Wellness

Tuesday, July 17, 2018 10:00am-10:30am <https://attendee.gotowebinar.com/register/2792518033742112769>

July is Social Wellness Month! Social Wellness is caring for yourself and your relationships. It plays an influential role in your personal health. Join this webinar to explore tips for boosting your social wellness!



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### Tips for People Who Overcommit

Wednesday, July 18, 2018 2:00pm-2:30pm <https://attendee.gotowebinar.com/register/2912988224262675457>

Are you a “yes” person? Do you commit to things and then find yourself too busy to follow through? In this webinar, we will review WHY many folks have this tendency and talk about specific ways to avoid over-committing yourself.



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## Changing Your Health Destiny

Tuesday, July 24, 2018 10:00am-10:30am

<https://attendee.gotowebinar.com/register/2501140855311758337>

Summer is notorious for family reunions and gatherings. No matter what ailment is lurking in your family tree, you have the power to reduce your risk and embrace wellness. Don't feel "doomed" by your family history and genetics, take action! Learn how to do just that by attending this webinar.

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## Spare Tires & Love Handles: Understanding Belly Fat

Thursday, July 24, 2018 11:00am-11:45am

<https://attendee.gotowebinar.com/register/2612072782461373441>

Stubborn belly fat! Where did it come from and why is it "hanging" around? The key to banish belly fat is to understand it. This webinar will help you learn more about the problem and things you can do to make improvements.



# Community Events & Webinars

## FreshStart

Location and times to be determined (upon interest—call to let us know!)

If you are thinking about quitting, there is no better time than the present. The American Cancer Society's FreshStart<sup>®</sup> program has helped thousands of adults quit smoking for good. Consider this announcement a personal invitation. To register by phone call 919-560-7765 **Free Nicotine Patches and Gum** offered with enrollment and attendance of Fresh Start and Stay Quit Support Group.



## Support Groups

### Diabetes Support Group

Monday, July 11, 2018

5:00pm-6:00pm

Human Services Building, 1<sup>st</sup> 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 919-560-7223 or [chawkins@dconc.gov](mailto:chawkins@dconc.gov) for more information.

### Stay Quit Support Group

First Thursday each month

5:30pm-6:30pm

Human Services Building, 1<sup>st</sup> 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](mailto:nrich@dconc.gov) for more information.

## 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 10, 2018 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)