



March 2022 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.

Exercising—How to Increase its Effectiveness

Wednesday, March 2, 2022 11:00am-11:30am
[https://us02web.zoom.us/meeting/register/tZUqdO2pqT8jH9xI8LiTLtuWMgiNQcd7q6g](https://us02web.zoom.us/join/joinMeeting?z=us02web.zoom.us/join/joinMeeting?z=us02web.zoom.us/meeting/register/tZUqdO2pqT8jH9xI8LiTLtuWMgiNQcd7q6g)

Time is a precious commodity, so we need to make our exercise time count. We are working out to get stronger, lose weight and just plain feel better, so working smarter (I'll never not say harder lol), is the key. Here's some tips for getting it done and getting results.

Colon Cancer Can Be Prevented and Treated: Lives CAN Be Saved

Wednesday, March 2, 2022 5:30pm-6:30pm
[https://us02web.zoom.us/meeting/register/tZErf-GgqTMpH9TlqkBu0gE57xF6VKbr2wY](https://us02web.zoom.us/join/joinMeeting?z=us02web.zoom.us/join/joinMeeting?z=us02web.zoom.us/meeting/register/tZErf-GgqTMpH9TlqkBu0gE57xF6VKbr2wY)

African Americans have the highest death rate from colorectal cancer of any racial group in the US. Unfortunately, since the COVID-19 pandemic began, fewer persons of color are being screened for colon cancer. A simple at-home screening test can effectively detect colorectal problems in the early stages and lead to treatments that save lives.



Conditions of the Colon

Thursday, March 3, 2022 3:00pm-3:45pm
[https://us02web.zoom.us/meeting/register/tZAtfu6rrD0uEtdClFoLdHnmJMdo7Z6-hmOp](https://us02web.zoom.us/join/joinMeeting?z=us02web.zoom.us/join/joinMeeting?z=us02web.zoom.us/meeting/register/tZAtfu6rrD0uEtdClFoLdHnmJMdo7Z6-hmOp)

Delays in the diagnosis of colorectal conditions are a growing cause of concern. Learning about such conditions is helpful to be able to recognize risk factors, signs and symptoms and prevention steps. Join us for this webinar to learn more about colorectal cancer and other conditions of the colon.

The Seasons of Climate Change

Wednesday, March 9, 2022 2:00pm-3:00pm
[https://us02web.zoom.us/meeting/register/tZwpc-CtrTlpGNKhIU2hVSOKESRQ6oivB5C9](https://us02web.zoom.us/join/joinMeeting?z=us02web.zoom.us/join/joinMeeting?z=us02web.zoom.us/meeting/register/tZwpc-CtrTlpGNKhIU2hVSOKESRQ6oivB5C9)



Perhaps you are hearing about climate change and wondering what impact it has on you and your health. Do you know how to reduce climate change and protect your health? These questions and many more can be answered during this webinar which will discuss what climate change is, what impacts we are experiencing in Durham and what you can do to protect yourself. Become informed and learn how YOU can make a difference.

Colorectal Cancer Basics

Monday, March 14, 2022 11:00am-11:30am

https://us02web.zoom.us/meeting/register/tZwvcOyrpjouH9B4GLDKcthOTQu--_vopVaB

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, screening guidelines, and tips you can follow to lower your risk for developing colorectal cancer. Join in and learn more about this topic!



A Stretch is What's Best

Wednesday, March 16, 2022 3:00pm-3:30pm

<https://us02web.zoom.us/meeting/register/tZEtdOyrqD8sGNEAjXkhhMwHHv10BKCL9zh5>

Take a moment to stand, twist, bend....Stretch! Yes, that is what's best. This short webinar will be packed with a bit of flexibility and information as to how YOU can establish your very own stretching routine. Whether you exercise regularly or just getting started, this will help keep those muscles conditioned and relax the ones that may be tense. See you online!



Kidney Care 101: Chat for Caregivers

Thursday, March 17, 2022 2:00pm-2:30pm

<https://us02web.zoom.us/meeting/register/tZwud-ihrzoqHdd-XavckROR19M4LLEd3t8>

Learning that a loved one needs to start dialysis may be overwhelming, and there is a lot to think about when determining what lifestyle changes will have to be made. Join us as we discuss strategies on how to make this transition as smooth as possible.



Do You Know Your Glucose Number?

Tuesday, March 22, 2022 10:30am-11:00am

<https://us02web.zoom.us/meeting/register/tZUtduirpjqGdE22NnY1YehpxvJVNPMMD6>

Are you, or someone you know at risk for Type 2 Diabetes? March 22, 2022 is Diabetes Alert Day. Come and learn more about this serious disease and what you can do to prevent or manage your Type 2 diabetes.



Money Saving Series: Price Matching & How to Do It!

Wednesday, March 23, 2022 7:00pm-7:30pm

<https://us02web.zoom.us/meeting/register/tZwofu6upzsiE9On05VzkYnkfVONJeSpiciXz>

Shop your favorite retailers without missing out on better deals elsewhere for a lower price. Few shoppers take advantage of price matching, a skill that is easy to learn. Since the process can be a little mysterious, this webinar can help by a three-step process that is sure to save a bit of dough.



Six Packs: Core Values

Wednesday, March 30, 2022 2:00pm-2:45pm

<https://us02web.zoom.us/meeting/register/tZcpcOuprz0tGtdlF7l4O3BKIM3IT4jv87xS>

A strong core may be a goal for many. A goal that is easier said than done and quite a bit of work to maintain. This webinar will highlight what it takes to slim the belly and glow with shape and form. This webinar will take a look at how to get there or somewhat close.



For Faith-based Organizations



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, March 14, 2022 from 6-7:30pm virtually**. Register [here](#). For more information, contact Willa Robinson Allen at 919-323-9676 or via email wrobinson@dconc.gov

Health Ministry Activities: Refresh, Renew, Recycle (online)

Monday, March 21, 2022

3:00pm-4:00pm

register [here](#)

Monday, March 21, 2022

6:00pm-7:00pm

register [here](#)

Are you and/or your members of your organization tired of the same-old activities? Having trouble coming up with fresh activities for your faith-based organization's the health ministry? It may be time to refresh, renew and maybe recycle. Join this webinar for tips, ideas and activities easy to implement. During the webinar, we will review national health observances and share resources that will get you well on your way to further the health cause.

Hands Only CPR (for faith-based organizations)

Do you have a small group for which you would like to learn Hands Only CPR? No worries, if the group is no larger than four-six participants, coordinate with us to borrow manikins and we will conduct the training virtually. For now, let us know if you are interested by registering [here](#)

Community Observances & Virtual Events

March is Colorectal Cancer Awareness Month. It is the third leading cancer killer that affect both men and women in the United States, but it does not have to be.

Breath of Life Smoking Cessation Program

Thursdays: March 3-April 7, 2022



Ready to quit smoking? Breath of Life may be just the support you need! Breath of Life is a free six-week class to help you quit smoking for good! The class meets once a week for one hour with a trained tobacco health education specialist from the Durham County Department of Public Health. Free yourself and begin the process of being an Ex-Smoker! To register, click [here](#)



Photo by Truitt O'Neal

Health Director Rodney Jenkins speaking on Feb. 19, 2022, at Southern Boundaries Park Walk.



Men on the Move Community Walk

Join the Men's Health Council of the Durham County Department of Public Health
for a fun walk with friends and neighbors. Everyone is invited!

Saturday, March 19, 2022

9 am - 10 am

Duke Park

106 Knox Street, Durham, NC 27701

For inquiries, contact: Joyce Page, jpage@dconc.gov, 919-560-7109



Public Health



The Diabetes Support Group

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. *Please register in advance to avoid cancellations.*

Tuesday, March 22, 2022

6:00 PM -7:00PM Register [here](#)

Teen Dating Violence Awareness and Prevention Month (TDVAM)

TDVAM 2022 has come and gone. But the need for conversations between trusted adults and the teens they support concerning dating violence, sexual assault, exploitation, and the prevention thereof are ever-present. Join us on Tuesdays at noon for our Post-TDVAM Lunch-and-Learn Series that will equip you with tools to prevent dating violence before it ever starts. This series will be a vital source of information to help our youth today and in the future. To register, follow this link:

<https://alliancehealthplan.zoom.us/meeting/register/tJEpcuGrqDliHNVv72B4rYH1M8E0Xwc0-Yoj>

Human Trafficking of North Carolina's Youth

Tuesday, March 8, 2022, 12:00pm-1:00pm

Today's children and youth are some of the most at-risk, vulnerable, and inadequately served individuals targeted by abuse and exploitation. This presentation will look at what makes youth vulnerable to human trafficking, how traffickers target and trick youth, and what red flags and warning signs to look for when working with youth. This presentation will look at youth trafficking at its intersection with teen dating violence, and how to keep kids safe.

What We Teach Kids About Sexual Assault: an interactive learning session for Adults

Tuesday, March 15, 2022, 12:00pm-1:00pm

Using Safe Dates as the curriculum, Sam Peterson from DCRC will guide you through an interactive hour for adults who want to know how to recognize sexual assault, and how we teach it to youth.

Let's talk about "Sexting": What You and Your Teen should know

Tuesday, March 22, 2022, 12:00pm-1:00pm

Teens often believe that, if sexting is consensual, it is not a crime. But the law perceives it differently. Tune in to discover the possible short- and long-term consequences of sexting, for both the victim and the perpetrator in North Carolina.

How Will I Know?: Signs of Healthy and Unhealthy Relationships

Tuesday, March 29, 2022, 12:00pm-1:00pm

Violence in an adolescent relationship, sets the stage for violence in future relationships. Supporting the development of healthy, respectful, and nonviolent relationships has the potential to prevent teen dating violence and its consequences. Tune in for tips on supporting healthy teen dating behavior, while helping teens recognize and react to dating "red flags."

Women's Health Awareness 2022
Transforming Communities by Enhancing Women's Health

The Women's Health Awareness (WHA) Women's Wellness Conference is offering an in-person or virtual experience!

Saturday, April 9, 2022
Activities of the Day
8:00 a.m. – 5:00 p.m. EST

North Carolina Central University
Mary Townes Science Building
1900 Concord St., Durham, NC 27707

FREE in-person health screenings, virtual health assessments, education sessions, healthy living sessions, and resources will be offered!

What you learn could save your life!

Register today at no cost to you at www.niehs.nih.gov/WHAconference

Online registration is required.

Note: Due to COVID-19 safety considerations, in-person capacity is limited and on-site registration will not be offered. Virtual registration is unlimited!

Visit our website for resources and webinars at www.niehs.nih.gov/womenshealthawareness

For more information, email WHA@niehs.nih.gov or call 984-287-4414.



The 8th Annual Women's Health

Awareness Event will be held VIRTUALLY on Saturday, April 9, 2022. This event is free.

Register today for this awesome event. Click [here](#) to register.