

Public Health

Health Webinars & Community Events

December 2018

Stay Connected! Anyone can participate in the webinars on this schedule. So, please feel free to share the schedule with <u>anyone</u> 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 at the scheduled date & time.



If you have any difficulties registering or gaining access to the webinars 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.

Saving Our Children...Firearm Safety

Thursday, December 6, 2018

10:00am-10:30am

https://attendee.gotowebinar.com/register/209516733864242690

There is a great deal of difference between gun safety and gun control. Gun safety is about ensuring a weapon is secured even when you think little eyes are not paying attention. Learn how to keep your children safe from firearms and to "Just Ask" about the presence where you children play. Learn about the law and the resources to obtain a free gunlock.

Thursday, December 6, 2018

2:00pm-2:30pm

https://attendee.gotowebinar.com/register/8924382235142464003

Are you tired of tossing and turning? Upgrade your slumber with a few simple tweaks and make it a bit easier to snag your 6-10 hours a night.



Tech Savvy Tools, Tricks, Bells and Whistles

Wednesday, December 12, 2018 10:30am-11:00am https://attendee.gotowebinar.com/register/8129686016911583747

Alexa, Cortanna or Google...turn off the lights! Have you joined the techy trends or are you fighting it? If you are not sure if you are ready for this step, stay informed through this webinar. Whether you use these devices to remind you about appointments, things on your "to do list" or track your blood pressure, there are both advantages and disadvantages. Join us for this webinar to learn more and consider what you have and may purchase in the future!

Finally Get Rid of Embarrassing Signs of Sinus Infections

Wednesday, December 12, 2018 11:30am-12:00pm https://attendee.gotowebinar.com/register/3170284943757367811

Learn how to manage sinus infections and the annoying signs that accompany it, like a running nose, coughing and congestion.



Decrease the December Downs

Thursday, December 13, 2018 3:00pm-3:30pm https://attendee.gotowebinar.com/register/3249698270585143555

It is common for many people to struggle during the colder months of the year. From holiday stress and getting less sunlight, to being out of routine and the dreaded reminder of lost loved ones. Beyond these reasons, Seasonal Affective Disorder (SAD) may also be the culprit! SAD is a type of depression displaying a recurring seasonal pattern. Tune in to learn more about diagnosis, symptoms and risk factors, in addition to ways you can combat the December Downs!



I Feel it in my bones!...Arthritis Pain

Thursday, December 20, 2018 2:00pm-2:30pm https://attendee.gotowebinar.com/register/6203725374606201347

Arthritis conditions can affect not only the joints but other parts of the body which may include supporting muscles, tendons and ligaments. Tis the season for achy joints and YES, there is a correlation between weather changes and arthritis conditions. Join us for this webinar to learn more about this condition and how to deal with pain related to "Arthr".



Community (Face-to-Face) Events

FreshStart (Quit Smoking Program)

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

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 links below:

January-March 2018

Tuesdays: January 23-February 13, 2019 5:30pm-6:30pm Register <u>here</u>

Support Groups	
Diabetes Support Group Second Mondays 5:00pm-6:00pm Human Services Building, 2 nd Floor Board Rm 414 East Main St NO MEETING IN DECEMBER 2018	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 Chelsea Hawkins at 919-560-7223 or chawkins@dconc.gov for more information.
Stay Quit Support Group First Thursday each month 5:30pm-6:30pm Human Services Building, 1st 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 to help you quit for good. We are now offering FREE nicotine patches and gum to group participants." Sign up at http://tinyurl.com/DurhamStayQuit or contact

	Natalie Rich at 919-560-7895 or nrich@dconc.gov for more information.
Hypertension Management Support	High Blood Pressure can be challenging to manage and should be
Group	taken seriously. Danger could be happening in your body that
Second Wednesdays each month	can easily be prevented. Join us starting in February 2019 for
4:00pm-4:30pm	this support group, to learn tips, discuss challenges and maybe
Human Services Building, 1st Floor Board Rm	even sample blood pressure friendly treats. As this is a new
414 E. Main St.	support group, interest will keep it on the schedule after the
	pilot phase. Sign up <u>here.</u>

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 church 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, January 14, 2019 from 6-7:30pm at the Durham County Department of Public Health located at 414 E. Main Street. For more information, call Willa Robinson Allen at 560-7771 or contact through email wrobinson@dconc.gov To register, click here



Durham Faith-based Organizations, the Durham County Health Ministry website has moved. If you would like more information or to view the website, click here

Happy holidays!