

## Wellness Special Events

### From the Health Expert

Everyone is welcome! Call the appropriate Center to register. Check the individual classes for specific information. All the programs are FREE. For more information on these and other Wellness programs, contact Latonya Brown, 919-245-4270.

**Notice:** To provide presentations on different topics, the Wellness Program hosts a variety of professionals. This does not mean an endorsement of providers, services, or method of treatment.

### Consumer Reports Workshop Series on Health, Diet, and Digital Privacy

Wed, Mar 6 - **Consumer Reports “How to Maintain a Sustainable Diet”** Workshop will provide you with resources to help you make the best choices and purchases when grocery shopping. Confused about what sustainable really means? Would you like to know how to maintain a sustainable diet? What the difference is between labels for organic or natural? Join Consumer Reports members for a workshop on smart tips and tricks for buying sustainable foods and the importance of eating sustainability.

Wed, Mar 20 - **Consumer Reports “Protecting Yourself from Medical Harm”** Workshop will provide you with tips on how to protect yourself from medical harm while being treated at a hospital, a doctor's office, or an outpatient medical center through a series of activities. Its aim is to help you be a more informed healthcare consumer.

Wed, Apr 3 - **Consumer Reports “Digital Privacy”** Workshop will take consumers through the most important steps of setting up and maintaining Online Security and Privacy. Attendees will learn tips and tricks to protect themselves online, including a "10 Minute Digital Privacy Tuneup" for their social media accounts and some advice on how to make sure their different devices are as secure as possible. The workshop also includes some big-picture discussions about the do's and don'ts of being online, as well as some guidance about what to do if you've already had a problem with identity theft.

Min: 6/ Max: 20

**Note:** Will take a short break. Feel free to bring a bagged lunch.

**Register by:** 1 week prior to program

**Instructor:** Russ Weiner

**Fee:** FREE

**Seymour Center**

Wed, Mar 6; Mar 20; Apr 3

(344082-03)

11 am – 12:30 pm

### Gentle Acupressure Qi Gong to Spark Your Day

Qi Gong (pronounced Chee-Gong) is an ancient Chinese health care system developed over 2,000 years ago in China. Qi Gong is made up of physical postures (moving or stationary), breathing techniques, and focused intentions that serve as an excellent form of exercise because of their gentle and soothing

nature. Anyone can do Qi Gong, regardless of age, ability, flexibility, or activity level!

We will be incorporating acupuncture and stimulation to certain reactive points on the body into a Qi Gong routine to significantly improve balance, relieve pain, encourage mobility and reduce stress. Questions? Please contact Danny Lopez, LAc at 858-243-5990 or [danny@triangleacupunctureclinic.com](mailto:danny@triangleacupunctureclinic.com)

**Register by:** Wed, Apr 17

**Fee:** FREE

**Seymour Center** (322004-01)

Mon, Apr 22

1:30 – 3 pm

### **Glucose and Cholesterol Screening: UNC**

Come and have your glucose and cholesterol levels screened at this free clinic offered by a team of volunteers from UNC Heart and Vascular Center.

**Fee:** FREE

**Seymour Center**

TBD (222500-01)

10 am – 1 pm

### **Glucose and Cholesterol Screenings: Local Pharmacies & OC Health Department**

Come and have your cholesterol levels screened at this free clinic sponsored by the Orange County Health Department with a team of volunteers from Walgreens Pharmacy and Walmart Pharmacy.

**Passmore Center**

Tue, Mar 5; May 7 (222500-02, 03)

10 am - 12 noon

**Seymour Center** (3562511 – 02, 03)

Thu, Mar 7; May 2

10 am - 12 noon

### **Health Department Diabetes Self-Management Education Services**

The Health Department offers diabetes education services (individual and group) that cover the basics of diabetes prevention and management including: nutrition and meal planning; medications and monitoring; controlling blood sugar and A1C levels; exercise; living with diabetes; as well as detection and control of complications. A medical provider's referral is needed to enroll. Lunch and incentives provided. For more information, please call 919-245-2380.

**Fees:** Medicare, Medicaid, and most insurance plans accepted; fees are on a sliding scale with scholarships available.

**Location:** Southern Human Services, Chapel Hill; or Whitted Services Center, Hillsborough

### **Health Department Nutrition Counseling Services**

The Health Department offers Nutrition Counseling with a Registered Dietitian/Nutritionist who works with your medical provider to help you prevent or manage medical conditions such as: diabetes, high cholesterol, high blood pressure or weight management. During the appointment, the dietitian will review your medical history, medications, labs, diet and lifestyle patterns, and develop a personalized nutrition plan to help you with your health goals. A medical provider's referral is needed to schedule an appointment. For more information or to schedule an appointment, please call 919-245-2380.

**Fees:** Medicare and most private insurances accepted; fees are on a sliding scale with scholarships available.

**Location:** Southern Human Services, Chapel Hill; or Whitted Services Center, Hillsborough

### Holistic Care

Holistic medicine, frequently referred to as integrative health and medicine, has been steadily gaining traction among patients. Dr Roy Solomon's, MD, PhD, belief in holistic care is that you have to reconnect with your inner child, release things you are carrying in the sub-conscious mind through forgiveness, meditation and energy healing. All of this happens with the power of the mind. He has helped over 1,500 people with this method - come hear how you can be helped too.

**Register by:** Passmore: Mar 20/Seymour: Apr 3

#### Passmore Center

Thu Mar 27 (222260-01) 10:30 - 11:30 am

#### Seymour Center

Wed, Apr 10 (322224 01) 10:30 - 11:30 am

### "NAMI Basics: Caring for You, Your Family and Your Child"

"NAMI Basics" is a free 15-hour education course for parents and grandparents of children 18 and under with emotional, behavioral, and neurological disorders. It is taught by trained teachers who are the parent or grandparent of a child or adolescent who developed mental health symptoms during childhood.

The NAMI Basics curriculum gives parents and caregivers vital information about their children's illnesses and treatment strategies so they can better advocate for their children with mental health in school, and other systems involved in their children's care. For more information and to register contact Barbara Maier, 919-929-7822 or [bmaier.namioc@gmail.com](mailto:bmaier.namioc@gmail.com)

#### Seymour Center (357009-04)

Sat, Mar 9, 16, 23 10 am - 3 pm

### Nature Trail Walks

#### Hollow Rock Nature Park

Take an early spring walk through a mature forest and along the edge of flooded bottomlands to the remarkable Hanging Rock overlooking New Hope Creek. The walk features the old Hollow Rock Store, which was a popular grocery and gathering place along a former crossroad with a remarkable history of uses by Native Americans and European settlers. Approximately 1.5 miles. Walking difficulty: Easy, but with some tree roots and uneven surfaces. This will be a time for **Spanish speakers** to join in as we will have an interpreter during the walk on March 14. To learn more about the Hollow Rock Nature Park visit:

<http://www.orangecountync.gov/Facilities/Facility/Details/Hollow-Rock-Nature-Park-6>

**Leader:** Rich Shaw, retired Orange County Land Conservation Manager

Thu, Mar 14 (Rain date: May 9) (320003-01) 9 am - 12 noon

**Pick up Times:** Passmore Center 9 am / Seymour Center 9:20 am

#### Mandarin Speaking Walk

Thu, Mar 28 (Rain date: May 23) (320003-02) 9 am - 12 noon

**Pick up Time:** Seymour Center 9:30 am

**Blackwood Farm Park**

Enjoy a spring hike around this historic farm and Orange County park. The forest walk encircles the farm and provides remarkable scenic views of the rolling fields, large pond, and farmstead. Walk along a portion of the old roadbed that once linked Chapel Hill and Hillsborough. Time will also permit a tour of the historic Blackwood family farm building complex with interpretive signage and interesting photography. Approximately 1.5 miles. Walking difficulty: Easy, but with some tree roots and uneven surfaces. This will be a time for **Spanish speakers** to join in as we will have an interpreter during the walk on Apr 11.

**Leader:** Rich Shaw, retired Orange County Land Conservation Manager  
Thu, Apr 11 (Rain date: May 7) (320004-01) 9 am – 12 noon

**Pick up Times:** Passmore Center 9 am / Seymour Center 9:20 am

**Mandarin Speaking Walk**

Thu, Apr 25 (Rain date: May 14) (32000 - 02) 9 am – 12 noon

**Pick up Time:** Seymour Center 9:30 am

**Oral Health Education Session**

Second year UNC School of Dentistry dental hygiene students will provide information on the importance of maintaining good oral health, which can minimize oral disease and tooth loss. Come and learn about oral health care including: dry mouth and the effects it can have on your teeth; importance of denture care; whitening your teeth; and more. In addition, toothbrushes will be given to attendees. Everyone is welcome! Call Seymour Center at 919-968-2070 or Passmore Center at 919-245-2015 to register.

**Register by:** Apr 4

**Fee:** FREE

**Passmore Center** (222250-01)

Wed, Apr 10 10 – 10:40 am

**Seymour Center** (322036-05)

Wed, Apr 10 10 – 10:40 am

**Prescription Drugs Drop Box**

Did you know the Carrboro, Chapel Hill, and Hillsborough Police Departments provide a Mobile Prescription Drug Drop box. You may dispose of expired, unused and unwanted medications in a safe and easy way through a prescription drug drop box at each of the police department's main office locations. You may also dispose of over the counter medications. Orange County, residents have four drug disposal locations available:

Carrboro Police Dept  
Carrboro Century Center  
100 N Greensboro St  
Carrboro

Chapel Hill Police Dept  
828 Martin Luther King, Jr Blvd

Chapel Hill

Hillsborough Police Dept  
127 N Churton St  
Hillsborough

Orange County Sheriff's Dept  
106 East Margaret Lane  
Hillsborough

### **Prescription Drug Drop Offs at the Senior Centers**

Do you have expired, unused, or unwanted medications? Safely dispose of your expired, unused, or unwanted medications at one of the senior center drop off events this spring. You may also dispose of over the counter medications. Drop off events are provided by the Chapel Hill Police Department and the Orange County Sheriff Department.

#### **Passmore Center**

Wed, Apr 24 10 am -12 noon

#### **Seymour Center (322252-01)**

Wed, Apr 17 10 am - 12 noon

### **Smoke Cessation Program - Freshstart**

Freshstart is a group based tobacco cessation support program to help individuals plan a successful quit smoking attempt using information for dealing with cravings. In each support session, participants will learn concise materials to help them make choices on which techniques are best for them. During the second and fourth sessions, participants will choose and receive FREE nicotine replacement therapy (NRT).

The goal is to increase participants' successful completion to quit smoking, and to stay that way.

To register for this Freshstart program call 919-245-2480 or email us at

[smokefreeoc@orangecountync.gov](mailto:smokefreeoc@orangecountync.gov)

**Provider:** Orange County Health Dept

**Fee:** FREE

#### **Seymour Center**

Wednesdays , May 8, 15, 22, 29 (312000-04) 12 noon - 1 pm

### **Walking Contest at Seymour Center and OC Sportsplex**

Do you enjoy walking on the treadmill? For 6 weeks (March 11 - April 19) we are having a contest to see how often/long you walk. Want to know how to get started??? Come see our Personal Trainer, Arlene Bynum Mills, or NCCU Intern at Passmore Center to sign up. Prizes will be given to the top 3 participants! So don't delay, sign up and "Walk" your way to a healthier life!

**Sign up Week:** Mar 4 - Mar 8

**Instructors:** Arlene Bynum at Seymour and NCCU Intern, Shannon Brown, at Passmore Center

**Fee:** FREE

**Seymour Center** (managed by Arlene Bynum)

Mar 11 - Apr 19

**OC Sportsplex** (managed by Intern at Passmore Center)

Mar 11 - Apr 19

## EVIDENCED-BASED PROGRAMS

The following programs are supported in part by Health Promotion/Disease Prevention Funds from NCDHHS – Aging and Adult Services. As a consumer, you may make a voluntary contribution to this program. Contributions will be used to expand the program and are confidential. Services will not be reduced or terminated for failure to contribute.

### **Living a Healthy Life with Chronic Conditions**

Interactive 6-week course is designed to help people with chronic conditions. Includes: (1) techniques to deal with problems such as frustration, fatigue, pain and isolation; (2) appropriate exercises for maintaining and improving strength, flexibility, and endurance; (3) appropriate use of medication; (4) communicating effectively with family, friends and health professionals; (5) nutrition; and (6) how to evaluate new treatments. Each participant will receive a copy of the book, *Living a Healthy Life with Chronic Conditions*.

**Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer any of the following evidenced-based programs to your senior group at your church, community center, neighborhood clubhouse, etc.**

### **Matter of Balance**

Do you have concerns about falling? Have you been struggling with maintaining your balance? Many older adults are concerned about falling and restrict their activities. This award-winning program is designed to manage falls and increase activity levels. It is an evidenced-based health education program. While simple exercises will be used, it is not an exercise class.

Min: 6/Max: 12

**Facilitators:** Geri Kanne

Fee: FREE

### **Passmore Center**

Tue, Apr 2 – May 21 (242000-01) 1 – 3 pm

### **Tai Chi for Arthritis Program – Arthritis Foundation**

Tai Chi improves balance, agility and flexibility while increasing pain free range of motion for persons with arthritis, lupus, fibromyalgia and other inflammatory joint conditions. Older adults managing chronic conditions such as high blood pressure, diabetes, Parkinson's, MS, heart disease, lower back pain and depression also experience benefits from this gentle activity. (No previous Tai Chi experience necessary – can be done seated or standing) **Beginner classes run for 16 weeks: Register by: Mon, Jan 22**

**Fee:** FREE

### **Passmore Center**

Mondays through May 13 (232257-04)

11 am – 12 noon

## **Arthritis Foundation Exercise Program Classes**

### **Aerobics – Arthritis Foundation Exercise Program**

This class offers participants the evidence-based Arthritis Foundation Exercise Program, *Take Control with Exercise*. Class Min: 5/ Max: 25

**Instructor:** Sandy Wolfe

**Fee:** FREE

**Passmore Center**

Mon & Wed (252001-01)

10 – 10:50 am

**Inspired Movement**

Never exercised before? This class is great for beginners! It's designed to stretch and strengthen your entire body for maximum movement and endurance. The class is an excellent way to improve joint flexibility, muscular strength, and toning. Knowledge of beneficial movements can be applied to daily living at home. Class offers the evidence-based Arthritis Foundation Exercise Program, *Take Control with Exercise*. Class Min: 5/Max: 15

**Instructor:** Kathleen ("Kacky") Campbell Hammon.

**Fee:** FREE

**Seymour Center**

Mon (352008)

Tue & Thu (352008)

10 – 10:50 am **or**

2:15 – 3:05 pm