



Upcoming events and activities-**November 2021**



Get connected! Share the schedule with anyone who is interested, even if they do not live or work in Durham County. To participate, you must register using the links near the time and date. *Once registered, you will receive a confirmation email. Use the link in the confirmation email to access the webinar.* If you have any questions, please contact Willa Robinson Allen at 919-323-9676 or email at wrobinson@dconc.gov *Webinars and events are subject to cancellation if there are no registrants.*

Exercise VS Diet for Weight Loss

Wednesday, November 3, 2021 11:00am-11:30am

https://us02web.zoom.us/meeting/register/tZAsfu-srjwoG9ftmnUfhcpqz_NbwPlfdWJn

How exercise affects body weight is one of the more intriguing and vexing issues in physiology. Because exercise burns **calories**, it should in theory, produce weight loss, a fact that has prompted countless people to undertake exercise programs to shed pounds. Without significantly changing their diets, few succeed. Let's explore the special exercise/diet elixir that can help you lose weight and keep it off.

What You Can Do to Prevent Falls by Understanding & Managing the Causes

Thursday, November 4, 2021 11:00am-12:00pm

<https://us02web.zoom.us/j/82548901667>

One in four older Americans will fall each year. Dr. Arnett Coleman explains that many medical conditions cause persons to fall. Learn how these conditions can be managed or treated. Come prepared to ask questions during this live discussion.



The Diabetic Eye (Yvonne)

Tuesday, November 9, 2021 10:00am-10:30am

https://us02web.zoom.us/meeting/register/tZMpf-mqqDgtHtJr-zm4C4GXP_Pa2IOZ6o9K

Diabetic eye disease is the leading cause of blindness. Over time, diabetes can cause damage to your eyes that can lead to poor vision or even blindness. It often does not have early warning signs. You can take steps to prevent diabetic eye disease, or keep it from getting worse, by taking care of your diabetes. Early detection, timely treatment, and appropriate follow-up care are the only ways to prevent vision loss. Come and learn more about what steps you can take to prevent diabetic eye.



Skin Deep: The Science of Healthy Skin

Wednesday, November 10, 2021

10:00am-10:45am

<https://us02web.zoom.us/meeting/register/tZwkceypqzgiHNwqHjdNXDaXTezQHxR8PDbC>

Skin is our body's largest organ system and one that is often overlooked. Celebrate Healthy Skin month by learning the science of healthy skin and how to maintain your body's first line of defense.



Monitoring Your Holiday Spirits

Friday, November 12, 2021

10:00am-10:30am

<https://us02web.zoom.us/meeting/register/tZUkcOqtpjlqEtYPsORwHpRI2JWqSJHkK59F>

"Tis the season for celebrations: where stress is high and so is your risk for binge drinking. Learn more about how to maneuver through your festivities without over-indulging on your holiday toasts."



Supporting Cessation: Tips for Encouraging the Smoker in Your Life

Monday, November 15, 2021

1:00pm-1:30pm

<https://us02web.zoom.us/meeting/register/tZModO6opzltG9Kkd-43K2w4KnkNeyVzbPWf>

Quitting tobacco is more than a physical change, it requires a complete lifestyle shift. They are more likely to be successful if they have family, friends, and coworkers to support them on their journey. Join us for tips on how you can make a difference for the smoker in your life.



Disorders of the Pancreas

Thursday, November 16, 2021

10:00am-10:45am

<https://us02web.zoom.us/meeting/register/tZUqceqrqjMtG90SLizQXyafmIphctP2ICv>

The pancreas is a little organ that plays a major role with many conditions, especially diabetes. But few know that there are several other conditions of the pancreas. Join us for this webinar which will discuss the function of the pancreas and most common disorders such as pancreatitis and pancreatic cancer.

The Compelling Link Between Exercise & Immunity

Wednesday, November 17, 2021

11:00am-11:30am

https://us02web.zoom.us/meeting/register/tZYrde-qqTloEtH79rYDUgmwrGae5CR_1Mk8

With flu season upon us and COVID-19 still a threat, shoring up one's immune system is very important. The CDC and other health experts tell us that regular, moderate exercise like a daily 30-minute walk can help our immune system fight infections. But how exactly does that work? Register and join me to find out why you should count those steps.

Addressing Fears and Concern of Persons with Diabetes

Wednesday, November 17, 2021

11:00am-12:00pm

https://us02web.zoom.us/meeting/register/tZ0kc-qtqz8tH9xuhuXD-ZL7fW4czkgG_kPV

Dr. Bryan Batch will address common concerns of patients in the Minority Diabetes Program as reported by Ms. L'Tanya Gilchrist, Community Health Worker. Additionally, Dr. Batch will respond to challenges that health ministry leaders face in supporting church members with diabetes as reported by Mrs. Meredythe Holmes, Health Ministry Chair at White Rock Baptist Church.



Health Webinars and Community Educational Events, November 2021

It's Okay to Be a Quitter

Thursday, November 18, 2021

2:00pm-2:45pm

<https://us02web.zoom.us/meeting/register/tZYqc-yuqjMjHt3kC5lBrsIsk7OkV0WkGdr0>

Starting your journey towards a smoke-free life comes with many challenges. Join us for strategies on how to start day one and how to set yourself up for success.

Remotely On! Balancing Work and Home Life

Thursday, November 18, 2021

3:00pm-3:45pm

<https://us02web.zoom.us/meeting/register/tZAlcuCupz4tH91kzmH0cL8azoCOjRT9qwTB>

Work and life are more intertwined than ever thanks to a drastic rise in remote work and an increasing dependency on technology. As a remote worker, there are not the same separations as when working in an office, so it is easy for the lines to blur. Join us for a webinar that will offer a few tips to set strong work boundaries.

Metabolic Syndrome

Tuesday, November 23, 2021

2:00pmm-2:45pm

<https://us02web.zoom.us/meeting/register/tZcpcu6grD0oE9cn5baFY1gfcvbwo-yecqTD>

Metabolic syndrome is a **cluster of conditions that occur together**, increasing your risk of heart disease, stroke and type 2 diabetes. These conditions include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.



Health Literacy

Tuesday, November 30, 2021

10:00am-10:30am

<https://us02web.zoom.us/meeting/register/tZwsc-qgrzgoHNwgrbiO73UI8a7KyjlsQzus>

Many of us share health information with people in the community. It's important to do what we can to make sure that people understand what we're sharing. Working to improve our health literacy efforts is essential to good communication, and this webinar will help you do so.



Observances, Challenges & Virtual Events

Having trouble fitting in fitness? Join us for virtual lunchtime aerobics and Pilates....

Virtual LunchTime Aerobics:

Tuesdays 12:00pm-12:30pm a great brief workout that will get you pumping from head to toe! Click [here](#) to join LunchTime Aerobics. 1st & 3rd Tuesdays HIIT Fusion with Alexis and 2nd & 4th Tuesdays, Zumba with Willa. The same link is used for all Tuesdays.



Virtual Pilates: Fridays 8:30am-9:15am

Doesn't matter if you are new or seasoned! Our instructor Benita caters to all! Click [here](#) to join Pilates

Feel free to join us for a bit of
virtual fitness!

Hypertension (High Blood Pressure) Management Workshop

Wednesdays: November 3-December 8, 2021

5:30pm-6:30pm

High Blood Pressure is no joke! While it is very common, it is a little different for everyone. With stress being at an all-time high for many, sometimes medication may not be all we need to keep blood pressure in its best range. Each week, the workshop session will help you understand a little bit more about the ups and downs of blood pressure management. Participants will set a personal health goal and work with the educators to reach and perhaps span beyond that goal. While the sessions won't cure high blood pressure, most participants gain positive results that will last a lifetime. This workshop series is also PERFECT for those in the "pre-hypertensive" range! Join us...what have you got to lose (besides a few mm of hg). Setting our sights for 120/80 and below!!!! Register [here](#)



*For Faith-based
Organizations*

Durham County Health Ministry Network

November 2021

Are you part of a faith-based organization looking for health-related resources or to connect with others addressing health topics? If so, attend a meeting and maybe join the Durham County Health Ministry Network! Membership is free and resources include trainings, educational information, connection with city and county professionals, community events and grant opportunities. Mark your calendars for the next meeting on:

Monday, November 8, 2021 from 6-7:30pm virtually. Register [here](#).

For more information, contact Willa Robinson Allen at 919-323-9676 or via email wrobinson@dconc.gov

Eat Smart, Move More...Maintain, Don't Gain! Holiday Challenge

November 15-December 31, 2021

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 seven-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 <https://esmmweighless.com/sign/> For more information, contact Willa Robinson Allen via email wrobinson@dconc.gov



Thinking about quitting? On **Thursday, November 18, 2021** is the **Great American SmokeOut**. Quit for a day during the Great American SmokeOut. For support information on how to quit, contact Aleyah Brown at aleyahbrown@dconc.gov or 919-560-7769.

**NOVEMBER IS
NATIONAL
DIABETES
AWARENESS MONTH**



The Diabetes Support Group Returns!

Whether recently or ever been diagnosed with diabetes, there is always something to learn about this complex condition. November is Diabetes Awareness Month! Join us for the return of our monthly support group. This VIRTUAL event is a great place to hear the latest information and resources.



Thursday, November 18, 2021

12:00pm-1:00pm

Register [here](#)

Tuesday, November 23, 2021

6:00pm-7:00pm

Register [here](#)

Grant Writing Workshop (Part I)-Virtual

For faith-based and not-for-profit organizations

Saturday, December 18, 2021

10:00am-12:30pm

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. Participants will meet with the facilitator for Parts I & III. Part II will be self-paced. Register [here](#) by Friday, December 3, 2021 so that we will have time to ensure you receive the training materials. For more information, contact Willa Allen at 919-323-9676.



Men's Health Council Events

Men on the Move Community Walk for Family and Friends

Saturday, November 20, 2021

Solite Park

4704 Fayetteville Rd, Durham, NC 27713

9:00am – 10:00am



Monthly, join the Men's Health Council of the Durham County Department of Public Health, for a community walk at a local Park & Recreation site. Walks cover approximately one mile. Individuals are encouraged to walk the distance that feels right for them. Walks promote physical and emotional benefits for family, friends and neighbors.