



March 2020

Health webinars & community events

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 for the webinar.

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.* 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.

Everything You Need to Know About Colorectal Cancer

Thursday, March 12, 2020 11:00am-11:30am <https://attendee.gotowebinar.com/register/1920861512522691073>

Colorectal cancer is the 3rd leading cause of cancer-related death in the United States. As part of Colorectal Cancer Awareness Month, this webinar is designed to provide you with the basic information on colorectal cancer, its causes, risk factors and screening guidelines. The webinar will also cover useful tips for lowering your risk for developing colorectal cancer. You don't want to miss this webinar!



Sleep, sleep...where forth art thou? Revised

Wednesday, March 18, 2020 10:00am-10:30am <https://attendee.gotowebinar.com/register/9083999447576399105>

Most recognize the importance of sleep. For some, it is a matter of not going to bed for a restful slumber. But for others, it is a totally different situation when you have counted 317 sheep and are awake to notice several hundred more are waiting to leap over the fence. This webinar comes packed with tips to improve the chances of getting to sleep and sleeping through the night.



Self-Care...Are You Still There?

Thursday, March 19, 2020 3:00pm-3:30pm <https://attendee.gotowebinar.com/register/7223485035891078913>

Do you focus on everything and everyone else but you? Let 2020 be your year for self-care. Self-care is deliberate and self-initiated. Don't settle for merely giving yourself whatever time is left over after helping and caring for others. You deserve more than that! Join us for this webinar where we will look at the importance of self-care and how to pamper yourself for a change.

Loving Our Aging Feet Part I: Understanding Changes & Treatments

Tuesday, March 24, 2020 10:30am-11:00am <https://attendee.gotowebinar.com/register/1948772615193889025>

Foot pain affects 1 in 4 adults after age 45, and it's at least somewhat disabling in two-thirds of those cases. Even worse, foot pain in older adults is associated with a 62 % increased risk of recurrent falls. As feet get older they lose some of their strength and springiness due to changes in the skin and joints. Feet tend to spread and lose the fatty pads that cushion them. This does not mean that feet should necessarily become painful as they

get older. However, it does mean that they are not able to sustain the same levels of activity that they could when you were younger. Make foot health a priority, especially as you get older.

Are you at risk for Type 2 Diabetes?

Tuesday, March 24, 2020 2:00pm-2:30pm <https://attendee.gotowebinar.com/register/7575019794033179649>

Do you know your risk for developing Type 2 Diabetes? Tuesday, March 24, 2020 is Diabetes Alert Day. This day is designed to raise awareness about the seriousness of diabetes especially with it is left undiagnosed or untreated. Join this presentation to explore the various risk factors of diabetes and learn about what you can do to lower your risk.

Tobacco Laws 101

Tuesday, March 31, 2020 2:00pm-2:30pm <https://attendee.gotowebinar.com/register/2551952599563929345>

You have to be 21 to buy tobacco products; does that include e-cigarettes? If you can't smoke inside a bar or restaurant in NC, what about a hookah bar? Is it true that you can't smoke in your car with a child? What's up with the all the smoke-free signs going up around Durham? In this webinar, we'll learn about federal, state, and local policies related to tobacco and smoking, and answer some commonly asked questions about tobacco policies.



Support Groups	
<p>How to Quit Smoking First Thursdays 5:30pm-6:30pm Human Services Building, 1st Floor Board Rm 414 East Main St</p>	<p>Want to quit vaping or smoking and don't know where to start? Come to this monthly drop-in group to learn the essential steps to quitting and free resources to help you quit. Free nicotine patches and gum are available while supplies last. Contact Natalie Rich at nrich@dconc.gov or 919-560-7895.</p>
<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>Hypertension Management Support Group Second Wednesdays each month 4:00pm-5:00pm 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. 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</p>



Trying to fit in fitness?

You don't have to join a gym to get fit. Along with beautiful parks, **Durham Parks & Recreation** has several community centers that offer evening and morning group fitness classes. Holton Resource Center offers free Zumba classes on Tuesdays, Wednesdays and Thursdays. Stop in about 6pm and enjoy a great workout! Your heart

will love it!

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 9, 2020 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](#)

Are you curious about the **Durham County Health Ministry Network**? Join us for a webinar that will give the history and past activities. We have accomplished quite a bit and would love for YOU to represent your organization and participate in meetings and activities.

Wednesday, March 4, 2020 *three different times!*

10:00am-10:30pm

<https://attendee.gotowebinar.com/register/930492906045688065>

2:00pm-2:30pm

<https://attendee.gotowebinar.com/register/2943505182457066497>

6:00pm-6:30pm

<https://attendee.gotowebinar.com/register/7026603184854408193>

Not near a computer? No problem, download the GoToWebinar app for your phone or tablet.

Grant Writing Workshop (Part I)

For faith-based and not-for-profit organizations

Saturday, March 28, 2020

10:00-12:30pm

Site TBD



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 20, 2020**. 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=a07egxom3dt74d25453>

Join the Men's Health Council of Durham County for their first walk in 2020.
Help the Council lead and inspire men to reach their optimal well-being.
All persons of all ages are welcome.
Come - find out how you can be part of the Men's Health Council.

"Men on the Move Community Walk"

9:00 AM – 10:00 AM

Saturday, March 18, 2020

Holton Resource Center's Healthy Mile Trail

401 North Driver St., 27703

"Understanding Women's Health Concerns: FOR MEN ONLY"

Presentation and open discussion by Dr. Arnett Coleman, Internal Medicine Specialist.

Thursday, March 26, 2020

6:00 PM – 8:00 PM

Conference Room B, 2nd Floor

Human Services Building

414 East Main St., 27701

For more information or to register, contact Joyce Page at 919-560-7109