

## 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.

### 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, Jun 14, 21; Jul 12, 19; Aug 9, 16

12:30 – 5 pm

### Men's Health Educational Seminar

Signs, Symptoms and Treatment options for Erectile Dysfunction and Stress Urinary Incontinence (bladder leakage). Refreshments will be provided for attendees. Spouses/partners welcomed.

**Speaker:** Brad D Figler, MD, FACS (Urologist, UNC School of Medicine) 984-974-5289

**Register by:** Fri, May 30

**Fee:** FREE

**Seymour Center (332205-01)**

Tue, Jun 5

6:30 pm

### 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](mailto: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](mailto:nbrickman@nc.rr.com)

#### **Cardio Contest**

Do you enjoy doing Cardio? For 6 weeks (Jun 11 – Jul 27) we are having a contest to see how often/long you work out on the Cardio Equipment. 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 Exercise your way to a healthier life!

**Sign up Week:** Jun 4 – 8

**Instructor:** Arlene Mills

**Fee:** FREE

**Seymour Center**

June 11 – July 27

#### **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**

### **Stretching with Vicki Tilley PT, GCS - Geriatric Clinical Specialist**

Stretching is an important part of your exercise routine and will help offset the effects of normal decline in your joints' flexibility, can help to decrease pain, and help you remain active and independent. If you want to gain more independence, mobility, and flexibility then stretching just might be your new best friend. Come find out from Vicki Tilley PT,GCS how to incorporate stretching in your everyday routine. Vicki is the owner of ElderFit In Home Rehab and teaches the Strong and Steady class at the Passmore Center.

**Register by:** Fri, Jul 27

**Instructor:** Vicki Tilley

**Fee:** FREE

**Passmore Center** (232258 -01)

Thu, Aug 2

1 - 2 pm

**Seymour Center** (332206 -01)

Fri, Aug 3

2 - 3 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

**Fee:** FREE

**Facilitators:** Phyllis Fliederbaum and Latonya Brown

### **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

**Fee:** FREE

**Facilitators:** Latonya Brown and Geri Kanne

### **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:**

**Fee:** FREE

**Instructor:** Sue Fan

### **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.

**Fee:** FREE

**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)  
Tue & Thu (352008)

10 - 10:50 am or  
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