

Upcoming events and activities

February 2019

Come One, Come All. 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.



Webinars

In order to participate, you must register. *Once registered, you will receive a confirmation email. Use the link in the confirmation email to enter the webinar on the specific date and time. 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 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 prior to the start of the webinar.

Acid Reflux (GERD)

Wednesday, February 6, 2019

2:00pm-2:30pm

<https://attendee.gotowebinar.com/register/6935786814775067139>

Tuesday, February 19, 2019

10:00am-10:30am

<https://attendee.gotowebinar.com/register/7331182191239609091>

More than an occasional bout of heartburn, Gastroesophageal Reflux (GERD) is a problem for many. This webinar will help you understand the condition and what you can do about it. Left unmanaged, damage can occur in your gastrointestinal track—don't let that happen. Join us for tips that can help manage this condition.

Stress and Your Heart

Wednesday, February 13, 2019 10:00am-10:30am

<https://attendee.gotowebinar.com/register/6272112800156545795>

Do you have a little stress in your life? Do you know what the signs and symptoms of stress are and how it effects your heart. Join this webinar and you will learn about the long-term impact of stress and what kind of health problems can arise from stress. This webinar will also include some simple ways of coping and managing stress. February is American Heart Month so let's do everything we can to protect our heart.

A Little Lovin' Goes a Long Way

Thursday, February 14, 2019 3:00pm-3:45pm

<https://attendee.gotowebinar.com/register/4000431617217877763>

Did you know that having love in your life is good for your ticker? Whether a spouse, friend, parent or pet, showing and receiving love is good medicine for a healthy, happy heart. Even giving from your heart by doing something nice for another or volunteering can contribute to improved health. Tune in to learn more about how a little lovin' goes a long way!



Dealing with a Weight Loss Plateau

Tuesday, February 19, 2019

2:00pm-2:30pm

<https://attendee.gotowebinar.com/register/2004755340641603587>

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

Are Your Feet Swelling More Each Year? What Might Be the Cause?

Wednesday, February 20, 2019 11:00am-11:45am <https://attendee.gotowebinar.com/register/8440771942595934211>

Swollen feet happen to many persons. There are numerous reasons why a person might experience swollen feet. Some causes, such as minor injury, are apparent and easy to treat. Others, however, may be signs of a serious underlying health condition that needs prompt medical attention.



Marijuana vs. Cigarettes: What's Worse?

Tuesday, February 26, 2019 10:00am-10:30am <https://attendee.gotowebinar.com/register/2585672413572508163>

Join us in a head-to-head battle between these two substances. Which is more addictive? Which is worse for your lungs? In this webinar, we will examine the physical, psychological, social, and legal impacts of marijuana and tobacco.



Scram Darn Scams!

Thursday, February 28, 2019 10:00am-10:30am <https://attendee.gotowebinar.com/register/7716287238379980547>

Scammers are getting smarter and slicker than ever! While most of us anticipate that we will likely never be scammed, you may be surprised at some of the known and newest schemes aimed at taking your money and/or identity. You don't have to be an older adult to fall for some of the savvy tricks. Join us to learn more about ways to protect yourself and those you love!



Community (Face-to-Face) Events

Matter of Balance: Falls Prevention Workshop

Tuesdays, Feb 5– Mar 26, 2019

10:00 AM – 12 Noon

Russell Memorial CME Church

703 South Alston Ave, Durham, NC 27701

Matter of Balance is an award-winning program designed to help persons 60 years and older prevent falls and move more. Most sessions include light exercises done while sitting or standing by a chair.

Joyce Page, 919-560-7109, jpage@dconc.gov

Grant Writing Workshop (Part I)

For faith-based and not-for-profit organizations

Saturday, March 30, 2019

10:00-12:30pm

South Regional Library, 4505 S. Alston Avenue



If you don't have much experience with writing grants, here is an opportunity to learn the basics. This free workshop covers how to find potential funding opportunities and how to draft a grant together from start to finish. The workshop is open for representatives of faith-based and not for profit organizations who register by the posted deadline. Please register by **March 22, 2019**. If you attempt to register before this date and have difficulties, call (919) 560-7771. *Click here to register:*

<http://events.constantcontact.com/register/event?llr=gdhnt6dab&oeidk=a07efzcku705c670320>

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 2019

Thursdays: March 7-28, 2019

5:30pm-6:30pm

Register [here](#)

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 March 11, 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](#)



The Durham County Health Ministry website has moved. If you would like more information or to view the website, click [here](#)

Support Groups	
<p>Diabetes Support Group Second Mondays 5:00pm-6:00pm Human Services Building, 2nd Floor Board Rm 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 Chelsea Hawkins at 919-560-7223 or chawkins@dconc.gov for more information.</p>
<p>Stay Quit Support Group First Thursday each month 5:30pm-6:30pm Human Services Building, 1st Floor Board Rm 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 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.</p>
<p>Hypertension Management Support Group Second Wednesdays each month***** 4:00pm-5:00pm Human Services Building, 1st Floor Board Rm 414 E. Main St. *****for February, we will meet on 2/20/19 instead</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>