

# Health Events

- *Free, confidential **HIV tests*** are administered at the Lincoln Community Health Center (1301 Fayetteville St) on Mondays, 5:30–8pm, in the Specialty Clinic. Ora-Quick, an oral mouth swab, is used and results are available in 30 minutes. No appointment is necessary; write to [durhamHIV@gmail.com](mailto:durhamHIV@gmail.com) for more info.
- The **Senior Walking Club** (age 55+) meets at the Hunt St entrance of the Durham Center for Senior Life (406 Rigsbee Ave) at 6:30am on weekdays, and the group walks for an hour.
- The **Lincoln Community Health Center Walk Club** meets on Tuesdays and Thursdays, 9–10am, at WD Hill Recreation Center (1308 Fayetteville St).
- Members of the Duke Trauma Center and the Durham Fire Department will give fire and fall prevention tips during the **Remembering When** event on Wednesday, December 5, 10:30–11:30am, at the Durham Center for Senior Life (406 Rigsbee Ave).
- A **Mind-Body Approaches to Coping with Cancer** workshop will be given on Thursday, December 6, 3–4:30pm, in the Duke Cancer Center (20 Duke Medicine Circle, Room 0N01). Family members are welcome. Call 919-684-4497 for more info.
- Former smokers and people who could use some support while kicking the smoking habit are invited to attend the **Stay Quit Support Group** meeting on Thursday, December 6, 5:30–6:30pm, in the Durham Human Services Building (414 E Main St). It's *free* and light refreshments will be served; call 919-560-7895 for more info and to sign up.
- A **Diabetes Support Group** for people dealing with type 2 diabetes will hold its next meeting on Monday, December 10, 5–6pm, at the Durham County Human Services Building (414 E Main St, 2nd floor). Get tips and share your own ideas about self-management and staying healthy with good nutrition. Contact Chelsea Hawkins at 919-560-7223 or [chawkins@dconc.gov](mailto:chawkins@dconc.gov) for more info.
- Young people ages 4 through 18 whose parent/guardian has been diagnosed with cancer are invited to participate in **KidsCan!** on Monday, December 10, 6–8pm, in the Duke Cancer Center (20 Duke Medicine Circle). They'll be able to talk about their concerns, learn about cancer and its affect on families, and learn ways to cope. Call 919-684-2913 to register.

- Lots of folks join the **Heart & Sole Mall Walkers Club** and walk at their leisure in Northgate Mall (1058 W Club Blvd) anytime between 7am and 9pm Monday through Saturday and between 9am and 6pm on Sundays. Stop by the Food Gallery at 8:30am on Tuesday, December 11 for the *free* monthly breakfast and health talk. Call 919-286-4400 for more info.
- The **Triangle Amputee Support Group** will hold its monthly meeting on Tuesday, December 11, 6–7:30pm, at Duke Regional Hospital (3643 N Roxboro St, 1st-Level Classroom #2). Learn from others and get tips for dealing with challenges; visit *triangleamputeesupport.org* to learn more about the organization.
- The **Prostate Cancer Support & Education Group** will meet at Lincoln Community Health Center (1301 Fayetteville St, in Conference Room A) on Tuesday, December 11, 6:30pm. Call 919-956-4000 for more info.
- The **Triangle Bladder Cancer Support Group** will meet at the SECU Family House (123 Old Mason Farm Rd, in Chapel Hill) on Tuesday, December 11, 7–8:30pm. Call Ritchie Briggs at 919-493-0551 for more info.
- A workshop, **Success Strategies for Managing ADHD at Home**, will be offered on Wednesday, December 12, 6:30–8pm, at the Duke ADHD Center (2608 Erwin Rd, #300). Click *here* for more info and to register.
- The **Care Partner Support Group** will meet on Thursday, December 13, 10–11am, at the Durham Center for Senior Life (406 Rigsbee Ave, in the Adult Day Health center).
- The next meeting of the **Durham Evening Alzheimer's Family Support Group** will be held on Thursday, December 13, 6:30pm, in the Duke Clinic Bldg (Medical Center Board Room, 1170B Yellow Zone, 1st floor). You can park in Parking Deck I on Trent Dr; call Janeli Smith or Cornelia Poer at 919-660-7510 for more info.
- The **Healthy Moms and Healthy Babies Community Resource Fair** will be held on Saturday, December 15, 1–3pm, at Duke Regional Hospital (3643 N Roxboro St). This event is cosponsored by the March of Dimes and the Duke Family Medicine Center.
- A certified tobacco-treatment specialist will lead a workshop, **Quit at Duke**, on Monday, December 17, 2–3pm, at the Duke Cancer Center (20 Duke Medicine Circle). Learn techniques on how to end your smoking habit. Call 919-684-4497 for more info.
- The **Breast Health Support & Education Group** will meet at Lincoln Community Health Center (1301

Fayetteville St, in Conference Room B) on Tuesday, December 18, 5:30pm. Call 919-956-4000 for more info.

- A special **Save-A-Life Compression-Only CPR for Visitors and Family** workshop will be offered to people visiting or related to Duke Medical Center patients on Wednesday, December 19, 10–11:30am, at the Duke Heart Center (10 Duke Medicine Circle). It's *free*; click [here](#) to register.
- The next **Daughters Concerned for Aging Relatives Support Group** meeting will be held on Wednesday, December 19, noon–1:15pm, in the Duke Clinic Bldg (formerly Duke Hospital South), in Room 3512 in the Blue Zone, 3rd floor. You can park in Parking Deck I on Trent Dr; contact Bobbi G Matchar at 919-660-7510 or [bobbi.matchar@duke.edu](mailto:bobbi.matchar@duke.edu) for more info.
- Start your walking routine by joining **Heels in Motion**, the mall-walkers at Streets at Southpoint Mall (6910 Fayetteville Rd). The mall opens for walkers Monday–Saturday at 8am (and closes at 9pm), and Sundays at 10am (closing at 7pm). Stop in at the Food Court on Wednesday, December 26, 8am, for the *free* breakfast, health talk, and exercise session before starting your morning walk. Call 919-572-6450 for more info; sign up at any time at the Welcome Center on the ground floor. They keep a notebook on the desk where you can keep track of your mileage every day.
- The **Care Partner Support Group** will meet on Thursday, December 27, 10–11am, at the Durham Center for Senior Life (406 Rigsbee Ave, in the Adult Day Health center).
- A **Diabetes Support Group** for people dealing with type 2 diabetes will hold its next meeting on Monday, January 14, 5–6pm, at the Durham County Human Services Building (414 E Main St, 2nd floor). Get tips and share your own ideas about self-management and staying healthy with good nutrition. Contact Chelsea Hawkins at 919-560-7223 or [chawkins@dconc.gov](mailto:chawkins@dconc.gov) for more info.
- Young people ages 4 through 18 whose parent/guardian has been diagnosed with cancer are invited to participate in **KidsCan!** on Monday, January 14, 6–8pm, in the Duke Cancer Center (20 Duke Medicine Circle). They'll be able to talk about their concerns, learn about cancer and its affect on families, and learn ways to cope. Call 919-684-2913 to register.
- A new group, **Cancer Support Group for LG-BTQ+ Patients, Families, and Caregivers** will meet on Wednesday, January 17, 5:30–6:30pm, at the Duke Cancer Center (20 Duke Medicine Circle). Call 919-684-4497 or send email to [cancersupport@duke.edu](mailto:cancersupport@duke.edu) for more info.

- The next **Cancer Patient and Caregiver Support Groups** meetings will be held on Thursday, January 17, 5:30–7pm, at the Teer House (4019 N Roxboro St). Call 919-684-4497 or send email to [cancersupport@duke.edu](mailto:cancersupport@duke.edu) for more info.
- The next **Prostate Cancer Support Group** meeting will be held on Monday, January 28, 4–6pm, in the Duke Cancer Center (20 Duke Medicine Circle). Call 919-684-4497 for more info.
- A workshop, **ADHD in Children and Adolescents: A Guide for Parents and Caregivers**, will be offered on Wednesday, January 30, 6:30–8pm, at the Duke ADHD Center (2608 Erwin Rd, #300). Click [here](#) for more info and to register.



