
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 [here](#)

Support Groups

Diabetes Support Group

Second Mondays
5:00pm-6:00pm
Human Services Building, 2nd 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

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

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!