



Public Health



Health Webinars & Community Events August 2023

Webinars

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. Access this entire schedule using the QR code above.

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.

Avoiding the Summer Slump

Wednesday, August 2, 2023 10:00am-10:30am

<https://us02web.zoom.us/meeting/register/tZ0vd-mhrT8pGNxGd3gkrWJsB3BUtI7FPm5a>

The heat is on this summer. As temperatures rise it may be difficult to get that run in because let's face it, who wants to sweat more? In sweltering heat it's nice to sit outside and enjoy a cool drink or find a nice, air-conditioned venue to escape to. But outside activities are calling you. Here are some tips for promoting summer fitness.

Back Tips for People Who Sit

Wednesday, August 9, 2023 1:00pm-1:45pm

<https://us02web.zoom.us/meeting/register/tZwvdu2gqj8pHtI8Pdlm407fCJjn5IMv0p0K>

You may not know it, but 40 hours of sitting can put more strain on your back than 40 hours of standing—or even lifting—making you one of the unsung heroes or heroines of the workplace. But you're also a prime target for the Monday-to-Friday Syndrome: backache and fatigue from slouching over your desk all week. Since you sit most of the day, it makes sense to learn simple back care tips to help prevent back strain and injury and help you feel healthy on the job.

The Difference Breastfeeding Makes

Tuesday, August 15, 2023 12:00pm-12:30pm

<https://us02web.zoom.us/meeting/register/tZYldu2srzljG9L90EtFoHqHLabpVdi23FW0>

Happy National Breastfeeding Month! Did you know breastfeeding has been shown to reduce infant mortality? Join us as we discuss exclusive breastfeeding and how you can better support those along their breastfeeding journey.

Little Kid, Big Feelings

Wednesday, August 16, 2023 11:00am-11:30am

<https://us02web.zoom.us/meeting/register/tZUrceGvrzopHdGW6saltV6y1GfS7QQQAADU>

Kids are heading back to school, which can be a big change for many. Creating strong connections with trusted adults can build a child's long-term resilience. Tune into this webinar to understand how children process emotions and learn ways to support the mental health of the children in your life.

Fostering a Growth Mindset for Your Goals

Wednesday, August 23, 2023 1:00pm-1:45pm

https://us02web.zoom.us/meeting/register/tZArfu6rpzkoE9bIW_WHKrB0MWDLKqTcBekX

Setting and striving toward goals is part of leading a healthy lifestyle. Learn how fostering a growth mindset can help support your pursuit of a balanced life and how to embrace the ebbs and flows that come along with it.

Learn About Overdose...Save a life!

Wednesday, August 30, 2023 6:00pm-7:00pm

https://us02web.zoom.us/meeting/register/tZ0tdeuppzMsGNav3_EVGVK1aXShDK2RH7Qe

More than 100,000 people died of an overdose in the US in 2022. Perhaps you know one or more of them. Overdose Awareness Month (August) and International Overdose Awareness Day (August 31) are observed to raise awareness of overdose and to reduce the stigma and risks associated with this preventable public health problem. Tune in as we debunk some myths about substance use and overdose, learn what to do when someone has overdosed, share insight from an individual with substance use lived experience, and learn about some life-saving resources to prevent overdose in our community.

Normalizing the Feelings of Grief

Wednesday, August 30, 2023 1:00pm-1:30pm

<https://us02web.zoom.us/meeting/register/tZYod--tqDlvH9QvzQAKswYEOFHIn4N-AN0J>

Grief doesn't always come because of the loss of a life. It can happen through your lifetime due to various reasons. You may be grieving a new health diagnosis, a change in your life such as a divorce, becoming an empty nester, and for some even retirement. Regardless, every type of grief is valid. Join me on National Grief Awareness Day to learn ways to cope with loss and grief.



99 Problems but Healthy Coping Isn't One of Them

Thursday, August 31, 2023 10:00am-10:30am

<https://us02web.zoom.us/meeting/register/tZMoceCgrzstHNa7yPBQCeayRSjoDBe7PHPH>

Learning healthy coping skills is the key to living a whole, healthy, and happy life. Whether you are having a bad day or experiencing one of the heavy storms' life can bring, remember you can always reach into your healthy coping skills toolbox. This webinar will help you identify when and how to use coping skills and give you great resources.

Community Events

Hypertension (High Blood Pressure) Support Group



High Blood Pressure (Hypertension) is a serious condition if it is not managed. Damage that occurs in the body is not seen or felt by most which is why it is called the “Silent Killer”. This month’s topic is how cholesterol and high blood pressure relate to one another. Register [here](#) *Please register in advance to avoid cancellations.*

We will meet the third Wednesdays of the month 6pm-7pm: August 16, 2023

The Diabetes Support Group



Whether recently or ever been diagnosed with diabetes, there is always something to learn about this complex condition This VIRTUAL event is a great place to hear the latest information, learn about resources and connect with others with the same condition. *Please register in advance to avoid cancellations.*

Tuesday, August 22, 2023

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



**Thursday & Friday,
September 21-22, 2023**

Suicide First Aid

Site: Durham Technical Community College

ASIST is a two-day (8hrs/day) in-person program. During the two-day workshop, participants will examine their attitudes about suicide, learn to effectively recognize invitations for help, work with a safety framework, develop new intervention skills, and reinforce old ones. ASIST also addresses the need to establish a cooperative network among participants since caregivers often have to work together to prevent suicide. If you are interested in attending this training please register [here](#). This training is limited to 30 participants and is first come first serve. **Registration is required.** The registration deadline is **September 14, 2023** or when the maximum number of participants has been reached. Breakfast and lunch will be provided during the training days. For more information contact, Willa Robinson Allen at wrobinson@dconc.gov

The cost for this training for participants is free. Expenses are covered by the Comprehensive Suicide Prevention grant through the Department of Health & Human Services, Injury Prevention

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, September 11, 2023 from 6:00pm-7:30pm virtually**. Register [here](#). For more information, contact Willa Robinson Allen at 919-323-9676 or via email wrobinson@dconc.gov

Faith Organizations: Suicide Prevention & Intervention

Thursday, September 14, 2023 2:00pm-3:30pm
Saturday, September 16, 2023 10:00am-11:30am

Faith communities are a natural setting for suicide prevention. People with mental health conditions, including suicide risk, often turn to faith community leaders for help. However, a number of stigmas may prevent a person considering suicide to ask for help from the faith community. Is your organization prepared? Join us for this webinar and discussion to learn more about the topic and resources available for your organization. Register [here](#)