



Public Health

June 2019



Health Webinars & Events

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 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.

Halt the Heat! Keep Cool and Save a Bundle

Wednesday, June 5, 2019 10:00am-10:30am <https://attendee.gotowebinar.com/register/6852168958079488258>

Beat the heat without defeating your budget! Keeping a house cool isn't cheap. In fact, it usually accounts for 10-20% of American's annual electric bill. But there are ways to "chill out" without spending more than you can afford. Join us for this webinar for some tips to help you keep the chill inside!

On the Road Again: Traveling Healthier and More Efficient

Wednesday, June 12, 2019 10:00am-10:30am <https://attendee.gotowebinar.com/register/5069322948268712962>

At times, it is less expensive and more advantageous to travel by road than air. However, if the road trip is not well planned, it can cost you more money, time and even your health in many ways. Join us for this webinar to help you better plan a healthier and more efficient trip!

It's Getting Hot in Hurrrrrrrr (here): Summer Safety

Thursday, June 13, 2019 2:00pm-2:30pm <https://attendee.gotowebinar.com/register/8996308991317721091>

Looks like it's gonna be a hot one this season! Summer time brings a lot of excitement but also is a source of terribly hot, humid weather, possible skin burns, mosquitoes and injuries. Let's err on the side of caution and prepare. This webinar will get you started. Let's let the good times roll....safely!



Asthma, Allergies, Immunology..OH My!!!!

Thursday, June 20, 2019 10:00am-10:30am <https://attendee.gotowebinar.com/register/4420950836974013442>

Whether recently diagnosed with allergies and or asthma or have had experiences for a while, join us for this webinar to get a better handle on management.



#Trendsational2019

Thursday, June 20, 2019 3:00pm -3:30pm <https://attendee.gotowebinar.com/register/4293955044942503682>

Over the years we see fitness fads come and go, while others stick around for a while. As we transition into summer and half the year has sailed by, hopefully you're still on track with the goals you set at the beginning of the year. If not, now is the time to reset with no regret! From brain workouts, to fitness for your face, and becoming a Ninja Warrior, tune in to learn more about interesting fitness trends of 2019.



The Low Stress Diet

Tuesday, June 25, 2019 10:00am-10:30am <https://attendee.gotowebinar.com/register/4866457555385954562>

Stress can have a negative impact on your health. Stress management includes a proper diet, physical activity, good sleep and several coping techniques. Join us for this webinar to see what healthy dietary tips can be incorporated in your life to help the body deal with stress better.



Dealing with Difficult People

Wednesday, June 26, 2019 3:00pm-3:30pm <https://attendee.gotowebinar.com/register/4720507282403368706>

How do you approach someone who is resistant to your message? In this webinar, I'll outline some simple motivational interviewing techniques to help you manage confrontations with difficult people.

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webinar

Missed a webinar? No problem! Click [here](#) to go to our Channel to view recorded webinars.

Community Events

Living Healthy with Hypertension Workshop

Southwest Regional Library
3605 Shannon Rd Durham 27707
Thursdays: June 6, 13 & 20, 2019
6:00pm-7:30pm

Join us for a three-week interactive workshop for people who have been diagnosed with pre-hypertension, hypertension better known as high blood pressure. Participants of this workshop will learn how to better manage this potentially dangerous condition. Learn the tools and resources that are sure to help. Please prepare to attend all sessions. Registration is required. Click [here](#) to reserve YOUR spot.

Support Groups

Diabetes Support Group Second Mondays 5:00pm-6:00pm Human Services Building, 2 nd 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 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, 1 st 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 Group Second Wednesdays each month 4:00pm-5:00pm Human Services Building, 1 st Floor Board Rm 414 E. Main St.	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 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 .

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 faith-based organization 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, September 9, 2019 from 6-7:30pm** at the Durham County Department of Public Health located at 414 E. Main Street. For more information, register online [here](#) or call Willa Robinson Allen at 560-7771 or via email wrobinson@dconc.gov

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