

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.

Note: 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.

Posture and Ergonomics: Importance of Good Posture

Good posture is as important as eating right or having a good exercise routine. When you have good posture, your body will work the way it is supposed to - keeping your muscles balanced and working together will also help prevent injuries. Based on instructors experience as a fitness trainer and the book *Egoscue – Eliminate Pain with Postural Therapy?*

Come and learn how to help correct your posture!

Fee: FREE

Instructor: Vanessa Vendola

Register by: Apr 11

Passmore Center

Tue, Apr 17 - May 8 (222257-01)

11:20 am - 12 noon

Register by: Mar 14

Seymour Center

Tue, Mar 20 - Apr 10 (352267-02)

11:15 am - 12 noon

ClearCaptions - at Lunch Time

ClearCaptions is a federally certified provider of captioned telephones. The captioned telephone is a regular phone where you speak normally, and you hear the best you can. However, you can also see a text of what the other person said on the phone's display. This phone is available at no cost to individuals with a hearing loss. To qualify, all you need is a hearing loss, a land line connection and internet. Come learn more about ClearCaptions!

Passmore Center

Tue, Apr 10 (252252-05)

12 noon - 1 pm

Seymour Center

Thu, Apr 12 (322251-03)

12 noon - 1 pm

Diabetes Self-Management Education Program - Orange County Health Department

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; 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 in the program. Lunch provided. For more information, please call 919-245-2380.

Fees: Medicare, Medicaid, and most insurance companies will cover the fees for this program. There is also a sliding scale fee based on income and scholarships available.

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

Thu, Mar 8, 15; Apr 12, 19; May 10, 17

12:30 – 5 pm

Gluten Free and Vegan Special Diet Class

Do you suspect that a change in diet would solve your health problems? Have you been trying to go vegan, gluten free, or just trying to eat healthy? We can help. Many people are turning to vegetarian, vegan, or raw-vegan diets for health reasons. Others have to quit gluten, soy, or dairy due to allergies or inflammation. We can guide you through this process to ensure that your new diet is nutritionally balanced, varied, and still tastes good.

Register by: Mar 7

Fee: FREE

Passmore Center (222258-01)

Fri, Mar 16

10 am – 12 noon

Seymour Center (322076)

Wed, Mar 14

10 am – 12 noon

Music Therapy for Parkinson's Disease (MT4PD)

MT4PD is a weekly music therapy group funded by a grant from the National Parkinson Foundation. Sessions focus on maintaining or improving, speech and language deficits caused by the disease's progression. MT4PD is a fun and inviting way for individuals with Parkinson's disease and care partners to connect with members of the Parkinson's community, while addressing individual rehabilitation needs. **Prior musical experience not required.** Questions? Please contact Allison Hingley, 919-443-9448 or allison@atlanticmusictherapy.com

Fee: FREE

Seymour Center

Thursdays, (352800-01)

2 – 3 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 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:

Carrboro Police Dept
Carrboro Century Center
100 N Greensboro St
Carrboro, NC 27510

Chapel Hill Police Dept
828 Martin Luther King, Jr Blvd
Chapel Hill, NC 27514

Hillsborough Police Dept
127 N Churton St
Hillsborough, NC 27278

Orange County Sheriff's Dept

Margaret Lane
Hillsborough, NC 27278

NAMI Family-to-Family Education Program

This **12-week series helps family members** understand and support their ill relative while maintaining their personal well-being. This is for family members of close relatives with: Major Depression, Bipolar (manic depression), Schizophrenia, Panic, Obsessive Compulsive, and Borderline Personality Disorders. Limited to 25 people.

Contact: Nancy Brickman at 919-818-8065 or for confidential inquiries, email: nbrickman@nc.rr.com

Nu-Step Contest

Do you enjoy working out on the Nu-Step? For 6 weeks (Apr 2 - May 4) we are having a contest to see how often/long you work out on the Nu-Step. Want to know how to get started??? Come see our Personal Trainer, Arlene Bynum Mills, to sign up. Prizes will be given to the top 5 participants! So don't delay, sign up and Nu-Step your way to a healthier life!

Sign up Week: Mar 26 - Mar 30

Instructor: Arlene Mills

Fee: FREE

Seymour Center

Apr 2 - May 4

Nutrition Counseling - Orange County Health Department

The Health Department offers Nutrition Counseling with a Registered Dietitian who will work with your medical provider to help you prevent, or manage, medical conditions such as diabetes, high cholesterol, high blood pressure or weight management. 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 insurance companies accepted. There are also sliding fees based on income, and scholarships, available.

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

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 11

10 - 10:40 am

Seymour Center (322036-05)

Wed, Apr 11

10 - 10:40 am

Shingles and Pneumonia Vaccines Coming to You

Pharmacy team from Walgreens will conduct two-part immunization clinics at both centers:

Part 1: *A pre-immunization assessment and registration appointment to answer questions, verify insurance co-pays, if any, and reserve your vaccine; and Part 2: The vaccination clinic.

Note: If you do not have the pre-immunization assessment, vaccine will NOT be available for you.

*If you are unable to attend the pre-immunization assessment, please contact the pharmacy team leader to arrange an assessment and to register for your vaccine. For both the Passmore and Seymour Clinics, contact Sharon at Walgreens: 919-590-4800.

Bring the following to your first appointment: (1) Health Insurance Cards, (2) Primary Care Provider's Name & Phone Number, (3) Immunization History, and (4) List of Medications

Fee: Possible Co-pay

Passmore Center

Mon, Mar 12 - Assessment (242257-01) 12:30 - 1:30 pm

Mon, Apr 9 - Clinic (242257-01) 2:30 - 3:30 pm

Seymour Center

Mon, Mar 19 - Assessment (342502) 12:30 - 1:30 pm

Mon, Apr 16 - Clinic (342502) 2:30 - 3:30 pm

Quitting Smoking for Older Adults - On-line Course

The National Institutes of Health offers a 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. Contributions will be used to expand the program and are confidential. Services will not be reduced or terminated for failure to contribute.

Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer any of the following evidenced-based programs at your church, community center, neighborhood clubhouse, etc to a senior group with a minimum of 6 participants.

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*. Min: 6/Max: 12

Facilitators: Phyllis Fliederbaum and xxxx xxxxx,

Fee: FREE

Passmore Center

Mon, Mar 5 – Apr 9 (222254-01)

3:30 – 5:30 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.

Min: 6/Max: 12

Facilitators: Latonya Brown and Geri Kanne

Fee: FREE

Passmore Center

Thu, Apr 12 – May 31 (242000-01) 1:30 – 3:30 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 20 weeks:**Instructor:** Sue Fan

Fee: FREE

Passmore Center

Fridays May 4 – Sep 14 (232257-02)

10 – 11 am

Walk with Ease – Arthritis Foundation

This walking program encourages people with, or without, arthritis to get started walking and to stay motivated to keep active. Participants meet three times a week in groups of up to 15 in this 6-week program. The class begins with a health education session on arthritis or exercise related topic, followed by stretching activities and a 10 – 35 min walk.

Instructors: Salli Benedict and Latonya Brown**Arthritis Foundation Exercise Program Classes****Ω 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**Passmore Center**

Mon & Wed (252001-1)

10 – 10:50 am

Ω Inspired Movement

Haven't 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.

Seymour Center

Mon & Wed (352008)

10 - 10:50 am or

Tue & Thu (352008)

2:15 - 3:05 pm

Ω Sit to be Fit - Arthritis Foundation Exercise Program

Find out how to stretch and strengthen your entire body for maximum range of motion, and endurance. This class is excellent for improving your joint flexibility, muscular strength, and toning. While seated you will learn beneficial exercises you can apply daily at home as well as healthy hints to keep you independent and moving toward 100 years of age. Walk-ins welcome, Class Min: 4/Max: 18

Instructor: Michael Savino

Fee: FREE

Seymour Center

Mon (352019)

11 - 11:50 am