



Public Health



Health webinars & Virtual Community events- May 2020

Stay Connected! Anyone can participate in the webinars below.

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 by clicking the link next to the webinar of choice. *You will receive a confirmation email shortly following. Use the link in the confirmation email to access the webinar at the date and time scheduled. Test this link at least 10 minutes before the webinar.*

If you are unable to register 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. The confirmation link will be sent to your registration email.

Manteniendo el bienestar social durante tiempos de distanciamiento

Tuesday, May 5, 2020 10:00am-10:30am <https://attendee.gotowebinar.com/register/6915077523285945100>

Thursday, May 7, 2020 6:00pm-6:30pm <https://attendee.gotowebinar.com/register/6046478730505672204>

El bienestar social es importante para su salud personal. Es la capacidad de tener interacciones sociales con otras personas. Con las regulaciones del distanciamiento social, puede parecer difícil mantener el bienestar social. Esta presentación compartirá sugerencias para ayudarle a mantener una vida social sana durante estos tiempos.



Managing High Blood Pressure

Wednesday, May 6, 2020 2:00pm-2:30pm <https://attendee.gotowebinar.com/register/6498304342243277323>

Millions of people have high blood pressure (hypertension). If diagnosed, simply taking your medicine is a good start, but what else can you be doing? With the right actions, management can sometimes lead to a reduction in medication(s) or them being discontinued. The overall goal is to reduce the burden on the heart and avoid it being overworked. This webinar will review tips to make your heart much happier!

30 Reasons to Exercise

Wednesday, May 13, 2020 11:00am-11:30am <https://attendee.gotowebinar.com/register/3161872591639968524>

The “feel good” reasons alone should be the impetus for everyone exercising everyday and actually looking forward to it! When I look at this list I sometimes wonder why everyone isn’t



exercising all the time. This list is in no particular order and hopefully any of the reasons will motivate you to exercise.

Getting Older is Inevitable: Looking & Acting Old is Not!

Wednesday, May 13, 2020 12:00pm-12:45pm

<https://attendee.gotowebinar.com/register/5948418785982421004>

The foods we eat, the exercises we practice, the activities we join all impact how we look, feel and respond. Learn what practices keep you healthier, looking younger and staying alert.



My Ears Itch: What's Happening?

Wednesday, May 20, 2020

10:30am-11:15am

<https://attendee.gotowebinar.com/register/492767433283279372>

Each person's ears are unique. However, throughout our lives most of us will experience some type of ear discomfort. Common ear problems include ringing, itchiness and earaches. Learn about common ear problems and treatments for these conditions. This webinar will help you recognize that ear health is important to your overall health.



Stress Tech: Part I

Wednesday, May 20, 2020

2:00pm-2:30pm

<https://attendee.gotowebinar.com/register/5240963317858370828>

Millions of people deal with stress and don't use tools available to manage it appropriately. Not all tools work for everyone. This series will take you through several techniques (some with challenge opportunities) for you to add to your personal toolbox to manage stress. Stay with us for the entire series if you can. We want to know what worked for you. Get ready..... for the first technique....



Alcohol 101

Thursday, May 21, 2020 10:00am-10:30am

<https://attendee.gotowebinar.com/register/2623017336029546764>

Alcohol use is on the rise thanks to more people working remotely and increased stress levels. In this webinar, we will explore alcohol's impact on the body, what defines 'problem drinking,' and answer some common questions about alcohol use.

Diabetes: Does it have to be so Complicated?

Tuesday, May 26, 2020 2:00pm-2:30pm

<https://attendee.gotowebinar.com/register/2195164376313004044>

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!

The Mind-Body Connection

Wednesday, May 27, 2020 2:00pm-2:30pm

<https://attendee.gotowebinar.com/register/7513216246843571724>

Your body responds to the way you think, feel, and act. People who have good emotional health are aware of their thoughts, feelings, and behaviors. Most importantly they have learned healthy ways to cope with the stress and problems that are a normal part of life. Join us for this webinar to learn how YOU can have a better mind-body connection!



Health Webinars and Events, May 2020

How to Quit Smoking During Coronavirus Pandemic

Thursday, May 28, 2020 1:30pm-2:00pm

<https://attendee.gotowebinar.com/register/8077338279658770700>

Current research suggests that smoking increases risk of getting coronavirus/ COVID-19. But quitting during a pandemic presents unique challenges. In this webinar, learn strategies to quit for good!



#Safeathome Firearm Safety with COVID-19

Thursday, May 28, 2020 3:00pm-3:30pm

<https://attendee.gotowebinar.com/register/4318877682540465421>

With families spending more time at home, it is too easy to relax on safety, especially when it comes to firearms in the house. Far too many parents assume their young one does not know where a firearm is being kept and think that it would never be found or used. Statistics show just the opposite. Join us for a webinar that will enlighten you on the facts and ways you can keep your firearm out of the hands of the unintended.



Community Events

Virtual Support Groups

Diabetes Support Group

Second Mondays

5:00pm-6:00pm

Virtual Meeting

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 chawkins@dconc.gov or register [here](#).

Hypertension Management Support Group

Second Wednesday, May 13, 2020

4:00pm-5:00pm

Virtual Meeting

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. Sign up [here](#).

Online information will be sent to registered participants.

For Faith-based Organizations

Durham County Health Ministry Network

--VIRTUAL Meeting for May 2020

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, May 11, 2020 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

revised grant writing workshop

Grant Writing Workshop-Part I (VIRTUAL)

For faith-based and not-for-profit organizations

Saturday, June 27, 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 has been revised into two parts based on past participant requests for more time. Part one will cover the basics and give more practice and assistance with formulating ideas and content for grant proposals. It will also give the basics of how to locate potential funding opportunities. Part Two will cover how to draft a grant together from start to finish and spend more time in the area of budgets, sustainment and evaluation. Participants from the first workshop will be invited to attend Part II for a complete training with hands on guidance. Please register by **June 23, 2020**. If you attempt to register before this date and have difficulties, call (919) 560-7771. Click [here](#) to register.

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



Conducting Health Ministry Activities Virtually

Wednesday, May 14, 2020	10:00am-11:00am	https://attendee.gotowebinar.com/register/8483564945169090060
Wednesday, May 20, 2020	2:00pm-3:00pm	https://attendee.gotowebinar.com/register/3283417005021042444

In response to lawful orders and mandates, meeting face to face has become impossible. However, your organization's health ministry does not have to stop just because 10 or more cannot meet face to face. In fact, there may still be some activities you can conduct regardless. Join us for this webinar to learn about what resources are available and creative ways to use them. There may also be tools that can be used even after the period of social distancing.