

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

Healthy Living Series: Your Passport to Good Health

Seymour Program and Wellness Team are co-sponsoring a unique and informative eight presentations with Seasons of Southpoint. Document your learning journey with your Passport to Good Health. Receive a stamp at each monthly presentation and submit your completed Passport for a chance to win two tickets to the show of your choice at the Durham Performing Arts Center (DPAC). The more stamps you receive, the more chances you'll have to win! Each presentation will be facilitated by Seasons of Southpoint staff. There will also be light refreshments, a question and answer session, and time for sharing and socializing. Program brochures will be available at the centers. Please inquire at the front desk if you would like a copy. Presentations will be held the second Tuesday of the month, at 2 pm, Seymour Center. Topics as follows:

Tues, Jul 12 Hydration

Fee: FREE

Seymour Center

2nd Tues, Jul 12 (314107)

2 - 3 pm

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: Thurs before the classes begin the following week. Program minimum 6, maximum 12.

Facilitators: Myra Austin and Latonya Brown

Fee: FREE

Mon & Wed, Jul 18 – Aug 10 (352076-06)

1:30 - 3:30 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

NAMI Family-to-Family Education Program

This is a 12-week series structured to **help family members** understand and support their ill relative while maintaining their own well-being. For family members of close relatives with: Major Depression, Bipolar Disorder (manic depression), Schizophrenia and Schizophrenia Disorder, Panic Disorder, Obsessive Compulsive Disorder, and Borderline Personality Disorder. The class is limited to 25 people. To register, contact: Nancy Brickman at 919-818-8065 or for confidential inquiries, email: nbrickman@nc.rr.com

Fee: FREE

Chapel Hill Public Library

Wellness B-I-N-G-O

Are you Ready? ARE YOU READY? To play Bingo? To play Bingo? To Play BINGO?! Come and join us for a day of Wellness. Stimulate your mind and body when you have fun playing Wellness bingo!!

Passmore Center

Wed, Jul 20 (252252-07)

11 am

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>

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: Latonya Brown, 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.

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Facilitators: Myra Austin 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

Passmore Center

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)

Tues & Thurs (352008)

10 - 10:50 am or

2:15 - 3:05 pm