

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.

Diabetes Solution: How to Manage your Blood Sugar Naturally

All you need to know to control type 2 diabetes and potentially reverse pre-diabetes with easy and delicious menu suggestions and lifestyle tips. Susan Wyler is a Registered Dietitian Nutritionist in private practice at Triangle Nutritional Wellness. She has a master's degree in public health from UNC Chapel Hill, where she teaches a graduate course in food science and culinary arts. A former food editor and cookbook writer, Wyler is author of several health books with recipes. Her most recent, written with Dr Jorge E Rodriguez, is *The Diabetes Solution: How to Control Type 2 Diabetes and Reverse Pre-diabetes Using Simple Diet and Lifestyle Changes*. The book has been featured on *The Doctors*, *The View*, and *Morning Joe*, among other shows.

Central Orange SC

Wed, Jun 17 (252252-03)

11 - 11:45 am

Seymour Center

Wed, Jun 3 (352352)

11 - 11:45 am

Dependence and Depends: Real-Talk About Older Adults and Addiction

This discussion led by a representative from Holly Hill Hospital will focus on substance abuse and older adults. Specifically, participants will learn about and discuss: The physical and psychological hazards of drug and alcohol abuse later in life; How to identify the warning signs and symptoms of abuse in other older adults and where to go for treatment.

Central Orange SC

Wed, Jul 15 (252252-04)

11 - 11:45 am

Seymour Center

Wed, Jul 1 (352352)

11 - 11:45 am

Low Vision Occupational Therapy

Therapeutic Solutions provides low vision occupational therapy services to clients in their homes. Our mission is to help people participate in meaningful activities and to increase their independence with everyday tasks.

Fee: FREE

Central Orange SC

Wed, Aug 19 (252252-05)

11 - 11:45 am

Seymour Center

Wed, Aug 5 (352352)

11 - 11:45 am

Are You Struggling with Chronic Pain? Looking to be More Comfortable?

Join us for support and learn skills to be more comfortable. We will explore guided imagery, mindfulness, conscious breathing, gentle movement and relaxation techniques. These techniques are beneficial in pain management. Our nervous system senses the pain and we react to the sensation. Many factors are involved in the pain process. Medical evaluation recommended. Learn to sense more ease in your life. For the most up-to-date information see: <http://www.marthawhitney.com/services/events/>.

Martha Whitney, LMFT, psychotherapist and life coach, is a resource to help you explore and expand into your full self with mindfulness and mind-body therapies, getting you on track and moving forward. www.marthawhitney.com, Martha@marthawhitney.com

Fee: FREE

Registration required: Please call Seymour Center - 919- 968-2070

Seymour Center

3rd Mon, Jun 15; Jul 20; Aug 17 (352761-01)

1:30 - 2:45 pm

Diabetes Self-Management Education Program

Do you have diabetes? Would you like to learn more about how to manage it? This program will cover the basics of diabetes including: nutrition and meal planning, medications and monitoring, exercise, living with diabetes, and detection and control of complications. It meets the standards of the American Diabetes Association and will be led by OC Health Department's Registered Dietitians, Registered Nurses, and other health care professionals for a comprehensive care plan to manage your diabetes. A medical provider referral is needed to enroll in the program. For more information, please call 919-245-2381.

Fee: Medicare (no co-pay), Medicaid (\$3 copay) and some private insurance will pay for this program. There is a sliding scale fee based on income.

Southern Human Services, Center, Chapel Hill or Whitted Services Center, Hillsborough

Thurs, Jun 11, 18; Jul 9, 16; Aug 13, 20

12:30 - 5 pm

Diabetes On-line Course

Do you have, or do you know, an older adult with diabetes? National Council on Aging (NCOA) is offering a FREE online diabetes workshop! *Better Choices, Better Health® - Diabetes* was developed by Stanford University and has been proven to help people with diabetes.

Within the program participants will find:

- Nutrition and exercise tips
- Make informed treatment decisions
- Better communication with doctors

Participants log into the workshop from their own computers for just two hrs a week over six weeks. They receive a FREE workbook plus online resources to help them live healthier lives.

Please spread the word about this great opportunity! www.restartliving.org/diabetes.php

Glucose and Cholesterol Screening

High blood glucose is a risk factor that can increase your chance of developing, or suffering complications from, diabetes. A glucose screening can help identify high blood sugar, which can help you prevent or delay the effects of diabetes. Screenings

will be provided by trained professionals from UNC Cardiology. Fasting before the test helps achieve more accurate results, but is not a requirement. Call the Seymour Center to make an appointment. Program size - minimum 12, maximum 72.

Provided by UNC Cardiology

Fee: FREE

Seymour Center

Tues, Jun 16 (352511-03)

10 am - 1 pm

Mental Health First Aid Course

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

Provided by Cardinal Innovations. Registration Required by Wed, Jun 10.

Fee: FREE

Lunch provided by Home Instead Senior Care

Seymour Center

Wed, Jun 17 (357081- 08)

8:30 am - 4:30 pm

Mobile 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 medication in a safe and easy way through a prescription drug drop box at each of the police department main office locations.

Throughout Orange County, residents have three drug disposal locations available:

Carrboro Police Department
Carrboro Century Center
100 North Greensboro St.
Carrboro, NC 27510

Chapel Hill Police Department
828 Martin Luther King Blvd.
Chapel Hill, NC 27514

Hillsborough Police Department
127 North Churton St.
Hillsborough, NC 27278

Smoke Cessation Program - Freshstart

Freshstart is a group based tobacco cessation support program, designed to help individuals plan a successful quit smoking attempt by providing essential information, skills for coping with cravings, and group support. The information and activities received from Freshstart will help you discover why you smoke and what motivates you to quit smoking. Freshstart incorporates the most current guidelines for tobacco cessation into four face to face group support sessions. In each session, the participants will learn concise material that will help them make informed choices about which techniques they want to use for their own quit attempt.

During the second and fourth sessions of the program, each participant will receive free nicotine replacement therapy (NRT) of their choice.

The goal for this program is to increase successful completions from participants who want to quit smoking and stay quit from smoking. To register for the Freshstart program call 919-245-2480 or email us at smokefreeoc@orangecountync.gov.

Fee: FREE

Seymour Center

Tues, Jun 9,16,23,30 (332000-02, 03)

6 - 7 pm

Wed, Aug 5,12,19,26 (332000-02, 03)

12 noon - 1 pm

Quitting Smoking for Older Adults - On-line Course.

The National Institutes of Health (2014) is offering a new web resource to help older adults stop smoking with videos, worksheets, interactive features, strategies, quizzes, and more. It includes a link to the resource *Clear Horizons: A Quit Smoking Guide for People 50 and Older*.

<http://nihseniorhealth.gov/quittingsmoking/quittingwhenyoureolder>

Substance Abuse in Older Adults and Their Families Forum

Substance abuse is not just a problem for the young. Loneliness and mental health issues, coupled with pre-existing alcohol and drug habits have turned many older adults to controlled substances in their golden years...

Seymour Center

Wed, Jul 15 (332253 -01)

2 - 4:30 pm

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, but are under no obligation. 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 designed to help people with chronic conditions.

Includes: (1) techniques to deal with problems such as frustration, fatigue, pain and isolation; (2) appropriate exercise 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*. The program is designed to enhance regular disease treatment and disease specific education. Registration Deadline is one week before start of program.

Program minimum 6, maximum 12.

Facilitators: Myra Austin, Health Educator and Pam Tillett, Social Worker

Fee: FREE

Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer this program to your senior group at your location, such as a 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. Registration Deadline: Thursday before the classes begin the following week. Program minimum 6, maximum 12.

Facilitators: Latonya Brown and Becci Ritter

Fee: FREE

Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer this program to your senior group at your location, such as a church, community center, neighborhood clubhouse, etc.

Walk with Ease - Arthritis Foundation

This is a walking program to encourage people with and without arthritis to get started walking and stay motivated to keep active anytime of the year. In this 6-week program, participants meet three times a week in groups of up to 15. The class begins with a health education session on an arthritis - or exercise - related topic, followed by stretching activities and a 10-35 min walk. To participate in this walking program please call the Seymour Center at 919-968-2070.

Instructors: Salli Benedict, MPH, RYT and Latonya Brown, MHSA, CIRS-A

Fee: FREE

Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer this program to your senior group at your location, such as a church, community center, neighborhood clubhouse, etc.

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 minimum 5, maximum 25.

Instructor: Sandy Wolfe.

Fee: FREE

Central Orange SC

Mon & Wed (252001-1)

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 maximized 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 minimum 5, maximum 15.

Instructor: Kathleen ("Kacky") Campbell Hammon.

Fee: FREE

Seymour Center

Mon & Wed (352008)

10 - 10:50 am or

Tues & Thurs (352008)

2:15 - 3:05 pm