



Public Health



Health webinars & Community events June 2025

Webinars

Anyone can participate in the webinars on this schedule. Please feel free to share the schedule with anyone. To participate in the webinars, you must register. *Once registered, you will receive a confirmation email. Use the link in the confirmation email to access the webinar.*

25 Reasons to Exercise

Wednesday, June 4, 2025 3:00pm-3:30pm

<https://attendee.gotowebinar.com/register/6474791326786232159>

The “feel good” reasons alone should be the impetus for exercising every day! When I look at this list I sometimes wonder why everyone isn’t on the band wagon. It’s in no particular order and hopefully any of these reasons will motivate you to make exercise an integral part of your daily activities.

Heads Up: Help for Headaches

Wednesday, June 11, 2025 10:00am -10:45am

<https://attendee.gotowebinar.com/register/951233035711944537>

Whether you feel it as a brutal pounding or just a nagging nuisance, a headache is an unwelcome intrusion on your day. There is much you can do to lessen the severity and frequency of the three most common types of headaches. Join us for this informative webinar to learn more!

Understanding Leaky Gut Syndrome: Fact, Fiction & Healing Strategies

Tuesday, June 17, 2025 10:00am -10:30am

<https://attendee.gotowebinar.com/register/951233035711944537>

NEW

Leaky Gut Syndrome is a term that's gained popularity in wellness circles, but what does it really mean? Is it a legitimate medical condition or a misunderstood concept? In this 30-minute webinar, we'll break down the science and what happens when the gut becomes compromised, and how it might relate to various health issues—from autoimmune conditions to digestive discomfort. Whether you're a health enthusiast or someone struggling with chronic gut issues, gain a clearer understanding of what's really going on the gut—and what steps you can take to support it.

A Hidden Struggle: Shedding Light on Endometriosis

Wednesday, June 25, 2025 10:00am-10:45am

<https://attendee.gotowebinar.com/register/1841028214384488533>

NEW

Also sometimes called “endo” is a condition that affects about 5 million American women. This very painful condition is often assumed as a normal part of the menstrual cycle, but can mean so much more. Whether you’re newly diagnosed,

have been navigating symptoms for years, or simply want to better support someone you love, this session will shed light on the science, the stigma, and the strategies for living well with endo.

Eye Mind Body: The Connection between mental health, body posture & vision

Wednesday, July 9, 2025

10:30am-11:00am

<https://attendee.gotowebinar.com/register/6004926027787126872>

NEW

Join us for an immersive wellness experience that explores the powerful connection between your eyes, mind, and body. In honor of Vision Month, this webinar takes a holistic approach to eye health, blending science and self-care. Learn practical techniques to relieve eye strain, discover the role nutrition plays in protecting your vision, and unwind with a short, guided eye yoga and mindfulness session. Whether you spend hours at a screen or simply want to see and feel better, this is your moment to reset and refocus—inside and out.

Hormones & Weight Gain: What Your Body's Not Telling You! (Willa)

Wednesday, July 23, 2025

10:00am-10:45am

<https://attendee.gotowebinar.com/register/330977636494645852>

NEW

Struggling with stubborn weight gain despite diet and exercise? You're not alone — and the answer might lie in your hormones. Join us for this eye-opening webinar where we break down the surprising ways hormones like cortisol, insulin, thyroid, and estrogen can influence your metabolism, appetite, fat storage, and energy levels. Whether you're managing weight changes, navigating perimenopause, dealing with stress, or just curious about your body's inner workings, this webinar will give you science-backed insights and actionable tips. Let's take the mystery out of metabolism and help you feel more in control of your health!

Community Events

High Blood Pressure Support Group

Third Thursdays each month (virtual)

June 19, 2025 @ 6:00pm-7:00pm

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". The Hypertension Support Group meets virtually each month so we hope you will join us! There is nothing to lose but perhaps a few mm of Hg (blood pressure readings). Join us! Register [here](#).



The Diabetes Support Group

Fourth Tuesdays each month (virtual)

June 24, 2025 @ 6:00pm -7:00pm

Whether recently or ever been diagnosed with diabetes, there is always something to learn about this complex condition. This VIRTUAL support group 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.* Register [here](#)



Celebrating 25 Years of Progress in Firearm Injury Prevention

Wednesday, June 18, 2025

Human Services Building, 414 E. Main Street, Durham

11:00 AM to 1:00 PM



Join us as we commemorate the 25th anniversary of the Durham County Firearm Injury Prevention Partnership. This milestone event honors a quarter-century of dedicated collaboration, community engagement, and life-saving impact in the effort to reduce firearm injuries and promote safety across Durham.

The celebration will bring together community leaders, local organizations, healthcare professionals, law enforcement, and advocates who have been instrumental in this partnership's success. Attendees will hear from keynote speakers who are prominent voices in public health, gun safety, and injury prevention. Insightful panel discussions will offer perspectives from those working on the front lines of firearm injury prevention and community safety. We will also highlight inspiring success stories that reflect the transformative impact of this initiative on individuals and families throughout Durham County. The event will feature a reading of the official resolution recognizing this important anniversary, along with live gun safety demonstrations and educational resources available to the public. We will also take time to honor individuals and organizations who have made significant contributions to advancing firearm injury prevention in our community. This is more than a celebration, it's a moment to reflect on how far we've come, recognize those who've made it possible, and renew our shared commitment to creating a safer, healthier Durham for all. We hope you'll join us in marking this meaningful occasion. Lunch will be served for those registered for the event. Register [here](#) or use the QR Code

Men On the Move Community Walk

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

Saturday, June 21, 2025

9:00am-10am

Northgate Park, 300 W. Club Boulevard & Arcadia St 27704

For more information, call 919-560-7769 or email Olivia Cunningham at ocunningham@dconc.gov

For Faith-based Organizations



Durham County Health Ministry Network

Faith-based organizations: Are you 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, July 14, 2025**

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



American Heart Association®
life is why™



**2 STEPS
TO SAVE
A LIFE**

#CPR SAVES LIVES

**CPR WEEK
JUNE 1-7**



DURHAM COUNTY
Public Health
1881

[HEART.ORG/HANDSONLYCPR](https://heart.org/handsonlycpr)

JOIN US FOR:

Hands Only CPR Training

Learn Life-Saving Skills!

Location

Durham Main Library

300 N. Roxboro Rm. 3214

2:00 pm - 3:00 pm

Two Opportunities!

Scan the QR
code to
register



Monday June 2, 2025 Or **Monday June 30, 2025**

Saturday, June 28, 2025

Together
in Faith & Hope
Strategies to Prevent Overdose

1:00pm-5:00pm

Human Services Building, 414 E. Main St

Event objectives:

- Raise awareness of the substance use disorder and overdose crisis in our community.
- Introduce Harm Reduction Strategies for Faith-Based Communities.
- Reduce Stigma Around Substance Use Disorder.
- Foster a Culture of Healing and Hope.



A boxed lunch is provided from 12:30pm-12:50pm.

The program will begin promptly at 1:00pm

Use the QR code on this flyer or copy this URL in your browser <https://tinyurl.com/ykbbkcds>




For questions or more information, contact Olivia Cunningham at ocunningham@dconc.gov


Audience: *Any representative or member of the local faith community*



Public Health

This event is sponsored by Durham County Department of Public Health

<p>Options:</p> <p>In - Person</p> <p>Virtual</p> <p>One on One</p> <p>or</p> <p>Group Session</p>	 <p>Olivia Cunningham Tobacco Health Education Specialist</p>	<h1>Free Quit Smoking Classes</h1>
<p>Free Quit Smoking Classes</p> 	<p>4 - week counseling</p> <p>Check-Ins (Maintenance)</p> <p>QuitSmart Manual</p> <p>Incentives (While supplies last)</p> <p>Hour and a Half Sessions (4sessions)</p>	
<p>Interested?</p> <p>Contact:</p> <p>Olivia Cunningham ocunningham@dconc.gov (919) 560 - 7769</p>		



What's the 411:

Chronic Disease & Diets

Navigating the world of diets can be overwhelming, especially when managing chronic health conditions. You might have experimented with popular plans like **Keto**, **Intermittent Fasting**, **Mediterranean**, or **DASH**. But do you know how each impacts your health?

Come and learn more about the advantages and drawbacks of these diets **PLUS** you will have a chance to get a taste of a Mediterranean dish!

Join us on:

Wednesday, August 6, 2025



1:00 pm-2:00 pm


Registered is required

Scan QR code or click here

Location details will be sent after registration

<https://tinyurl.com/Whatsthe411Aug25>



Public Health

Have questions? Contact:

Yvonne Reza
 919-560-7223
yreza@dconc.gov