



# Public Health



## Upcoming events and activities- November 2019

**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, 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.

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### Diabetes: Does it Have to be So Complicated?

Wednesday, November 6, 2019 11:00am-11:30pm  
<https://attendee.gotowebinar.com/register/832026140166534913>

Common complications associated with diabetes included blindness, kidney damage, nerve damage and even amputation. Having a diagnosis of type 2 diabetes does not automatically mean that a person will experience any of these complications. This webinar will highlight the potential complications of diabetes and share tips for preventing or delaying them. Tune in!

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### Healthy Holidays with Diabetes

Wednesday, November 6, 2019 3:00pm-3:30pm  
<https://attendee.gotowebinar.com/register/2361668915747862017>

For many, the month of November marks the beginning of the fall/winter season. Having diabetes does not mean you can't enjoy yourself. While planning your trips/events, it is important to make sure you have a plan in place to manage your diabetes while away from home. This webinar will provide strategies for diabetes management during the holiday season.



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### 10 Tips for stress-free traveling

Tuesday, November 12, 2019 2:00pm-2:30pm  
<https://attendee.gotowebinar.com/register/1479038155573585411>

Some people love to travel and likely have a system to make the process stress-free. However, if you travel infrequently, it requires a little more planning and organization. Join us for this webinar which will tackle everything from the best time to book tickets to taking advantage of activities leading up to and your destination arrival. Rev up for content that will help your travel be more enjoyable and perhaps save a few bucks!

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## **COPD (Willa)**

**Thursday November 14, 2019 1:00pm-1:30pm**

<https://attendee.gotowebinar.com/register/5340385553369799681>



Chronic Obstructive Pulmonary Disease (COPD) is a umbrella term used to describe progressive lung conditions including emphysema, chronic bronchitis and refractory (non-reversible) asthma. This long-term lung condition is often challenging to understand. Join us for this webinar, to help shed a “little light” on this condition.

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## **Stress Management Techniques from A to Z**

**Tuesday, November 19, 2019 4:00pm-4:45pm**

<https://attendee.gotowebinar.com/register/2210127626137964289>

Stress...we all deal with it at some point in our lives. Some, more than others. Let's first resolve that stress will not go away, so we must look for ways to best manage how we deal with it. This webinar will look at the common stressors and cruise through the alphabet with helpful ways to look at and deal with stress. See you online!

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## **The Keys to Healthy Skin**

**Wednesday, November 20, 2019 2:00pm-2:30pm**

<https://attendee.gotowebinar.com/register/7593333257194475777>



Did you know that the skin is the largest organ of the body? It has vital roles such as protection, thermoregulation, and sensation. For it to best function, it is important to engage in daily care to keep it healthy. There is no better time than national healthy skin month to learn eight helpful tips to maintain nourished skin. Tune into this webinar to gain the keys to unlock the knowledge to healthy skin.

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## **Vaping: Is it Safe?**

**Thursday, November 21, 2019 10:00am-10:30am**

<https://attendee.gotowebinar.com/register/8712550332363498497>



Vaping has been in the news recently because it is causing sever lung disease across the country. In this webinar, get the latest information on what's causing the disease and what you can do to protect yourself.

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## **Beyond Willpower...5 Tips to Help You Quit Smoking**

**Thursday, November 21, 2019 1:00pm-1:30pm**

<https://attendee.gotowebinar.com/register/6919205086018883329>

Has anyone told you to “just quit” as if quitting smoking is solely a matter of willpower? Everyone's smoking habit is different and what works for one, may not work for another. This webinar will give you a few quick tips and resources in just minutes!!!! This timely webinar is also in support of the **Great American SmokeOut** (Thursday, November 21, 2019)

# Observances and Challenges



Thinking about quitting? On **Thursday, November 21, 2019** is the **Great American SmokeOut** quit for a day during the Great American SmokeOut. Answer a trivia question about smoking and get a turkey sandwich! Learn about resources to help you quit smoking for good and maintain a healthy diet too! Join us from 11am to 1pm in the lobby of the Human Services Building, 414 E Main St, Durham. Contact Natalie Rich

at [nrich@dconc.gov](mailto:nrich@dconc.gov) or 919-560-7895.

## **Eat Smart, Move More...Maintain, Don't Gain! Holiday Challenge** **November 13-December 31, 2019**

This holiday season, stuff the turkey—not yourself! The statewide *Eat Smart, Move More NC* movement is gearing up for its annual **Maintain, don't gain! Holiday Challenge**. Rather than focusing on trying to lose weight – a difficult task during this season, – this free six-week challenge provides participants with tips, tricks and ideas to help them maintain their weight throughout the holiday season. Free on-line sign-up is now open at [holidaychallenge@esmmweighless.com](mailto:holidaychallenge@esmmweighless.com). For more information, contact Willa Robinson Allen 919-560-7771 email [wrobinson@dconc.gov](mailto:wrobinson@dconc.gov)



## **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, November 4, 2019**

**from 6-7:30pm** at the Durham County Department of Public Health. For more information, call Willa Robinson Allen at 560-7771 or contact through email [wrobinson@dconc.gov](mailto:wrobinson@dconc.gov) click [here to register](#)

Can't make the November 2019 meeting? No problem! Here is the next one:

**Monday, January 13, 2020**

6:00pm-7:30pm

Register [here](#)

**Durham Faith-based Organizations, the Durham County Health Ministry website has moved. Click [here](#)**



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

## Face to Face Community Events

### Support Groups

#### Diabetes Support Group

Second Mondays  
5:00pm-6:00pm  
Human Services Building, 2<sup>nd</sup> Floor Board Rm  
414 East Main St

**\*\*\*In November, the Diabetes Support Group will meet on Monday, November 18, 2019 since Durham County will be closed on the second Monday.**

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](mailto:chawkins@dconc.gov) for more information.

#### Hypertension Management Support Group

Second Wednesdays each month  
4:00pm-5:00pm  
Human Services Building, 1<sup>st</sup> Floor Board Rm  
414 E. Main St.

High Blood Pressure can be challenging to manage and should be taken seriously. Damage could be occurring in your body that can easily be prevented when high blood pressure is not controlled. Join us 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. If interested, call 919-560-7771

# Grant Writing Workshop (Part I)

For faith-based and not-for-profit organizations

**Saturday, November 23, 2019**

**10:00-12:30pm**

North Regional Library, 221 Milton Rd Durham 27704

If you don't have much experience with writing grants, here is an opportunity to learn the basics. This free three part workshop covers how to find potential funding opportunities and how to draft a grant from start to finish. Parts I & III are face-to-face while part II is online. To register, click [here](#)



## What's the 411: How to Thrive & Live Well at Age 50+

Tuesday, November 26, 2019

11:00 AM – 12:30 PM

Join this presentation for tips for a healthy, happy and vibrant life at age 50 and over. Our guest speaker will be Dr. Judy Brangman. FREE lunch will be provided. This presentation is open to EVERYONE!

Please register by Friday, November 22, 2019.

Online: <https://www.surveymonkey.com/r/9P9CHKP>

Phone: 919-560-7223

Email: [chawkins@dconc.gov](mailto:chawkins@dconc.gov)

## Men's Health Council Events

### Men's Health Forum

#### Smoking, Vaping & Other Inhalants: What You Need to Know!

Saturday, November 16, 2019

Human Services Building, 414 E. Main St, Conference Rooms B & C

9:00am-11:00am

Join us for a public forum to educate attendees about prevention of health conditions related to vaping, smoking and other smoking related products. Lunch will be provided. To register for this free event click [HERE](#) or contact Joyce Page at 919-560-7109 or [jpage@dconc.gov](mailto:jpage@dconc.gov)

### Music Opens New Pathways to Health The influence of Stevie Wonder's Music

Thursday, December 12, 2019

Human Services Building, 414 E Main St Conference Room A

**6:00pm-7:30pm**

Join us for a public forum on how music relates to health. Speaker/Performer Dr Timothy Holley, Cellist and Professor of Music at North Carolina Central University will deliver the presentation. Refreshments will be served. Registration preferred to ensure we are well prepared for you. To register for this free event, click [HERE](#) or contact Joyce Page at 919-560-7109 or [jpage@dconc.gov](mailto:jpage@dconc.gov)

**Men on the Move Health Walk**  
**Saturday, November 23, 2019**

Whippoorwill Park  
632 Rowemont Drive, 27705  
9:00am - 10:00am



**Saturday, November 23, 2019**

Community Family Life & Recreation Center, Lyon Park  
1309 Halley St, Durham 27707

Join us for one of the Men's Health Council's monthly community walks which last about 30 minutes. After a brief warmup and health tips, experience a vigorous stroll while you take in Durham's beautiful parks and recreation centers with a bit of motivation and social support. All ages welcome. No registration is required. For more information, contact Joyce Page at 919-560-7109 or email [jpage@dconc.gov](mailto:jpage@dconc.gov)