

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 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).
- 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, January 8 for the *free* monthly breakfast and health talk. Call 919-286-4400 for more info.
- Heartland will host a **Grief Support** session on Tuesday, January 8, 11am–noon, in the Volunteer Room, at the Durham Center for Senior Life (406 Rigsbee Ave).
- The **Triangle Amputee Support Group** will hold its monthly meeting on Tuesday, January 8, 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 Support & Education Group** will meet at Lincoln Community Health Center (1301 Fayetteville St, in Conference Room A) on Tuesday, January 8, 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, January 8, 7–8:30pm. Call Ritchie Briggs at 919-493-0551 for more info.
- Learn how to have those difficult conversations at the **Dementia Conversations** workshop on Wednesday, January 9, noon–1pm, in the Theater, at the Durham Center for Senior Life (406 Rigsbee Ave).

- A **NEW** group, **Loud and Proud Communication Group for Parkinson's Disease**, will meet on Monday, January 14, 2–3pm, at the Teer House (4019 N Roxboro St). Join in the speech and singing exercises and group discussion.
- 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 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.
- The **National Caucus and Center on Black Aging** will meet on Tuesday, January 15, 9–11am, in the Theater, at the Durham Center for Senior Life (406 Rigsbee Ave).
- The **Breast Health Support & Education Group** will meet at Lincoln Community Health Center (1301 Fayetteville St, in Conference Room B) on Tuesday, January 15, 5:30pm. Call 919-956-4000 for more info.
- A seminar on **Eight Keys to Thriving as You Age** will be held on Thursday, January 17, noon–1:30pm, in the Theater, at the Durham Center for Senior Life (406 Rigsbee Ave).
- The next **Cancer Patient** and **Cancer Caregiver Support Group** 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 for more info.
- The next **Cary and Ruth Henderson Person with Dementia and Care Partner Support Group** meeting will be held on Tuesday, January 22, 10:30am–noon, at Grey Stone Baptist Church (2601 Hillsborough Rd), followed by lunch at a local restaurant (lunch is optional). Call 919-660-7510 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, January 23, 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.

- A **NEW** group, **Cancer Support Group for LGBTQ+ Patients, Families, and Caregivers** will meet on Wednesday, January 23, 5:30–6:30pm, at the Duke Cancer Center (20 Duke Medicine Circle, in the Patient Resource Center, 0 Level). Call 919-684-4497 or send email to cancersupport@duke.edu for more info.
- The **Care Partner Support Group** will meet on Thursday, January 3, 9:30–10:30am, and Thursday, January 24, 4–5pm, at the Durham Center for Senior Life (406 Rigsbee Ave).
- 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.
- The next **Daughters Concerned for Aging Relatives Support Group** meeting will be held on Wednesday, January 30, 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 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.
- The next meeting of the **Durham Evening Alzheimer's Family Support Group** will be held on Thursday, January 31, 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 Natalie Leary or Cornelia Poer at 919-660-7510 for more info.
- A **NEW** group, **Loud and Proud Communication Group for Parkinson's Disease**, will meet on Monday, February 4, 2–3pm, at the Teer House (4019 N Roxboro St). Join in the speech and singing exercises and group discussion.
- Young people ages 4 through 18 whose parent/guardian has been diagnosed with cancer are invited to participate in **KidsCan!** on Monday, February 11, 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.

