



## Public Health



# Health Webinars & Community Events

## August 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 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](mailto: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.

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### Dealing with a Weight Loss Plateau

Tuesday, August 14, 2018      11:00am-11:30am      <https://attendee.gotowebinar.com/register/8778042732187594497>

This webinar will define what a weight loss plateau is and discuss how to get through it, identifying various methods for getting the body back into weight loss mode.



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### What is Skin Cancer and Measures to Protect My Skin

Wednesday, August 15, 2018      10:00am-10:30am      <https://attendee.gotowebinar.com/register/4241863475774442497>

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.

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### It's the Little Things: 12 Tweaks to Cut & Burn Calories ALL Year Long

Wednesday, August 22, 2018      10:00am-10:30am      <https://attendee.gotowebinar.com/register/5690399676625646339>

If you are trying to maintain or lose weight, you must look at your calories earned and burned. Many think that this requires a major overhaul of your life, but there are some tweaks that can help you reach your personal goals. Join us for this webinar to find that it's the little things that count!



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## Is Race REALLY a Risk Factor?

Thursday, August 23, 2017 3:00pm-4:00pm <https://attendee.gotowebinar.com/register/615225526625584131>

There's a growing body of evidence linking the experience of racism with poor health and illness. Any type of stress can impact health, but discrimination can be quite toxic, causing consistent tension and anxiety. Additionally, even if interpersonal discrimination were eliminated, racial inequities would still exist due to persistent structural racism: systems, social forces, institutions, ideologies, and processes interacting with each other to generate and reinforce inequities, requiring no action or intent of individuals. Tune in to learn more!



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## e-Cigs 101

Wednesday, August 29, 2018 10:00am-10:30am <https://attendee.gotowebinar.com/register/8639539451460489987>

E-cigarettes, especially brands like Juul, are becoming increasingly popular. This webinar will talk about how e-cigarettes work and what's actually in them (you might be surprised!). I'll also tackle common questions like, are they a good tool to quit smoking?

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## Got Skin Problems: What's Serious and What's Not

Wednesday, August 29, 2018 2:00pm-2:30pm <https://attendee.gotowebinar.com/register/7628110799697625091>

Is your skin itchy, broken out, or covered in a rash or strange spots? Skin inflammation, changes in texture or color, and spots may be caused by infection, a chronic skin condition, or contact with an allergen or irritant. Your doctor should be consulted to evaluate these conditions. Join the webinar to see photos of various skin problems and their possible causes.



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## Exercises at Your Desk

Thursday, August 30, 2018 2:00pm-2:30pm <https://attendee.gotowebinar.com/register/4093786747304719875>

Sitting all day is the newest risk factor for chronic health problems. Got deadlines or a pile of things you must get through today and you absolutely see no way of getting any type of movement in? IT CAN HAPPEN! But why sacrifice your posture, abdominal and back muscles or your overall health by staying tied (sedentary) to that desk? This webinar will share stretches and a few exercises you can do and still get your work done. Two for the price of one—who wouldn't love THIS deal?



# Community Events

## FreshStart

Tuesdays: August 14-September 14, 2018  
5:30pm-6:30pm  
Human Services Building, 414 E. Main St. Durham 27701



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 series and/or Stay Quit Support Group. To register, click [here](#):

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August 2018 Health Webinars & Community Events

## Support Groups

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| <p><b>Diabetes Support Group</b><br/> Monday, August 13, 2018 (second Mondays)<br/> 5:00pm-6:00pm<br/> Human Services Building, 1<sup>st</sup> Floor Board Rm<br/> 414 East Main St</p> | <p>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 <a href="mailto:chawkins@dconc.gov">chawkins@dconc.gov</a> for more information.</p>                                                                                                    |
| <p><b>Stay Quit Support Group</b><br/> First Thursday each month<br/> 5:30pm-6:30pm<br/> Human Services Building, 1<sup>st</sup> Floor Board Rm<br/> 414 E. Main St.</p>                | <p>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.<br/> Sign up at <a href="http://tinyurl.com/DurhamStayQuit">http://tinyurl.com/DurhamStayQuit</a> or contact Natalie Rich at 919-560-7895 or <a href="mailto:nrich@dconc.gov">nrich@dconc.gov</a> for more information.</p> |

**webinar**

**Missed a webinar?** No problem! Go to our Channel to view recorded webinars  
<https://www.gotostage.com/channel/036310ae656944c79feb63bf39a9021>

DURHAM'S FIRST ANNUAL



**BULL CITY**  
Yoga Festival

September 29, 2018  
8:30AM - 5:00PM

HOLTON RESOURCE CENTER  
401 N. DRIVER STREET  
DURHAM, NC 27703

[WWW.BULLCITYYOGAFESTIVAL.COM](http://WWW.BULLCITYYOGAFESTIVAL.COM)

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## 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. To register, click

<http://events.constantcontact.com/register/event?llr=gdhnt6dab&oeidk=a07efko12gyd37369c7>

For more information, call Willa Robinson Allen at 560-7771 or contact through email [wrobinson@dconc.gov](mailto:wrobinson@dconc.gov)

**Durham Faith-based Organizations, the Durham County Health Ministry website has moved:** <http://dconpublichealth.org/services/health-education/health-promotion-and-wellness/durham-county-health-ministry-network>

### Start or Revive a Health Ministry (face-to-face)

Saturday, October 13, 2018  
Southwest Regional Library  
3605 Shannon Rd Durham  
10:00am-11:30am



Health ministries work to support and promote health and wellness of the body, mind and spirit through planned organizational/congregational activities. If your organization does not have a health ministry or perhaps the current one needs a little refreshing, this training is for you! Send one or more from your organization and join us for a number of resources and a memorable experience. This is a face-to-face training that you leave you ready to get started immediately! To register, click the link below.

<http://events.constantcontact.com/register/event?llr=gdhnt6dab&oeidk=a07efkr1l2ma4117832>