



National Institute of
Environmental Health Sciences

Women's Health Awareness 2023

**Transforming
Communities
by Enhancing
Women's Health**



**Activities of the Day
8:00 a.m. – 5:00 p.m.**

Saturday, April 15, 2023

The lead sponsor is the Office of Human Research and Community Engagement, Clinical Research Branch, National Institute of Environmental Health Sciences (NIEHS). The Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House Inc., and the North Carolina Central University Department of Public Health Education are co-sponsors.

Announcements and Notices

Customer Service Desk

Lose your badge? Forget your meal ticket? Need medical attention? Need assistance? Please come to the Customer Service Desk located in the lobby area on the second floor.

In Case of an Emergency

For life threatening medical emergencies, call 911.

The Customer Service Desk is the location to report all internal emergencies. For all external emergencies, please contact NCCU Police at 919-530-6106.

First Aid Room

Located in **Room 2236-A**.

Noticias y Avisos

Centro de Servicio al Cliente

¿Perdío su insignia? ¿Se le olvidó el ticket para el almuerzo? ¿Necesita Atención Médica? ¿Necesita ayuda? Por Favor venga al 'escritorio de servicios de atención al cliente' situado en la zona del vestíbulo en el segundo piso.

En Caso de una Emergencia

Para emergencias médicas que amenazan la vida llame al 911.

La oficina de servicios al cliente' es el lugar para reportar todas las emergencias internas. Para todas emergencias externas favor de ponerse en contacto con la policía de NCCU al 919-530-6106.

Sala de Primeros Auxilios

Ubicado en la **sala 2236-A**.

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Women's Health Awareness 2023

Steering and Planning Committee

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WTVD 11, an ABC-Owned Station

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Professor and Founding Director (Retired), Department
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Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Marva York, MPA

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Granville-Vance County Committee Members

- Gerald L. McNair, M.P.H., Team Lead, Granville Vance District Health Department
- Katrina Burton-Waters, Health and Wellness Committee Chairman, Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Crystal Smith, Second Vice-Chair, Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Tara Owens Shuler, M.Ed., LCCE, CD(DONA), Co-Chair, Physical and Mental Health Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- LaHoma Romocki, Ph.D., Associate Professor and Chair, Public Health Education Department, North Carolina Central University
- Teira Evans, Department of Public Health Education (Student), North Carolina Central University

Western N.C. Committee Members

- Rasheeda Hall, B.A., BSW, MSW, Community Development Specialist II, Community Engagement, Buncombe County Government
- Zakiya Bell Rogers, BSW, Community Development Specialist I, Community Engagement, Buncombe County Government
- Tara Foster, B.A., MSW, Chair, Physical and Mental Health Committee, Asheville Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Jewana McEachin, B.A., Executive Director, Asheville-Buncombe Institute of Parity Achievement
- Jennifer Poore, BSW, Community Health Worker, Asheville-Buncombe Institute of Parity Achievement
- Kai Moore, M.A., BSW, Physical and Mental Health Committee Member, Asheville Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Tammy McDowell, Community Leader
- Ann Woodford, Community Leader

Women's Health Awareness 2023

Subcommittees

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Mike Henderson, North Carolina Central University

Tech Factory

Catering

David Lauffer, District Manager, Aramark Collegiate Hospitality

Eddie Gibson, Aramark Collegiate Hospitality

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Annette Rice, B.S., Clinical Laboratory Manager (Retired),

Clinical Research Branch, NIEHS and NIH

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Chandra C. Brown Hines, DDS, Lincoln Community Health Center

Jennifer Harmon, M.S., RDH, Clinical Assistant Professor, UNC Adams School of Dentistry

Chitrakala Jagadeesan, DDS, Durham County Department of Public Health

Lattice Deaver Sams, M.S., RDH, Clinical Assistant Professor, UNC Adams School of Dentistry

Event Registration

QuRita Hunter, M.S., Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Rojulynne Fike, M.A., Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Facilities

Sharnia Herbin, Event Planning Coordinator, North Carolina Central University

First Aid Room

Wyvonia Perry, RN, BSN, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.; Phi Chapter, Chi Eta Phi Nursing Sorority Inc.

Members of Phi Chapter, Chi Eta Phi Nursing Sorority Inc.

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Erica Hinton, Editor, Image Associates

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LaHoma Romocki, Ph.D., Associate Professor and Chair, Public Health Education Department, North Carolina Central University

Trish Harleston, D.Min, President, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Interpreters

American Sign Language

- April Cook, NIH Lead Interpreter, Access Interpreting Inc.
- Linda Kiefer, Program Manager, Interpreting Services, NIH

Spanish - Independent Interpreters

- Ana Maria Bonilla, Angelo Navas, and Eduardo Torres-Rodriguez

Durham Technical Community College

- Sara Juarez, M.A., CHI (TM), Director, Interpretation and Translation Programs, Center for the Global Learner
- Suzanna Hernandez, Instructor – Translation and Interpretation
- Laura Price, Instructor – Translation and Interpretation
- Students in Interpretation and Translation Programs

Logistics and Implementation Committee

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- Ariana Frazier
- Jaslyn Grullon, M.P.H.
- Jane Lambert, B.S.
- Craig Wladyka, MPA, RHIA, CIP

DLH Corp, Social and Scientific Systems Inc.

- Steven Ramsey, Project Manager, M.P.H.
- Alvita Byrd, M.P.H.
- Terence Johnson, M.S.
- Nathaniel MacNell, Ph.D.
- Thais Ramirez, MSGH
- Juan Rodriguez, B.S.

Mammogram Coordinators

Dalia Antunez, MSW, LCSWA, Community Outreach, Engagement, and Equity, Duke Cancer Institute

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Kina Edwards, PA-C, Samaritan Health Center

Jaslyn Grullon, M.P.H., Office of Human Research and Community Engagement, NIEHS and NIH

Sonia Max, M.S., RN, CNL, Lincoln Community Health Center

LaSonia Melvin, M.A., Community Outreach, Engagement, and Equity, Duke Cancer Institute

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Monica Barnes, B.S., Community Engagement Director, ABC11/WTVD-TV Raleigh-Durham-Fayetteville; Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Carol Kelly, Office of Communications and Public Liaison, NIEHS and NIH

Robin Mackar, Office of Communications and Public Liaison, NIEHS and NIH

Joe Poccia, NIEHS and NIH

Quiana M. Shepard, Director, Communications and Marketing, North Carolina Central University

Marva York, MPA, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Women's Health Awareness 2023

Subcommittees

Web Designers and Developers

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- Claus Jensen, NIEHS and NIH
- Joe Poccia, NIEHS and NIH
- Qasim Rasheed, NIEHS and NIH
- Cheryl Thompson, NIEHS and NIH

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Steve McCaw, NIEHS and NIH
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Security

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Hospitality Coordinators

Betty Blackmon, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Yvonne Fisher, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Kimberley Burnette-Hoke

Translational Services

Thais Ramirez, MSGH

Juan Rodriguez, B.S.

Volunteer Organizations

Employees and Postbaccalaureate Intramural Research Training Associates of NIEHS and NIH

Durham County Women's Commission

Members of the Asheville Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Members of Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Members of Eta Beta Zeta Graduate Chapter, Zeta Phi Beta Sorority Inc.

Members of Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Partners for the 2023 Women's Health Awareness Satellite Conference Sites

Raleigh-Durham Area Chapter of Blacks in Government (BIG)

Members From Various Student Organizations

Students of Interpretation and Translation Programs, Durham Technical Community College

Alpha Lambda Chapter of Delta Sigma Theta Sorority Inc., North Carolina Central University

Lambda Omega Chapter of Delta Sigma Theta Sorority Inc., Duke University

Students of the Department of Nursing, North Carolina Central University

Students of the Department of Public Health Education, North Carolina Central University

Granville-Vance County Satellite

Planning Coordinators

- Teira Evans
- Terence Johnson, M.S., DLH Corp, Social and Scientific Systems
- LaHoma Romocki, Ph.D.
- Tara Owens Shuler, M.Ed., LCCE, CD(DONA)

Event Space Coordinators and Volunteers

- City of Creedmoor
 - Christopher Horrigan
- South Granville Senior Center
 - Christy Southall

Community Partner

- Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority Inc.
 - Desiree Crawford, J.D., Chapter President
 - Crystal Smith, M.S., Second Vice President
 - Katrina Burton Waters, Health and Wellness Committee Chair
- Granville Vance Public Health
 - Gerald McNair, M.P.H.

Western N.C. Satellite

Planning Coordinators

- Zakiya Bell Rogers, M.A.
- Tara Foster, MSW
- Rasheeda Hall, MSW
- Tammy McDowell, M.S., Community Leader
- Jewana McEachin, B.A.
- Kai Moor, M.A.
- Jennifer Poore, BSW
- Thais Ramirez, DLH Corp, Social and Scientific Systems Inc.
- Steven Ramsey, DLH Corp, Social and Scientific Systems Inc.
- Ann Woodford, M.A., Community Leader

Event Space Coordinator

- Long's Chapel United Methodist Church
 - Michelle Hausler, Director of Family Life and Community Events

Community Partners

- Asheville Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Asheville-Buncombe Institute of Parity Achievement (ABIPA)
- Buncombe County Government
 - Buncombe Communication and Public Engagement
- Buncombe County Health and Human Services
 - Buncombe County Public Health and BCCCP
 - Buncombe County Public Health Mobile Unit
- Haywood County Health Department

Welcome



Wellness Greetings to Our Women's Health Awareness Community,

We are excited to welcome you to the 2023 Women's Health Awareness (WHA) women's wellness conference. This year, we celebrate nine years of serving women of the Triangle community, the state of North Carolina, and beyond. On behalf of the National Institute of Environmental Health Sciences, National Institutes of Health, the Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., the Durham Alumnae Delta House Inc., and the North Carolina Central University Department of Public Health Education, we thank all our past and present conference participants and partners for their unwavering dedication and support.

Our nation marks three years of the COVID-19 pandemic. Thanks to numerous scientific advances, including vaccines, antiviral therapeutics, and increased immunity, we are moving toward a new chapter of the pandemic. This includes shifting from COVID-19 being viewed as a public health emergency toward it becoming an ongoing public health priority.

As a society, we must embrace this new phase full of renewed optimism and awareness, armed with the lessons learned from our lived experiences. Our lives, including our physical and mental health, are forever changed by the pandemic. We are emerging from these challenging times as more resilient and capable of addressing the growing health issues affecting our lives.

Emerging environmental health concerns across the U.S. and North Carolina are impacting the health and well-being of our families and communities. These issues, spanning from widespread water contamination to toxic chemical exposures, to the rise of extreme weather conditions and emerging infectious diseases, illustrate the growing dangers our environment poses to our health. Notably, women, minorities, and low-income populations continue to suffer the most from these disasters. Moving forward, it is imperative we develop collective solutions to build individual- and community-level resiliency to help create more environmentally safe communities and homes and decrease health disparities. The WHA conference seeks to support this goal by providing increased health awareness, education, and promotion; environmental health literacy; environmental justice advocacy; and health resources and services that lead to increased health care access, equity, and resiliency in underserved and overburdened communities.

We listened to the voices of women living in rural North Carolina counties who expressed their desire to participate in the conference, but faced challenges related to a lack of transportation and internet access. This led to the successful piloting of two satellite conference sites in Granville-Vance and Western North Carolina counties to expand access to rural women. This year's conference will include additional resources in these communities to meet their specific health needs.

An event of this magnitude and scope cannot be organized without teamwork and partnerships. We thank our partners, steering and planning committee members, and subcommittee members for their sustained support and dedication.

We also thank our corporate, business, and local community partners for their generous contributions and services. Their monetary and in-kind support makes it possible to offer the conference free to our community. Finally, we thank our volunteers for their enthusiastic effort and time to make this event a success.

An impressive group of faculty and service providers support this event. We are grateful to them for sharing their valuable expertise and helping make WHA a success.

Most importantly, we want to thank each one of our participants — our dedicated and growing WHA community — as you have chosen to actively participate in this health and wellness conference. We hope the event enables you to access health resources, connect with other women in the WHA community, and expand your knowledge on important health issues that will positively impact your daily life and health.

We are grateful you are here! Please enjoy your day and thank you for participating in this conference!

Warmest and Best Regards,

Joan P. Pakenham, Ph.D., Chair, Women's Health Awareness Program and Steering and Planning Committee; Founder and Director, Women's Health Awareness Community Engagement Program; Director, Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences, National Institutes of Health; Chair, Physical and Mental Health Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.



Women's Health Awareness 2023

Conference Agenda

Conference Agenda for Women's Health Awareness 2023

Time	Session	Room No.
Opening, Welcome, Greetings, and Climate Challenge Presentation		
8:15 – 9:00 a.m.	<p>“Let’s Move” Willa Robinson Allen, M.P.H., M.A.Ed., MCHES, Senior Public Health Educator, Health Promotion and Wellness, Program Manager, Durham County Department of Public Health</p>	1111 (Overflow 1221)
	<p>Welcome Joan P. Packerham, Ph.D., Founder and Chair, Women’s Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p>	
	<p>Greetings Trevor Archer, Ph.D., Acting Director, Division of Translational Toxicology; Deputy Director, NIEHS; NIH Distinguished Investigator Trish Harleston, D.Min., President, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc. Michael Page, D.Min., Director, External Affairs, Office of the Chancellor, North Carolina Central University</p>	
	<p>Middle School Climate Change Challenge: “Women’s Health Awareness, Climate Change, and Your Community: Making an Impact on Environmental Health” Marites De Luna, Sixth Grade Science Teacher, Science Department, Neuse River Middle School, Raleigh, N.C. Nikki Upchurch, Seventh Grade Science Teacher, Science Department, Neuse River Middle School, Raleigh, N.C.</p>	
9:00 – 9:05 a.m.	Transition to Next Session	
9:05 – 9:50 a.m.	<p>Breast Health Education “Breast Imaging: What to Expect” Speakers: Connie Kim, M.D., Breast Radiologist; Assistant Professor, Radiology, Duke University School of Medicine, and Jennifer Plichta, M.D., M.S., Associate Professor, Surgery; Associate Professor, Population Health Sciences; Member, Duke Cancer Institute, Duke University School of Medicine Session Chair: E. Shelley Hwang, M.D., M.P.H., Mary and Deryl Hart Distinguished Professor of Surgery, Professor of Surgery, Duke University School of Medicine Abstract: By familiarizing conference attendees with what to expect during a breast imaging appointment, this session will relieve anxiety and encourage adherence to screening recommendations and diagnostic workups for breast concerns. Pictures will be used to illustrate what a patient can expect when undergoing a screening or diagnostic mammogram, targeted breast ultrasound, breast MRI, and image-guided procedures. Objective:</p> <ul style="list-style-type: none"> • Learn about breast imaging and what to expect when you go for a mammogram. 	1111

Conference Agenda for Women's Health Awareness 2023

Time	Session	Room No.
9:05 – 9:50 a.m.	<p>Diabetes Health Education <i>"Need-To-Know Tips on Diabetes Medications and Management Options"</i></p> <p>Speakers: Sarah Kokosa, PharmD, CPP, Clinical Pharmacist, Department of Pharmacy, Duke University Hospital, and Jashalyn German, M.D., Fellow, Department of Medicine, Division of Endocrinology, Duke Center for Research to Advance Healthcare Equity, Duke University School of Medicine</p> <p>Session Chair: Susan Spratt, M.D., Associate Professor, Medicine; Assistant Professor, Department of Family Medicine and Community Health, Duke University School of Medicine</p> <p>Abstract: Are you interested in learning more about the medications you are taking? Should you be on that new medication you saw on TV? Are there options to help with rising medication prices? Jashalynn German, M.D., and Sarah Kokosa, PharmD, CPP, a physician and pharmacist team from Duke Endocrinology, will be co-presenting on select topics relating to diabetes medications and resources. Attendees can expect to take away practical information and tips to help better manage their diabetes and medications.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Review indications and side effects of common diabetes medications. • Explore diabetes resources beyond your primary care provider. • Discuss how to approach your health care provider when diabetes medication costs are unaffordable. • Explore available programs that help patients afford their diabetes medications. 	1221
	<p>Cardiovascular Health Education <i>"Heart Disease Prevention in Women"</i></p> <p>Speaker: Chelsea Ngongang, M.D., FACC, Cardiologist, WakeMed Heart and Vascular</p> <p>Session Chair: Angelo Moore, Ph.D., RN, NE-BC, Assistant Director, Community Outreach, Engagement, and Equity, Duke Cancer Institute</p> <p>Abstract: This presentation will provide an overview of heart disease prevention, signs and symptoms of a heart attack, and how to speak to your doctor about your risk.</p> <p>Objective:</p> <ul style="list-style-type: none"> • Learn about heart disease prevention, risks, and warning signs of a heart attack. 	2221

Conference Agenda for Women's Health Awareness 2023

Time	Session	Room No.
9:05 – 9:50 a.m.	<p>Maternal Health Education <i>"Decolonizing Public Health Through a Reproductive Justice Framework"</i></p> <p>Speaker: Jasmine Getrouw-Moore, M.P.H., Co-Founder, Executive Director, RJ Squared LLC</p> <p>Session Chair: Tara Owens Shuler, M.Ed., LCCE, FACCE, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.</p> <p>Abstract: Studies show that Black women are three to four times more likely to experience a pregnancy-related death than white women. Black women experience physical "weathering," meaning their bodies age faster than white women due to exposure to chronic stress linked to socioeconomic disadvantage and discrimination over the life course, thus making pregnancy riskier at an earlier age. RJ Squared LLC offers three foundational points for participants to ruminate and synthesize: 1) we have inherited systems predicted on structural racism, 2) Black women have experienced a long history of mistrust in human service systems (health and health care included, regardless of private pay when administered by white providers or their representatives), and 3) we need to center reproductive justice centered frameworks (i.e., the structural determinants of health, to understand structural racism, systemic and institutional racism, and the implications for reproductive health).</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Participants will learn the definition of reproductive justice and recognize it as a framework for the advancement of human rights. • Participants will recognize the importance of using a reproductive justice framework when considering the structural determinants of health. • Participants will learn the significance of applying the reproductive justice framework to human service practice, specifically in the fields of public health and education. 	2225
	<p>Breakout Session <i>"Introduction to Rheumatoid Arthritis: What Every Woman Needs to Know"</i></p> <p>Speaker: Isaac David Smith, M.D., Rheumatologist, Duke Rheumatology Clinic, Department of Medicine, Duke University School of Medicine</p> <p>Session Chairs: Willa Robinson Allen, M.P.H., M.A.Ed., MCHES, Senior Public Health Educator, Health Promotion and Wellness, Program Manager, Durham County Department of Public Health and Mariah Prince-Allen, DNP, FNP-BC, Team Lead, Division of Hematologic Malignancies and Cellular Therapy; Clinical Associate, Duke University School of Nursing</p> <p>Abstract: Rheumatoid arthritis is the most common form of autoimmune arthritis in the United States. This disease affects the joints in a predictable pattern and can result in chronic joint pain, changes in the structure of the joints, and a decreased ability to use the joints. This presentation will discuss how to identify rheumatoid arthritis, and what makes rheumatoid arthritis different from other forms of joint pain, like osteoarthritis. We will also discuss the increased risk of heart attack associated with rheumatoid arthritis and some basic treatment options for different types of joint pain.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss the differences between rheumatoid arthritis and other causes of joint pain. • Learn about the risk of heart attack with rheumatoid arthritis. • Review treatment options for different types of joint pain. 	2235

Conference Agenda for Women's Health Awareness 2023

Time	Session	Room No.
9:05 – 9:50 a.m.	<p>Healthy Living Session “Chair Yoga for All Bodies”</p> <p>Fitness Instructor: Karen Parrish, Certified Instructor, Accessible Yoga Ambassador</p> <p>Abstract: Are you curious about yoga, but have felt excluded due to size, age, or ability? Are you anxious or stressed? Learn how to do yoga in an accessible way for all bodies, while focusing on connecting breath to movement for overall wellness.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn mindfulness meditation and breathing techniques to reduce stress and anxiety. • Learn ways to improve joint health, flexibility, and strength. • Learn how to adapt gentle yoga movement to an all-seated class. 	Outside (Small Tent)
9:50– 10:00 a.m.	Transition to Next Session	
10:00 – 10:45 a.m.	<p>Environmental Health Education “Environmental Justice and Beauty Product Use: Insights From the Taking Stock Study”</p> <p>Speakers: Tianna Shaw Wakeman, MSSE, Environmental Justice Program Lead, Black Women for Wellness, and Elissia Franklin, Ph.D., Postdoctoral Research Fellow, Silent Spring Institute, Northeastern University</p> <p>Session Chair: Melissa Smarr, Ph.D., Health Scientist Administrator, Division of Extramural Research and Training, NIEHS</p> <p>Abstract: This session will provide an overview of how racial discrimination can play a role in beauty product use and shape chemical exposures. We will discuss the framework for the “environmental injustice of beauty” and share an overview of the Taking Stock Study (takingstockstudy.org), as well as some of the tools our team is developing for tracking our product use. We will also share ways you can track your own product use, take steps to avoid some of the most worrisome exposures from products, and join the larger movement for beauty justice! The Taking Stock Study is a community-academic collaboration led by Black Women for Wellness and Occidental College, with partners LA Grit Media, Silent Spring Institute, and the Columbia Mailman School of Public Health. The study documents product use among Black women and Latinas living in South Los Angeles, an environmental justice neighborhood (funding from CBCRP, Grant # 23UB-6511, and Passport Foundation). More than 90% of South LA residents are people of color (self-identify as a race other than white) and the area is among the top 25% most disproportionately environmentally burdened in the state. Elevated exposures to personal care product chemicals in women of color have been linked to the “Environmental Injustice of Beauty” — where intersectional systems of oppression (i.e., racism, sexism) can lead to racialized beauty practices. This, in turn, can lead to unequal environmental exposures and poor health.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss the disproportionate exposures to personal care product chemicals. • Understand the connection between exposures to chemicals found in personal care products and women's health. • Explore ways you can reduce your own exposures, such as reading labels, reducing your product use overall, avoiding fragrances, and learning about tools such as the Detox Me app as a guide to healthier living. • Join the movement for Beauty Justice — this is not an individual, but a community challenge! 	1111

Conference Agenda for Women's Health Awareness 2023

Time	Session	Room No.
10:00 – 10:45 a.m.	<p>Behavioral Health Education "NIAAA Science Spotlight: Findings From Current Research on Alcohol Use Among Women"</p> <p>Speaker: Deidra Roach, M.D., Program Director, Treatment, Health Services, and Recovery Branch, National Institute on Alcohol Abuse and Alcoholism, NIH</p> <p>Session Chair: Joan Pakenham, Ph.D., Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p> <p>Abstract: This session will provide an overview of findings from the latest research on: 1) the epidemiology of mental health disorders, substance use disorders, and common physical comorbidities among women; 2) risk factors for harmful drinking among women and girls; 3) gender differences in motivations for drinking and in the neurobiology of alcohol dependence; 4) the health and social effects of harmful drinking among women across the lifespan, with special emphasis on fetal alcohol spectrum disorders; and 5) new developments in the treatment of women who drink at harmful levels, including several collaborative activities to improve access to high-quality, gender-relevant mental health and addiction treatment services.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Describe in broad terms the latest trends in the prevalence of mental health and substance use disorders among women. • List at least three risk factors for harmful drinking among women. • Describe gender difference in motivations for regular drinking. • Define the telescoping phenomenon underlying gender differences in the effects of regular alcohol and other substance use among women. • List three themes driving current research on the treatment of harmful drinking among women. • Describe disparities in access to alcohol treatment among women of color. • List one activity s/he can engage in to raise awareness and reduce the impact of mental health, alcohol, and other substance use disorders among women. 	1221
	<p>Diabetes Health Education "Keep in Shape, Build Your Plate!"</p> <p>Speaker: Lynette Spencer, M.P.H., RD, LDN, Clinical Dietitian, Duke Endocrinology, Department of Medicine, Duke University School of Medicine</p> <p>Session Chair: Susan Spratt, M.D., Associate Professor, Medicine; Assistant Professor, Department of Family Medicine and Community Health, Duke University School of Medicine</p> <p>Abstract: Knowing what to eat can be a bit confusing, especially with all of the diet fads and trends that are out there in today's society. When it comes to Type 2 diabetes, you want to make sure you are eating healthy and making smart choices whether you are preparing your meals or eating out at your favorite restaurant. The easiest way to start is by following the plate method. This presentation will discuss the components of building a healthy plate that will provide a visual on planning out your portions without having to count, measure, or calculate the food items. It will also discuss healthier food options to fill your plate with, and to be mindful of, the beverages you select to help with managing your diabetes, improving your health, and making you feel good all around.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn reasons why having a healthy diet is important. • Identify the food groups that make up the building your plate method and their portions. • Learn how to make healthier food options and drink choices. 	2221

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Time	Session	Room No.
	<p>Breakout Session "Dry Eyes in Women: Management and Treatment"</p> <p>Speaker: Corina Busuioc, O.D., Optometrist, Duke Ophthalmology, Duke University School of Medicine</p> <p>Abstract: Dry eyes are a common condition in the United States that affect more than 20 million people. However, it affects women at a disproportionately higher rate than men. Dry eye is a complex disease of the ocular surface characterized by a loss of balance of the tear film and accompanied by ocular symptoms, in which tear film instability, ocular surface inflammation, and nerve damage play causative roles. The management of dry eyes can be multifaceted and varies from patient to patient. This presentation will focus on causes, symptoms, testing, and management of dry eye disease.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn the common symptoms and diagnosis of dry eye. • Learn how to manage dry eye. 	2225
10:00 – 10:45 a.m.	<p>Latina Health Education "Taking Care of Our Holistic Health and Melting Away Dis-ease"</p> <p>Speakers: Jessica Garcia, M.A., LPA, HSP-PA, Graduate Student, Department of Psychology, University of North Carolina at Greensboro, and Jocelyn Little, B.S., Graduate Student, Department of Psychology, University of North Carolina at Greensboro</p> <p>Session Chair: Gabriela Livas Stein, Ph.D., Licensed Psychologist; Chair, Department of Psychology, University of North Carolina at Greensboro</p> <p>Abstract: It is clear that we live in a world with many stressors; therefore, it is no surprise that women in particular, who are often wearing many hats, are living with chronic stress, overwhelm, and feelings of disease. The purpose of this presentation is to help participants better identify when they are becoming stressed, and how to take actionable steps to relieve feelings of anxiety and tap into calmness and vitality. Together, we will practice stress-relieving tools that participants can use in their daily lives.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn about the signs of stress and overwhelm, and when to seek outside help. • Walk away with actionable tools they can use in their daily lives to reduce stress and improve their mental and physical well-being. • Be guided to practice these stress-relieving tools with the presenters. • Receive mental health resources for further independent exploration. 	2235
	<p>Healthy Living Session "Dancing Connects the Body and Soul"</p> <p>Fitness Instructor: Marvis Henderson-Day, Ed.D., MPA, Owner, M. E. Henderson Inc.</p> <p>Abstract: Come join Marvis, your Chief Fun Officer, for an interactive workshop that will engage your body and soul, and give you a respite from our challenging world. Of all the dances, line dancing gives you the most freedom because you do not need a partner. This workshop will change your mind about line dancing because you will discover there is a line dance to practically every song that makes you want to shake, roll, and bounce.</p> <p>Objective:</p> <ul style="list-style-type: none"> • Engage in a new, fun, and exciting fitness activity. 	Outside (Small Tent)

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Time	Session	Room No.
10:45 – 11:00 a.m.	Break and Transition to Next Session	
11:00 a.m. – 12:30 p.m.	<p>Greetings and Introduction of Keynote Address and Facilitator</p> <p>Joan P. Packenham, Ph.D., Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p>	1111 (Overflow 1221)
	<p>Keynote Session Facilitator</p> <p>Sharon Beard, M.S., Director, Worker Training Program, NIEHS, NIH</p>	
	<p>Keynote Session</p> <p>Robert Bullard, Ph.D., Distinguished Professor, Urban Planning and Environmental Policy; Director, Bullard Center for Environmental and Climate Justice, Texas Southern University</p>	
12:30 – 1:00 p.m.	<p>Lunch Break</p> <p>Cooking Demonstration</p> <p>Jasmine Westbrooks, M.S., RD, LDN, CDCES, Co-Founder and Director, EatWell Exchange Inc.</p>	Lunch Tent
1:00 – 1:45 p.m.	<p>Behavioral Health Education "Great Grief Live!"</p> <p>Speaker: Nnenna Freelon, Grammy-Nominated Jazz Vocalist, Composer, Actress, Playwright</p> <p>Session Chair: Pamela Bivens-Pippin, M.A., Beta Pi Sigma Durham Alumnae Chapter, Sigma Gamma Rho Sorority Inc.</p> <p>Abstract: Nnenna Freelon, six-time Grammy-nominated jazz singer and creator of the WUNC award-winning podcast, "Great Grief," lost her husband Phil Freelon to ALS in 2019, and her sister six months later from cancer. This heartbreak has reshaped her way of being in the world and literally changed her name. "Great Grief Live!" is her effort to invite compassionate conversation around grief and loss with musically supported storytelling. Grief shows up in our community in many different forms, and sometimes it's hard to recognize. Grief is unavoidable, and Freelon believes the stigma around it adds to our collective suffering.</p> <p>Infusing this often-difficult topic with flashes of hope and humor, she weaves her own personal story with original songs and well-loved standards.</p> <p>"We cannot begin to heal until we acknowledge that we are hurting."</p> <p>Objective:</p> <ul style="list-style-type: none"> Learn coping strategies for grief. 	1111

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Time	Session	Room No.
<p>1:00 – 1:45 p.m.</p>	<p>Behavioral Health Education <i>"What You Need to Know About Brain Health Awareness and Why?"</i></p> <p>Speaker: Goldie Byrd, Ph.D., Director, Maya Angelou Center for Health Equity, Wake Forest University School of Medicine</p> <p>Session Chairs: P. Renee Myatt, M.P.H., M.A., BOLD NC Project Grant Director, Proprietor, Myatt Professional Services, and Toni Chatman, MHA, Associate Director, Oral and Allied Health Education, Wake Area Health Education Center</p> <p>Abstract: Two-thirds of Americans have at least one major potential risk factor for dementia. Because of the many ways that chronic disease, brain health, dementia, and risk and protective factors are associated, the Healthy Brain Initiative (public health) is working toward improving the understanding of these connections and developing strategies to address risk factors, promote protective factors, and improve overall whole-person health in ways that acknowledge the connection to brain health.</p> <p>Researchers and clinicians are increasingly recognizing the ways in which brain health is linked to overall health, especially related to Alzheimer's disease and other dementias. This session will focus on brain health awareness and its impact on communities of color. The need for effective dementia risk reduction strategies that help all communities increases by the day. Learn about how certain healthy behaviors may help reduce the risk of many chronic conditions, which, in turn, could reduce the risk of dementia.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn strategies to address dementia risk factors. • Explore ways to increase brain health in communities of color. 	<p>1221</p>
	<p>Cancer Health Education <i>"Oral, Thyroid, and Lung Cancer: Early Detection and Prevention"</i></p> <p>Speaker: Trinitia Cannon, M.D., Director, Head and Neck Surgical Oncology, Duke Raleigh Hospital</p> <p>Session Chair: Angelo Moore, Ph.D., RN, NE-BC, Assistant Director, Community Outreach, Engagement, and Equity, Duke Cancer Institute</p> <p>Abstract: Oral cancer (aka mouth cancer) and oropharyngeal cancer (tonsil and base of tongue cancer) are the most common types of cancer that affects the head and neck. Head and neck cancers represent about 4% of all new U.S. cancer diagnoses (with an estimated 66,470 new cases in 2022) and 15,000 deaths. The most common risk factors include tobacco use, alcohol use, and a virus called the human papilloma virus (HPV). We will discuss some signs and symptoms to assess for head and neck cancer and preventative measures</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn signs and symptoms of head and neck cancers. • Learn ways to prevent head and neck cancers. 	<p>2221</p>

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Time	Session	Room No.
1:00 – 1:45 p.m.	<p>Breakout Session <i>"Increasing Digital Health Literacy to Increase Access to Telehealth Services"</i></p> <p>Speakers: Annette Taylor, M.S., Director, Office of Digital Equity and Literacy, Division of Broadband and Digital Equity, N.C. Department of Information Technology, and Bettie Edwards Murchison, B.A., Founder and Executive Director, The Dubois Center; Founder and CEO, W.E.B. Dubois Community Development Corporation</p> <p>Session Chair: Kearston Ingraham, M.P.H., Research Program Evaluator, Community Outreach, Engagement, and Equity, Duke Cancer Institute</p> <p>Abstract: During the nationwide COVID-19 public health emergency, the Department of Health and Human Services enacted policies that broadened reimbursement coverage for medical providers to administer telehealth services during the pandemic to increase access to health care services. We will examine digital health literacy and equity, which highlight barriers to care for traditionally medically underserved communities to access telehealth services. Bidirectional quality improvements developed with community partners to assess digital health indicators and services, as well as building telemedicine capacity, which aligns with priorities to advance health equity, will also be discussed.</p> <p>Prepare to leave with practical tips on how to increase your access, knowledge, and skillset to access and use digital health literacy resources to promote good health and wellness in your daily life!</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand broadband access and utilization. • Identify community resources that provide internet-enabled devices to community members. • Learn digital health literacy learning opportunities across the skillset continuum. • Learn about community partners and collaborations that address the digital divide. 	2225
	<p>Native American Women's Health Education <i>"Reconceptualizing American Indian Women's Health: Hear Her Story"</i></p> <p>Speaker: Crystal Cavalier, Ed.D, MPA, Founder, 7 Directions of Service</p> <p>Abstract: American Indian and Alaska Native (AIAN) women's maternal health, addressing the crisis. Native Americans suffer from higher infant mortality, lower life expectancy, diabetes and epidemic levels, and cancer-related disparities higher than any minority group in the U.S. Adverse maternal health outcomes are, in part, due to the historical trauma of systemic racism, colonization, genocide, forced migration, reproductive coercion, and cultural erasure. AIAN women also experience systemic barriers that create unequal social conditions relative to white women. For example, AIAN women are more likely than white women to experience high levels of poverty, live in hazardous conditions, experience food insecurity, and lack access to health insurance.</p> <p>Objective:</p> <ul style="list-style-type: none"> • Learn about the impact of historical trauma on the health of AIAN women. 	2235
1:00 – 1:45 p.m.	<p>Healthy Living Session <i>"Ready! Set! Fitness!"</i></p> <p>Fitness Instructor: Anthony Jones, Owner and Operator, Ready Set Fitness Personal Training Studio</p> <p>Abstract: Get ready for an energizing and fun full body workout that will "sculpt" you into the best shape of your life! ALL muscles are worked during this class! You will leave feeling stronger and leaner!</p> <p>Objective:</p> <ul style="list-style-type: none"> • Learn energizing and fun ways to get into shape. 	Outside (Small Tent)

Conference Agenda for Women's Health Awareness 2023

Time	Session	Room No.
1:45 – 1:55 p.m.	Break and Transition to Next Session	
	<p>Environmental Health Education <i>"It's All About Connecting With Communities: Addressing Health Disparities and Environmental Justice Issues – Action From the White House and State of North Carolina"</i></p> <p>Speakers: Jalonne L. White-Newsome, Ph.D., Senior Director, Environmental Justice, White House Council on Environmental Quality, and Virginia Guidry, Ph.D., Environmental Justice Lead and Head, Occupational and Environmental Epidemiology Branch, N.C. Department of Health and Human Services</p> <p>Session Chair: Sharon Beard, M.S., Director, Worker Training Program, NIEHS, NIH</p> <p>Abstract: Local, state, and federal organizations must communicate and collaborate to address health disparities and environmental justice issues in communities. Although organizations have made strides to break down silos and work together more effectively, there are still many challenges that remain. During this session, speakers representing state and federal organizations will share their successes in working with communities to address health disparities and environmental justice issues. Attendees will learn about the various resources that are available on the state and federal levels to help them combat and address these issues.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Identify local, state, and federal resources available to combat and address health disparities and environmental justice issues. • Share success stories about collaborations between local, state, and/or federal organizations to mitigate a health disparity and/or an environmental justice issue. 	1111
1:55 – 2:40 p.m.	<p>Behavioral Health Education <i>"Turn Around, Don't Drown: Physical and Psychological Strategies That Protect Our Peace, Time, and Mental Health"</i></p> <p>Brought to you by the Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.</p> <p>Speaker: Shawnta Wright, M.A., LCMHCS, AFAA, Certified Group Fitness Instructor; Licensed Zumba Instructor; Owner of Mindful Bodies LLC</p> <p>Session Chair: Sharon Mosley, LCMHC, Owner, The Fit Talk PLLC; Author, "My First Time"</p> <p>Abstract: Due to competing demands for our time, talents, and energy, it is common for women to feel like they are drowning under high levels of stress and to experience personal and professional burnout. In this interactive and engaging session, participants will discuss and practice life-saving physical and psychological self-care and stress management strategies.</p> <p>The strategies will include, but are not limited to, guided meditation, deep breathing, exercise, regular "dates" with life-affirming friends, setting and enforcing boundaries, and being intentional about our time management.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Review and define mental health, stress, stressors, burnout, and self-care. • Discuss their barriers to self-care and stress management. • Discuss and practice physical and psychological self-care and stress management strategies. • Set SMART goals for their self-care and stress management. 	1221

Conference Agenda for Women's Health Awareness 2023

Time	Session	Room No.
	<p>Cancer Health Education "Female Cancers Below the Waist"</p> <p>Speaker: Schquthia Peacock, BSN, MSN, Family Nurse Practitioner, Avance Care Medical Clinic, Durham, N.C.</p> <p>Session Chair: Angelo Moore, Ph.D., RN, NE-BC, Assistant Director, Community Outreach, Engagement, and Equity, Duke Cancer Institute</p> <p>Abstract: This session will provide attendees with necessary information related to screening for common cancers below the waist. This session will discuss risk factors and ways to reduce modifiable risk factors. The speaker will also discuss the important role of the primary care provider in patients on active cancer therapy, including management of blood pressure, diabetes, and cholesterol disorder.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn the importance of cancer screenings. • Understand the role of the primary care provider during cancer treatments.. 	2221
1:55 – 2:40 p.m.	<p>Breakout Session "Karing for Your Kidneys – What Every Woman Should Know About Kidney Health"</p> <p>Speakers: Emily Chang, M.D., Assistant Professor, Medicine, Division of Nephrology and Hypertension, UNC School of Medicine, and Keisha Gibson, M.D., M.P.H., Associate Professor of Medicine and Pediatrics; DOM Vice Chair of Diversity and Inclusion; Chief, Pediatric Nephrology Division; Director, Pediatric Nephrology Fellowship Program, UNC School of Medicine</p> <p>Session Chair: Jill Powell, M.P.H., Program Coordinator, UNC Kidney Center, UNC School of Medicine</p> <p>Abstract: There are more than 37 million people in the U.S. with kidney disease and, sadly, only one in nine affected are aware. The burden of kidney disease in North Carolina is high, affecting individuals, families, and communities. Women's health is unique, and women are at an even higher risk for kidney disease than men. During this session, we hope to increase knowledge and awareness of kidney disease and risk factors, and the importance of keeping kidneys healthy, thus decreasing the chances of needing dialysis or a kidney transplant in the future.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Review the function of the kidneys. • Educate ourselves about the risks for developing kidney disease and kidney disease progression in women. • Define strategies to protect kidney health. 	2225

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Time	Session	Room No.
1:55 – 2:40 p.m.	<p>Breakout Session "Falling in Love With Falls Prevention"</p> <p>Speakers: Ellen Bailey, M.P.H, M.A., Senior Project Manager for Falls Prevention and Team Lead, N.C. Center for Health and Wellness at the University of North Carolina at Asheville, and Amber Chapman, B.S., Falls Prevention Project Manager, Appalachian State University</p> <p>Session Chairs: P. Renee Myatt, M.P.H., M.A., BOLD NC Project Grant Director, Proprietor, Myatt Professional Services, and Toni Chatman, MHA, Associate Director, Oral and Allied Health Education, Wake Area Health Education Center</p> <p>Abstract: Did you know that falling is not a normal part of aging? While the consequences of a fall are more severe for older adults, falls can be prevented! By the end of this session, you will fall in love with falls prevention, understand some risk factors for falls, and leave with the skills to talk with family, friends, caregivers, or patients about falls prevention.</p> <p>This session will provide an opportunity for all to learn about how to prevent falls and take steps to reduce fall risk, including taking some actual steps! We will introduce and practice Tai Chi for Arthritis and Fall Prevention, and discuss other topics related to falls prevention, such as home safety, medication management, evidence-based falls prevention programs available in North Carolina, and more.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn how to prevent falls and reduce fall risk. • Learn resources to help in the prevention of falls. 	2235
	<p>Healthy Living Session "Zumba®"</p> <p>Speakers: Aya Zaghloul, B.S., Certified Zumba Instructor</p> <p>Abstract: Zumba® combines Latin and international music and dance to create a dynamic calorie-burning form of workout for people of all fitness levels and age groups. This effective fitness system features aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body.</p> <p>Objective:</p> <ul style="list-style-type: none"> • Engage in a creative exercise for calorie-burning, toning, and sculpting of your body. 	Outside (Small Tent)

Conference Agenda for Women's Health Awareness 2023

Time	Session	Room No.
2:40 – 2:50 p.m.	Break and Transition to Next Session	
2:50 – 3:35 p.m.	<p>Environmental Health Education <i>"It's All About Community: Connecting Local Communities With Federal and State Initiatives to Address Health Disparities and Environmental Justice"</i></p> <p>Speakers: Omega Wilson, M.A., and Brenda Wilson, M.A.Ed., Co-Founders, West End Revitalization Association; Akm Rahman, M.A., Program Operations Branch Chief; Elsie Vargas, National Urban Fellow, Low Income Home Energy Assistance Program, Division of Energy Assistance, Office of Community Services, Administration for Children and Families, U.S. Department of Health and Human Services; and Jasmyne Simmons, B.S., Case Manager, Wake County Human Services</p> <p>Session Chair: Sharon Beard, M.S., Director, Worker Training Program, NIEHS, NIH, and Joan Pakenham, Ph.D., Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p> <p>Abstract: Local, state, and federal organizations must communicate and collaborate to address health disparities and environmental justice issues in communities. Although organizations have made strides to break down silos and work together more effectively, there are still many challenges that remain. During this session, speakers representing local, state, and federal organizations will share their successes in working with communities to address health disparities and environmental justice issues. Attendees will learn about the various resources that are available on the local, state, and federal levels to help them combat and address these issues.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Identify local, state, and federal resources available to combat and address health disparities and environmental justice issues. • Share success stories about collaborations between local, state, and/or federal organizations to mitigate a health disparity and/or an environmental justice issue. 	1111
	<p>Behavioral Health Education <i>"A Guide for Supporting the Mental Health of Our Youth"</i></p> <p>Brought to you by the Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.</p> <p>Speaker: Ruby Brown-Herring, M.Ed., BSW, CEO, RBH Wellness Solutions LLC; Consultant, Continuum Consulting Solutions</p> <p>Session Chair: Sharon Mosley, LCMHC, Owner, The Fit Talk PLLC; Author, "My First Time"</p> <p>Abstract: Being a young person is difficult no matter what, and traumatic events such as the pandemic have made it even harder. Between school closures, online learning, and social injustices, early intervention is critical as the prevalence of mental health and substance use problems, suicide, and dating violence increases. When the world changes quickly and suddenly, it is common for youth to experience changes in their thoughts, feelings, and behaviors. As a result, it is imperative that parents, caregivers, and other individuals that support young people are equipped with the tools to foster open communication to help them recognize, accept, and cope with the major shifts that have taken place, and continue to take place, in their students' lives.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Recognize the signs and symptoms of mental health challenges that may impact youth. • Identify the warning signs and symptoms of substance use disorders in youth. • Describe the early warning signs of suicide in youth. • Identify tips and resources for supporting youth and their families. 	1221

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Time	Session	Room No.
2:50 – 3:35 p.m.	<p>Cardiovascular Health Education <i>"Evaluating Cardiovascular Health Equity: A Community-Based Outreach Initiative for People With Severe, Uncontrolled Hypertension"</i></p> <p>Speakers: Bradi Granger, Ph.D., RN, Professor, Duke University School of Nursing, and Holly Biola, M.D., M.P.H., Chief, Family Medicine, Lincoln Community Health Center</p> <p>Session Chair: Angelo Moore, Ph.D., RN, NE-BC, Assistant Director, Community Outreach, Engagement, and Equity, Duke Cancer Institute</p> <p>Abstract: Attend this session to learn how to control hypertension by monitoring blood pressure, utilizing self-management coaching objectives and setting SMART goals.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Describe important risks associated with high, uncontrolled blood pressure. • Discuss the value of self-monitoring blood pressure. • Define local ways to get involved in personal goal-setting for the control of blood pressure. 	2221
	<p>Behavioral Session <i>"Homelessness and Housing: Myths, Facts, and Resources"</i></p> <p>Speaker: Chris Battle, B.S., Homeless Programs Coordinator, Division of Aging and Adult Services, N.C. Department of Health and Human Services</p> <p>Abstract: A small setback could cause many households to cross the threshold into literal homelessness. There is a need to better understand individuals and families facing housing instability, including those who are doubled-up, and to identify what resources are available in the state and administered by the N.C. Department of Health and Human Services. This presentation will provide attendees a detailed description of the Emergency Solutions Grant and additional resource contact information of other housing programs within the department.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Gain a full understanding of the Emergency Solutions Grant, a state-administered fund earmarked for addressing homelessness, including eligibility, accessibility, and services offered. • Obtain a list of additional housing resources administered by the N.C. Department of Health and Human Services. 	2225
	<p>Behavioral Health Education <i>"Bringing Calmness to Your Day Through Art Therapy"</i></p> <p>Speaker: Andrew Elman, M.A., Counselor, North Carolina Central University</p> <p>Abstract: Think of situation that is giving you trouble – that is particularly relevant for our time. Or a situation that was troublesome, but you'd like to think of it differently. In this workshop, you will explore and focus on the possible good things that came from it. Assess your thoughts and match them with the feeling states you want to enhance through the use of art materials. Grow the good you want to see in the world!</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Develop an optimistic perspective. • Explore a mindful observation of thoughts and feeling and express them through art. 	BRITE Room 1009
	<p>Healthy Living Session <i>"Increase Your Relaxation With Falun Dafa"</i></p> <p>Fitness Instructor: Thai-Vu "KiKi" Ton, B.S., Biologist, NIEHS, NIH</p> <p>Abstract: Falun Dafa is a form of qigong, an ancient Chinese deep-breathing exercise system sometimes combined with Tai chi and meditation. It is proven to promote physical and mental wellness by enhancing the flow of vital energy through a person's body.</p> <p>Objective:</p> <ul style="list-style-type: none"> • Learn another way of gentle exercise and meditation.. 	Outside (Small Tent)

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Time	Session	Room No.
2:50 – 3:35 p.m.	<p>Cooking Demonstration "Living Well Starts With Eating Well"</p> <p>Eddie Wilson, Instructor and Executive Chef, Aramark Collegiate Hospitality</p> <p>Abstract: This demonstration will teach participants how to make a quick, healthy grain bowl that meets their daily nutritional needs.</p> <p>Objective: Learn daily food groups for healthy, nutritious meals.</p>	Lunch Tent
3:35 – 3:45 p.m.	Break and Transition to Next Session	
3:45 – 4:30 p.m.	<p>Environmental Health Education "Keeping the Faith: Understanding Hazards and the Work of Faith-Based Organizations Responding to Disasters"</p> <p>Speakers: Calvin Avant, Ph.D., Pastor, Unity in the Family Ministry; Site Manager, Environmental Worker Training Program; CEO, Avant Training, and Cassandra Campbell, M.A., Executive Director, Robeson County Disaster Recovery Coalition Inc.</p> <p>Session Chair: Sharon Beard, M.S., Director, Worker Training Program, NIEHS, NIH</p> <p>Abstract: Faith-based organizations are deeply embedded in the framework of local communities, especially those impacted by health disparities and environmental justice issues. By connecting with faith-based organizations, other stakeholders can learn about a community's history, culture, challenges, strengths, and more. Faith-based organizations are often seen as the leaders and gatekeepers within the community. The importance of establishing relationships with faith-based organizations has become more evident in recent years; these relationships are needed to adequately prepare for and respond to disasters. In this session, speakers will share their personal experience working with faith-based and other organizations on issues related to disaster preparedness, health disparities, and environmental justice in communities.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn ways to identify faith-based leaders and organizations in communities. • Share best practices for forming relationships with faith-based organizations. • Share the benefits of engaging with faith-based organizations for disaster preparedness and response. 	1111
	<p>Breakout Session "The Weight of the Nation: Revisiting the Obesity Epidemic in America and Linking the African American Community to Healthy Options"</p> <p>Brought to you by the Triangle Park (NC) Chapter of the Links Inc.</p> <p>Speaker: Alisa Hughley, M.P.H., Founder, enBloom Media LLC ; Triangle Park (NC) Chapter of the Links Inc.</p> <p>Abstract: Join the ladies of the Triangle Park (NC) Chapter of The Links Inc. as they revisit the seminal documentary series from HBO, The Weight of the Nation. Session attendees will view short films that explore the impacts of obesity on health. After the films, clinical professionals will comment on the information presented, as well as help audiences understand where medical knowledge has advanced since the filming of the documentary shorts. Session speakers will link the association of obesity with co-morbidities such as diabetes and cardiovascular disease and COVID-9 complications, the inflammatory response that is incited by obesity and potential long-COVID complications. This moderated panel will specifically discuss the impact of obesity on the health of members of the African American community while answering session attendee questions about issues raised in the film, as well as obesity in general.</p> <p>Objective:</p> <ul style="list-style-type: none"> • Session attendees will understand that obesity plays a role in several health issues. 	1221

Conference Agenda for Women's Health Awareness 2023

Time	Session	Room No.
3:45 – 4:30 p.m.	<p>Breakout Session <i>"Safe Dates: Dating, Relationships, and Violence"</i></p> <p>Speaker: Damien Talley, M.Ed., Executive Director, Durham Crisis Response Center</p> <p>Abstract: Dating abuse or dating violence is the perpetration or threat of an act of violence by at least one member of an unmarried couple on the other member in the context of dating or a courtship. Dating violence encompasses more than simply physical aggression. It also includes psychological, sexual, and emotional harm in a relationship, and it can occur both in person and digitally. It also arises when one partner tries to maintain power and control over the other using abuse or outright violence, for example, when a relationship has broken down. This presentation seeks to educate on how to identify and prevent dating violence.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn and discuss the causes of dating violence. • Learn how you can help a friend in an abusive relationship. • Understand common gender stereotypes regarding dating violence. • Learn important prevention techniques. 	2221
	<p>Breakout Session <i>"Make It Make Cents: Empowering Women to Reach Their Financial Goals"</i></p> <p>Speaker: Marva York, MBA, MPA, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc., Harvard University, Retired Financial Adviser, 20-Plus Years on Wall Street</p> <p>Abstract: Attendees will learn the principles of financial success and practical ways to make the most out of their earnings.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn benefits of financial organization and budgeting. • Learn ways to increase their income and reduce their debts. • Learn ways to increase their savings. 	2225
	<p>Healthy Living Session <i>"Container Gardening: Small Space...Big Yield"</i></p> <p>Presenter: Kareemah Abdusamad, Certified Master Gardener</p> <p>Abstract: Are you wanting to grow vegetables or herbs this year? If so, this session is perfect for you! You will learn practical ways to start your garden!</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn what herbs to grow in your garden. • Learn medicinal properties of herbs. 	Outside (Small Tent)
4:30 – 4:45 p.m.	Break and Transition to Next Session	
4:45 – 5:00 p.m.	<p>Closing and Raffle Prize Giveaway</p> <p>Joan Pakenham, Ph.D., Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p>	1111 (Overflow 1221)

All-Day Screenings and Services (10:00 a.m. – 5:00 p.m.)

Women's Health Awareness Main Site:

North Carolina Central University, Mary Townes Science Building, 1900 Concord St., Durham, N.C.

Health Screening	Room Number	Sponsor
<ul style="list-style-type: none"> • Breast and Cervical Health Education • Breast Cancer and Cervical Cancer Prevention Program Sign-Up • Mammogram Appointment Check-In 	Room 2226	Duke Cancer Institute N.C. Department of Health and Human Services
On-Site Breast Mammography (Pre-Event Registration Required)	Outside (Concord Street)	Donna Bernstein, Duke Cancer Institute Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. Invision Diagnostics
Cancer Screenings (Lung, Skin, Colorectal*, and Thyroid) *Limited to the first 50 people	Room 1233	Duke Cancer Institute
Cardiovascular Screening	Room 1229	North Carolina Central University School of Nursing
COVID-19 Immunization	Screening Hallway	Lincoln Community Health
Dental Screenings	Room 1223-B	Durham County Department of Public Health UNC School of Dentistry-Dental Hygienists
Depression and Alzheimer's Survey	Screening Hallway	Alliance Behavioral Healthcare
Diabetes Screenings	Room 1234	Duke University Health System National Institute of Environmental Health Sciences
Community Resiliency, Environmental Action, and Collaborations for Health (REACH) Equity Study Sign-Up	Room 1225	Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences
Glaucoma Screening	Room 1223-A	Thomas Hunter, M.D., Duke Eye Center, Duke University Health System Grace Nipp and Jamie Karl – Ophthalmology Interest Group for Duke Medical Students
Hearing Screening	Room 3229	Division of Services for the Deaf and the Hard of Hearing, North Carolina Department of Health and Human Services
HIV/HCV/Syphilis Screenings	Room 2229	Durham County Department of Public Health
Kidney Function Testing	Screening Hallway	UNC Kidney Center
First Aid	Room 2236-A	Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.
Cardiopulmonary Resuscitation (CPR) Training	Room 2236-B	Durham County Department of Public Health
Organ Donation Registry	Screening Hallway	Community Health Coalition Inc.
Radon Home Screening and Education	Screening Hallway	N.C. Department of Health and Human Services

All-Day Screenings and Services (10:00 a.m. – 5:00 p.m.)

Women's Health Awareness Main Site:

North Carolina Central University, Mary Townes Science Building, 1900 Concord St., Durham, N.C.

Health Screening	Room Number	Sponsor
Mindfulness (New session at the top of every hour) Drums to Reduce Stress – Willa Robinson Allen Aromatherapy – Angie Ceroli and Benita Harrington Hand Massages – Angie Ceroli and Benita Harrington	BRITE Room 1008	
Express Checks		
Blood Pressure and Rapid Glucose Checks	Screening Hallway	Community Health Coalition Inc.

Agenda At-A-Glance

Granville-Vance and Surrounding Counties Women's Health Awareness Satellite Site: Creedmoor Community Center, 108 E. Wilton Ave., Creedmoor, N.C.

Time	Willow Oak Room	Meeting Room A	Fitness Classroom	Gym
8:15 – 9:00 a.m.	Welcome and Opening Climate Change Project Presentation Get Moving Leader – Jessica Rice Hawkins			
9:05 – 9:50 a.m.	Breast Imaging: What to Expect Connie Kim, M.D., and Jennifer K. Plichta, M.D., M.S.	Everything You Need to Know About Diabetes Medications Sarah Kokosa, PharmD, CPP, and Jashalyn German, M.D.	Heart Disease Prevention in Women Chelsea Ngongang, M.D.	
9:50 – 10:00 a.m.	Transition to Next Session			
10:00 – 10:45 a.m.	Environmental Justice and Beauty Product Use: Insights From the Taking Stock Study Tianna Shaw Wakeman, MSSE, and Elissia Franklin, Ph.D.	NIAAA Science Spotlight: Findings From Current Research on Alcohol Use Among Women Deidra Roach, M.D.	Keep in Shape, Build Your Plate! Lynette Spencer, M.P.H., RD, LDN	
10:45 – 11:00 a.m.	BREAK			
11:00 a.m. – 12:30 p.m.	KEYNOTE Robert Bullard, Ph.D. "Father of Environmental Justice" Opening: Joan Packenham, Ph.D. Facilitator: Sharon Beard, M.S.			
12:30 p.m. – 1:00 p.m.	Lunch Break and Cooking Demonstration Jasmine Westbrook, M.S., RD, LDN, CDCES, Co-Founder and Director, EatWell Exchange Inc.			
1:00 – 1:45 p.m.	Great Grief Live! Nnena Freelon	What You Need to Know About Brain Health Awareness and Why? Goldie Byrd, Ph.D.	Oral, Thyroid, and Lung Cancer: Early Detection and Prevention Trinitia Cannon, M.D.	Senior Strong Trish Rumsey 1:00 – 1:15 p.m. Refit Lacy Griffin 1:20 – 1:35 p.m.
1:45 – 1:55 p.m.	Transition to Next Session			
1:55 – 2:40 p.m.	It's All About Connecting With Communities: Addressing Health Disparities and Environmental Justice Issues – Action From the White House and State of North Carolina Jalonne L. White-Newsome, Ph.D., and Virginia Guidry, Ph.D.	Turn Around, Don't Drown: Physical and Psychological Strategies That Protect Our Peace, Time and Mental Health Shawnta Wright, M.A., LCMHCS, AFAA	Female Cancers Below the Waist Schquthia Peacock, BSN, MSN	Pickleball Beverly Adams Volunteer Instructor 2:00 – 2:15 p.m. Zumba and Guts & Butts Salonia House 2:20 – 2:35 p.m. Low Impact and Souled Out Aerobics Debra Taylor 2:40 – 2:55 p.m.
2:40 – 2:50 p.m.	BREAK			

Agenda At-A-Glance

Granville-Vance and Surrounding Counties Women's Health Awareness Satellite Site: Creedmoor Community Center, 108 E. Wilton Ave., Creedmoor, N.C.

Time	South Granville Senior Center*	Meeting Room A	Fitness Classroom	Gym
2:50 – 3:35 p.m.	It's All About Community: Connecting Local Communities With Federal and State Initiatives to Address Health Disparities and Environmental Justice Omega Wilson, M.A., Brenda Wilson, M.A.Ed., Akm Rahman, M.A., Jasmyne Simmons, B.S	A Guide for Supporting the Mental Health of Our Youth Ruby Brown-Herring, M.Ed., BSW	Evaluating Cardiovascular Health Equity: A Community-Based Outreach Initiative for People With Severe, Uncontrolled Hypertension Bradi Granger, Ph.D., RN, and Holly Biola, M.D., M.P.H.	Xtreme Hip Hop Step Alethea Strater 3:00 – 3:15 p.m.
3:35 – 3:45 p.m.	BREAK			
3:45 – 4:30 p.m.	Keeping the Faith: Understanding Hazards and the Work of Faith-Based Organizations Responding to Disasters Calvin Avant, Ph.D., and Cassandra Campbell, M.A.	The Weight of the Nation: Revisiting the Obesity Epidemic in America and Linking the African American Community to Healthy Options Alisa Hughley, M.P.H.	Safe Dates: Dating, Relationships, and Violence Damien Talley, M.Ed.	
4:30 – 4:45 p.m.	BREAK			
4:45 – 5:00 p.m.	Closing			
Notes: *Attendees will transition to the South Granville Senior Center at 1:45 p.m., and the next session will start promptly at 1:55 p.m.				

All-Day Screenings and Services (10:00 a.m. – 5:00 p.m.)

Health Screening	Room Number	Sponsor
Rapid HIV and Syphilis Testing	Gym	Warren-Vance Community Health Center Inc.
Blood Glucose, Hypertension Screening, and Preventative Dental Information	Gym	Granville-Vance District Public Health Department
Breast and Cervical Cancer Control Program (BCCCP) Screening and Enrollment	Gym	Rural Health BCCCP and Community Health Work Group
Breast Feeding Information and Resources	Gym	Granville-Vance District Public Health Department: Women, Infants, and Children (WIC)
Vaccination and COVID-19 Information	Gym	Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Agenda At-A-Glance

Western N.C. Women's Health Awareness Satellite Site:
Longs Chapel United Methodist Church, 133 Old Clyde Road, Waynesville, N.C.

Time	Community Room	Room 233	Room 232	Downstairs Lobby
8:15 – 9:00 a.m.	Welcome and Opening Climate Change Project Presentation Get Moving Leader – Jessica Rice Hawkins	Overflow		
9:05 – 9:50 a.m.	Breast Imaging: What to Expect Connie Kim, M.D., and Jennifer K. Plichta, M.D., M.S.	Everything You Need to Know About Diabetes Medications Sarah Kokosa, PharmD, CPP, and Jashalyn German, M.D.	Heart Disease Prevention in Women Chelsea Ngongang, M.D.	
9:50 – 10:00 a.m.	Transition to Next Session			
10:00 – 10:45 a.m.	Environmental Justice and Beauty Product Use: Insights From the Taking Stock Study Tianna Shaw Wakeman, MSSE, and Elissia Franklin, Ph.D.	NIAAA Science Spotlight: Findings From Current Research on Alcohol Use Among Women Deidra Roach, M.D.	Keep in Shape, Build Your Plate! Lynette Spencer, M.P.H., RD, LDN	Dance Session 1*
10:45 – 11:00 a.m.	BREAK			
11:00 a.m. – 12:30 p.m.	KEYNOTE Robert Bullard, Ph.D. "Father of Environmental Justice" Opening: Joan Packenham, Ph.D. Facilitator: Sharon Beard, M.S.	Overflow		
12:30 p.m. – 1:00 p.m.	Lunch Break			
1:00 – 1:45 p.m.	Great Grief Live! Nnena Freelon	What You Need to Know About Brain Health Awareness and Why? Goldie Byrd, Ph.D.	Oral, Thyroid, and Lung Cancer: Early Detection and Prevention Trinitia Cannon, M.D.	Dance Session 2*
1:45 – 1:55 p.m.	Transition to Next Session			
1:55 – 2:40 p.m.	It's All About Connecting With Communities: Addressing Health Disparities and Environmental Justice Issues – Action From the White House and State of North Carolina Jalonne L. White-Newsome, Ph.D., and Virginia Guidry, Ph.D.	Turn Around, Don't Drown: Physical and Psychological Strategies That Protect Our Peace, Time and Mental Health Shawnta Wright, M.A., LCMHCS, AFAA	Female Cancers Below the Waist Schquthia Peacock, BSN, MSN	
2:40 – 2:50 p.m.	BREAK			

Agenda At-A-Glance

Western N.C. Women's Health Awareness Satellite Site:
Longs Chapel United Methodist Church, 133 Old Clyde Road, Waynesville, N.C.

Time	Community Room	Room 233	Room 232	Downstairs Lobby
2:50 – 3:35 p.m.	It's All About Community: Connecting Local Communities With Federal and State Initiatives to Address Health Disparities and Environmental Justice Omega Wilson, M.A., Brenda Wilson, M.A.Ed., Akm Rahman, M.A., Jasmyne Simmons, B.S	A Guide for Supporting the Mental Health of Our Youth Ruby Brown-Herring, M.Ed., BSW	Evaluating Cardiovascular Health Equity: A Community-Based Outreach Initiative for People With Severe, Uncontrolled Hypertension Bradi Granger, Ph.D., RN, and Holly Biola, M.D., M.P.H.	
3:35 – 3:45 p.m.	BREAK			
3:45 – 4:30 p.m.	Keeping the Faith: Understanding Hazards and the Work of Faith-Based Organizations Responding to Disasters Calvin Avant, Ph.D., and Cassandra Campbell, M.A.	The Weight of the Nation: Revisiting the Obesity Epidemic in America and Linking the African American Community to Healthy Options Alisa Hughley, M.P.H.	Safe Dates: Dating, Relationships, and Violence Damien Talley, M.Ed.	
4:30 – 4:45 p.m.	BREAK			
4:45 – 5:00 p.m.	Closing			

Notes: *Additional details about the dance sessions will be available on the day of the Women's Health Awareness conference.

All-Day Screenings and Services (10:00 a.m. – 5:00 p.m.)

Health Screening	Room Number	Sponsor
<ul style="list-style-type: none"> • Vaccines: COVID-19, Flu, TDaP, Hepatitis A and B, Shingles • Diabetes Screening: A1C • Blood Pressure Checks 	Outside	Buncombe County Public Health Mobile Team "Van" Buncombe County Public Health Department
Dental Van	Outside	Blue Ridge Community Health
Mammogram Van	Outside	Donna Bernstein, Duke Cancer Institute Asheville Alumnae Chapter of Delta Sigma Theta Sorority Inc. Invision Diagnostics

Concientización de la Salud de la Mujer 2023

Agenda de la conferencia

Hora	Sesión	Sala
Apertura, Bienvenida, Saludos y Presentación de Desafíos Climáticos		
8:15 – 9:00 a.m.	<p>“Vamos a Movernos” Willa Robinson Allen, M.P.H., M.A.Ed., MCHES, Educador Senior de Salud Pública, Promoción de la Salud y Bienestar, Gerente de Programa, Departamento de Salud Pública del Condado de Durham</p>	Salas 1111 y 1221 (si hay gran participación)
	<p>Bienvenida Joan Pakenham, Ph.D., Fundadora y Presidenta del Programa de Concientización sobre la Salud de la Mujer y del Comité Directivo y de Planificación; Director, Oficina de Investigación Humana y Participación Comunitaria, NIEHS, NIH</p>	
	<p>Saludos Trevor Archer, Ph.D., Director Interino, División de Toxicología Traslacional; Director Adjunto, NIEHS; Investigador distinguido de los NIH Trish Harleston, D.Min., Presidenta, Capítulo de Alumnas de Durham, Delta Sigma Theta Sorority Inc. Michael Page, D.Min., Director, Asuntos Externos, Oficina del Canciller, Universidad Central de Carolina del Norte</p> <p>Desafío de Cambio Climático de la Escuela Secundaria “Concientización sobre la salud de la mujer, el cambio climático y su comunidad: Tener un impacto en la salud ambiental”</p> <p>Marites De Luna, Maestra de Ciencias de sexto grado, Departamento de Ciencias, Escuela Intermedia Neuse River, Raleigh, Carolina del Norte Nikki Upchurch, Maestra de Ciencias de Séptimo grado, Departamento de Ciencias, Escuela Intermedia Neuse River, Raleigh, Carolina del Norte</p>	
9:00 – 9:05 a.m.	Transición a la Próxima Sesión	
9:05 – 9:50 a.m.	<p>Educación de la Salud de los Senos “Imágenes Mamarias: Qué esperar”</p> <p>Oradores: Connie Kim, M.D., Radiólogo de mama; Profesor Asistente, Radiología, Facultad de Medicina de la Universidad de Duke, y Jennifer Plichta, M.D., M.S., Profesora Asociada, Cirugía; Profesora Asociada, Ciencias de la Salud de la Población; Miembro, Instituto de Cancer de la Universidad de Duke</p> <p>Presidente de sesión: E. Shelley Hwang, M.D., M.P.H., Mary y Deryl Hart Profesor Distinguido de Cirugía, Profesor de Cirugía, Facultad de Medicina de la Universidad de Duke</p>	1111
	<p>Educación sobre la Diabetes “Consejos que necesita saber sobre medicamentos para la diabetes y opciones de control”</p> <p>Oradores: Sarah Kokosa, PharmD, CPP, Farmacéutica Clínica, Departamento de Farmacia, Hospital de la Universidad de Duke, y Jashalyn German, M.D., Miembro del Departamento de Medicina, División de Endocrinología, Centro de Investigación de Duke para Promover la Equidad en la Atención Médica, Facultad de Medicina de la Universidad de Duke</p> <p>Presidente de sesión: Susan Spratt, M.D., Profesor Asociado, Medicina; Profesor Asistente, Departamento de Medicina Familiar y Salud Comunitaria, Facultad de Medicina de la Universidad de Duke</p>	1221
	<p>Educación de la Salud Cardiovascular “Prevención de Enfermedades Cardíacas en Mujeres”</p> <p>Orador: Chelsea Ngongang, M.D., FACC, Cardióloga, WakeMed Heart and Vascular</p> <p>Presidente de sesión: Angelo Moore, Ph.D., RN, NE-BC, Subdirector, Alcance Comunitario, Participación y Equidad, Duke Cancer Institute</p>	2221

Concientización de la Salud de la Mujer 2023

Agenda de la conferencia

Hora	Sesión	Sala
9:05 – 9:50 a.m.	<p>Salud Materna “Descolonizar la salud pública a través de un marco de justicia reproductiva”</p> <p>Orador: Jasmine Getrouw-Moore, M.P.H., Cofundadora, Directora Ejecutivo, RJ Squared LLC</p> <p>Presidente de sesión: Tara Owens Shuler, M.Ed., LCCE, FACCE, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.</p>	2225
	<p>Sesión paralela “Introducción a la Artritis Reumatoide: Lo que Toda Mujer Necesita Saber”</p> <p>Orador: Isaac David Smith, M.D., Reumatólogo, Clínica de Reumatología de Duke, Departamento de Medicina, Facultad de Medicina de la Universidad de Duke</p> <p>Presidentes de sesión: Willa Robinson Allen, M.P.H., M.A.Ed., MCHES, Educadora Senior de Salud Pública, Promoción de la Salud y Bienestar, Gerente de Programa, Departamento de Salud Pública del Condado de Durham, y Mariah Prince-Allen, DNP, FNP-BC, líder del equipo, División de neoplasias hematológicas y terapia celular; Asociado Clínico, Escuela de Enfermería de la Universidad de Duke</p>	2235
	<p>Sesión Para una Vida Saludable “Yoga en Silla Para Todos los Cuerpos”</p> <p>Instructora: Karen Parrish, Instructora Certificada, Embajadora de Yoga Accesible</p>	Exterior (Tienda Pequeña)
9:50 – 10:00 a.m.	Pausa y Transición a la Siguiente Sesión	
10:00 – 10:45 a.m.	<p>Educación de Salud Ambiental “Justicia Ambiental y Uso de Productos de Belleza: Perspectivas del Estudio Taking Stock”</p> <p>Oradores: Tianna Shaw Wakeman, MSSE, Líder del Programa de Justicia Ambiental, Black Women for Wellness y Elissia Franklin, Ph.D., Becario de Investigación Postdoctoral, Instituto Primavera Silenciosa, Universidad Northeastern</p> <p>Presidenta de sesión: Melissa Smarr, Ph.D., Administrador de Científicos de la Salud, División de Investigación y Capacitación Extramural, NIEHS</p>	1111
	<p>Sesión de Salud Conductual “NIAAA Science Spotlight: Hallazgos de la investigación actual sobre el consumo de alcohol entre las mujeres”</p> <p>Orador: Deidra Roach, M.D., Directora de Programa, Subdivisión de Tratamiento, Servicios de Salud y Recuperación, Instituto Nacional sobre el Abuso del Alcohol y el Alcoholismo, Instituto Nacional de Salud (NIH)</p> <p>Presidente de sesión: Joan Pakenham, Ph.D., Fundadora y Presidenta del Programa de Concientización sobre la Salud de la Mujer y del Comité Directivo y de Planificación; Director, Oficina de Investigación Humana y Participación Comunitaria, NIEHS, NIH</p>	1221
	<p>Sesión de Diabetes “¡Manténgase En Forma, Construya Su Plato!”</p> <p>Orador: Lynette Spencer, M.P.H., RD, LDN, Dietista Clínico, Duke Endocrinología, Departamento de Medicina, Duke University School of Medicine</p> <p>Presidente de sesión: Susan Spratt, M.D., Profesor Asociado, Medicina; Profesor Asistente, Departamento de Medicina Familiar y Salud Comunitaria, Facultad de Medicina de la Universidad de Duke</p>	2221
	<p>Sesión paralela “Ojos Secos en Mujeres: Manejo y Tratamiento”</p> <p>Orador: Corina Busuioc, O.D., Optometrista, Duke Oftamología, Facultad de Medicina de la Universidad de Duke</p>	2225

Concientización de la Salud de la Mujer 2023

Agenda de la conferencia

Hora	Sesión	Sala
10:00 – 10:45 a.m.	<p>Sesión de Salud Latina "Cuidando de nuestra salud emocional y física"</p> <p>Oradores: Jessica Garcia, M.A., LPA, HSP-PA, Estudiante de Posgrado, Departamento de Psicología, Universidad de Carolina del Norte en Greensboro, y Jocelyn Little, B.S., Estudiante de posgrado, Departamento de Psicología, Universidad de Carolina del Norte en Greensboro</p> <p>Presidenta de sesión: Gabriela Livas Stein, Ph.D., Psicóloga licenciada; Presidente, Departamento de Psicología, Universidad de Carolina del Norte en Greensboro</p> <p>El extracto: Es claro que vivimos en un mundo con muchos factores estresantes y, por lo tanto, no es sorprendente que muchas mujeres viven con estrés crónico, sintiéndose agobiadas y con síntomas de ansiedad. El propósito de nuestra presentación es ayudar a los participantes a identificar mejor cuándo se están estresando y como tomar medidas prácticas para aliviar los sentimientos de ansiedad y lograr sentirse con más calma y vitalidad. Juntos practicaremos herramientas prácticas que los participantes pueden usar en su vida diaria para aliviar el estrés.</p> <p>Los Participantes:</p> <ul style="list-style-type: none"> • Aprenderán sobre las señales típicas de estrés, y cuándo es importante buscar ayuda externa. • Aprenderán herramientas prácticas que pueden usar en su vida diaria para reducir el estrés y mejorar su bienestar mental y físico. • Practicarán ejercicios para aliviar el estrés en vivo, con las presentadoras. • Recibirán recursos de salud mental que podrán exploración independiente, si les son necesario. 	2235
	<p>Sesión de Vida Saludable "Bailar Conecta el Cuerpo y el Alma"</p> <p>Instructor: Marvis Henderson-Daye, Ed.D., MPA, Propietario, M. E. Henderson Inc.</p>	Exterior (Tienda Pequeña)
10:45 – 11:00 a.m.	Pausa y Transición a la Siguiente Sesión	
11:00 a.m. – 12:30 p.m.	<p>Saludos e Introducción del Discurso de Apertura y Facilitador Joan Pakenham, Ph.D., Fundadora y Presidenta del Programa de Concientización sobre la Salud de la Mujer y del Comité Directivo y de Planificación; Director, Oficina de Investigación Humana y Participación Comunitaria, NIEHS, NIH</p>	Salas 1111 y 1221 (si hay gran participación)
	<p>Facilitador de la Sesión Magistral Sharon Beard, M.S., Directora, Programa de Capacitación de Trabajadores, Instituto Nacional de Ciencias de la Salud Ambiental</p>	
	<p>Sesión Magistral Robert Bullard, Ph.D., Profesor Distinguido, Planificación Urbana y Política Ambiental; Director, Centro Bullard para la Justicia Ambiental y Climática, Texas Southern University</p>	
12:30 – 1:00 p.m.	Almuerzo	
	<p>Demostración de Cocina Jazmín Westbrooks, M. S., RD, LDN, CDCES, Cofundador y Director, EatWell Exchange Inc.</p>	Carpa de almuerzo

Concientización de la Salud de la Mujer 2023

Agenda de la conferencia

Hora	Sesión	Sala
1:00 – 1:45 p.m.	<p>Educación de Salud Conductual "¡Gran Dolor En Vivo! "</p> <p>Orador: Nnenna Freelon, Vocalista de Jazz nominada al Grammy, Compositora, Actriz</p> <p>Presidenta de sesión: Pamela Bivens-Pippin, M.A., Beta Pi Sigma Durham Alumnae Chapter, Sigma Gamma Rho Sorority Inc.</p>	1111
	<p>Salud Conductual "¿Qué necesita saber sobre la conciencia de la salud cerebral y por qué? "</p> <p>Orador: Goldie Byrd, Ph.D. , Directora, Centro Maya Angelou para la Equidad en Salud, Facultad de Medicina de la Universidad de Wake Forest</p> <p>Presidentes de sesión: P. Renee Myatt, M.P.H., M.A., Director de subvenciones del proyecto BOLD NC, propietario, Myatt Professional Services, y Toni Chatman, MHA, Director Asociado, Educación de Salud Oral y Aliada, Centro de Educación para la Salud del Área de Wake</p>	1221
	<p>Sesión de la Salud del Cáncer "Cáncer Oral, Tiroideo y de Pulmón: Protección Temprana y Prevención"</p> <p>Orador: Trinitia Cannon, M.D., Directora, Oncología Quirúrgica de Cabeza y Cuello, Duke Raleigh Hospital</p> <p>Presidente de sesión: Angelo Moore, Ph.D., RN, NE-BC, Subdirector, Alcance Comunitario, Compromiso y Equidad, Duke Cancer Institute.</p>	2221
	<p>Sesión paralela "Aumentar la alfabetización digital en salud para aumentar el acceso a los servicios de telesalud"</p> <p>Oradores: Annette Taylor, Directora, Oficina de Equidad Digital y Alfabetización, División de Banda Ancha y Equidad Digital, Departamento de Tecnología de la Información de Carolina del Norte, y Bettie Edwards Murchison, Fundadora y Directora Ejecutiva, The Dubois Center; Fundador y CEO, W.E.B. Dubois Community Development Corporation</p> <p>Presidente de sesión: Kearston Ingraham, M.P.H., Evaluador del Programa de Investigación, Alcance Comunitario, Participación y Equidad, Duke Cancer Institute</p>	2225
	<p>Sesión de Salud de Las Mujeres Nativas Americanas "Reconceptualizando La Salud De Las Mujeres Indígenas Americanas: Escuche Su Historia"</p> <p>Orador: Crystal Cavalier, Ed.D, MPA, Fundador, 7 Direcciones de Servicio</p>	2235
	<p>Sesión de Vida Saludable "¡Listo! ¡Ejercicio!"</p> <p>Instructor: Anthony Jones, Propietario y operador, Ready Set Fitness Studio de Entrenador Personal</p>	Exterior (Tienda Pequeña)
1:45 – 1:55 p.m.	Pausa y Transición a la Siguiete Sesión	
1:55 – 2:40 p.m.	<p>Educación de Salud Ambiental "Todo Sobre Conectar con Las Comunidades: Hablando sobre Disparidades en Salud y Justicia Ambiental – Acción desde la Casa Blanca y el Estado de Carolina del Norte: Parte I (Estado y Organizaciones Federales)</p> <p>Oradores: Jalonne L. White-Newsome, Ph.D., Director Senior del Medio Ambiente Intelectual, Consejo de Calidad Ambiental de la Casa Blanca, y Virginia Guidry, Ph.D., Jefa de la Subdivisión de Epidemiología Ocupacional y Ambiental, Carolina del Norte Departamento de Salud y Servicios Humanos</p> <p>Presidenta de sesión: Sharon Beard, M.S., Directora, Programa de Capacitación de Trabajadores, Instituto Nacional de Ciencias de la Salud Ambiental</p>	1111

Concientización de la Salud de la Mujer 2023

Agenda de la conferencia

Hora	Sesión	Sala
1:55 – 2:40 p.m.	<p>Educación de Salud Conductual "Date la vuelta, no te ahogues: estrategias físicas y psicológicas que protegen nuestro paz, tiempo y salud mental"</p> <p>Presentado por el Capítulo de Ex Alumnas de Delta Sigma Theta Sorority Inc., Durham</p> <p>Ponente: Shawnta Wright, M.A., LCMHCS, AFAA, Instructora de Fitness Grupal Certificado, Instructora de Zumba con Licencia y Dueña de Mindful Bodies LLC</p> <p>Presidenta de la sesión: Sharon Mosley, LCMHC, Dueña, The Fit Talk PLLC; Autora de "Mi primera vez"</p>	1221
	<p>Sesión de Salud Sobre el Cáncer "Cánceres Femeninos por Debajo de la Cintura"</p> <p>Orador: Schquthia Peacock, BSN, MSN, Enfermera Familiar Practitioner, Avance Care Medical Clinic, Durham, N.C.</p> <p>Presidente de sesión: Angelo Moore, Ph.D., RN, NE-BC, Subdirector, Alcance Comunitario, Participación y Equidad, Instituto de Cáncer de la Universidad de Duke</p>	2221
	<p>Sesión paralela "Cuidando Tus Rinones – Lo Que Toda Mujer Debería Saber de Su Salud Renal"</p> <p>Oradores: Emily Chang, M.D., Profesora Asistente, Medicina, División de Nefrología e Hipertensión, Facultad de Medicina de la Universidad de Carolina del Norte UNC, y Keisha Gibson, M.D., M.P.H., Profesora Asociada de Medicina y Pediatría; Vicepresidente de Diversidad e Inclusión del DOM; Jefa de la División de Nefrología Pediátrica; Directora, Programa de Becas de Nefrología Pediátrica, Facultad de Medicina de la Universidad de Carolina del Norte UNC</p> <p>Presidentes de sesión: Jill Powell, M.P.H., Directora del Programa de Extensión Educación Renal, Facultad de Medicina de la Universidad de Carolina del Norte UNC</p>	2225
	<p>Sesión paralela "Enamorarse con la prevención de caídas"</p> <p>Oradora: Ellen Bailey, M.P.H, M.A., Gerenta Senior de Proyectos para Prevención de Caídas y Líder de Equipo, Centro de Salud y Bienestar de Carolina del Norte en la Universidad de Carolina del Norte en Asheville, y Amber Chapman, B.S., Gerente de Proyectos de Prevención de Caídas, Universidad Estatal de los Apalaches</p> <p>Presidentes de sesión: P. Renee Myatt, M.P.H., M.A., Director de subvenciones del proyecto BOLD NC, propietario, Myatt Professional Services, y Toni Chatman, MHA, Director Asociado, Educación de Salud Oral y Aliada, Centro de Educación para la Salud del Área de Wake</p>	2235
	<p>Sesión de Vida Saludable "Zumba®"</p> <p>Instructora: Aya Zaghloul, Instructora Certificada de Zumba</p>	Exterior (Tienda Pequeña)

Concientización de la Salud de la Mujer 2023

Agenda de la conferencia

Hora	Sesión	Sala
2:40 – 2:50 p.m.	Pausa y Transición a la Siguiente Sesión	
2:50 – 3:35 p.m.	<p>Sesión de Salud Ambiental “Se trata de la comunidad: conectar a las comunidades locales con iniciativas federales y estatales para abordar las disparidades de salud y la justicia ambiental”</p> <p>Oradores: Omega Wilson, M.A., y Brenda Wilson, M.A.Ed., Co-Fundadores, West End Revitalization Association; Akm Rahman, M.A., Jefe de la Subdivisión de Operaciones del Programa de Asistencia de Energía para Hogares de Bajos Ingresos (LIHEAP); Elsie Vargas, National Urban Fellow, Low Income Home Energy Assistance Program, Division of Energy Assistance, Office of Community Services, Administration for Children and Families, U.S. Department of Health and Human Services; y Jasmyne Simmons, División de Servicios Sociales de Carolina del Norte</p> <p>Presidenta de la sesión: Sharon Beard, M.S., Directora, Programa de Capacitación de Trabajadores, Instituto Nacional de Ciencias de Salud Ambiental, y Joan Pakenham, Ph.D., Fundadora y Presidenta del Programa de Concientización sobre la Salud de la Mujer y del Comité Directivo y de Planificación; Director, Oficina de Investigación Humana y Participación Comunitaria, NIEHS, NIH</p>	1111
	<p>Sesión de Educación Sobre Salud Conductual “Un Guía Para Apoyar La Salud Mental De Nuestros Jóvenes”</p> <p>Presentado por el Capítulo de Alumnas de Delta Sigma Theta Sorority Inc. De Durham</p> <p>Ponente: Ruby Brown-Herring, M. Ed., BSW, CEO, RBH Wellness Solutions LLC; Consultor, Continuum Consulting Solutions</p> <p>Presidenta de la sesión: Sharon Mosley, LCMHC, Dueña, The Fit Talk PLLC; Autor, “Mi primera vez”</p>	1221
2:50 – 3:35 p.m.	<p>Sesión de Educación para la Salud Cardiovascular “Evaluación de la Equidad en Salud Cardiovascular: Una Iniciativa de Alcance Comunitario para Personas con Hipertensión Grave y no Controlada”</p> <p>Oradores: Bradi Granger, Ph.D., RN, Profesor, Escuela de Enfermería de la Universidad de Duke y Holly Biola, M.D., M.P.H., Jefe de Medicina Familiar, Centro de Salud Lincoln Community</p> <p>Presidente de la Sesión: Angelo Moore, Ph.D., RN, NE-BC, Sub-director, Alcance Comunitario, Participación y Equidad, Instituto de Cancer de la Universidad de Duke</p>	2221
	<p>Sesión conductual “Personas sin hogar y vivienda: mitos, hechos y recursos”</p> <p>Speaker: Chris Battle, B.S., Coordinador de Programas para Personas sin Hogar, División de Servicios para Adultos y Ancianos. Departamento de Salud y Servicios Humanos de Carolina del Norte</p>	2225
	<p>Educación Sobre Salud Conductual “Cultivando lo Bueno: Terapia Artística”</p> <p>Ponente: Andrew Elman, Consejero, Universidad Central de Carolina del Norte</p>	BRITE Room 1009
	<p>Sesión de Vida Saludable “Aumenta Tu Relajación con Falun Dafa”</p> <p>Instructor: Thai-Vu “KiKi” Ton, B.S., Biólogo, NIEHS, NIH</p>	Afuera (Toldo pequeño)

Concientización de la Salud de la Mujer 2023

Agenda de la conferencia

Hora	Sesión	Sala
2:50 – 3:35 p.m.	<p>Demostración de Cocina "Vivir bien comienza con comer bien"</p> <p>Eddie Wilson, Instructor y Chef Ejecutivo, Aramark Collegiate Hospitality</p>	Carpa de almuerzo
3:35 – 3:45 p.m.	Pausa y Transición a la Siguiente Sesión	
3:45 – 4:30 p.m.	<p>Sesión de preparación para desastres "Manteniendo la Fe: Entendiendo el Trabajo de Respuesta de Desastres de Organizaciones basadas en la Fe"</p> <p>Oradores: Calvin Avant, Ph.D., Ministro, Unidad en el Ministerio Familiar, y Cassandra Campbell, M. A., Directora Ejecutivo, Coalición de Recuperación de Desastre del Condado de Robeson.</p> <p>Presidenta de la sesión: Sharon Beard, M.S., Directora, Programa de Capacitación de Trabajadores, Instituto Nacional de Ciencias de la Salud Ambiental</p>	1111
	<p>Sesión paralela "El Peso de la Nación: Revisando la Epidemia de Obesidad en Estados Unidos y Vinculando a la Comunidad Afroamericana con Opciones Saludables"</p> <p>Presentado por el Capítulo Triángulo de Links Inc.</p> <p>Ponente: Alisa Hughley, M.P.H., Fundadora, enBloom Media LLC; Capítulo de Triangle Park (NC) de Links Inc.</p>	1221
	<p>Violencia doméstica "Citas, Relaciones y Violencia"</p> <p>Ponente: Damien Talley, M.Ed., Director Ejecutivo, Centro de Respuesta a Crisis de Durham</p>	2221
	<p>Bienestar Financiero "Haga que Haga Centavos: Empoderando a Mujeres Alcanzar Sus Metas Financieras"</p> <p>Ponente: Marva York, MBA, MPA, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc., Harvard University, Asesora financiera jubilada, más de 20 años en Wall Street</p>	2225
	<p>Sesión de Vida Saludable "Jardinería en Contenedores: Espacio Pequeño ... Gran rendimiento"</p> <p>Presentadora: Kareemah Abdusamad, Certified Master Gardener</p>	Afuera (Toldo pequeño)
4:30 – 4:45 p.m.	Pausa y Transición a la Siguiente Sesión	
4:45 – 5:00 p.m.	<p>Clausura y Sorteo de Premios</p> <p>Joan Packenham, Ph.D., Fundadora y Presidenta del Programa de Concientización sobre la Salud de la Mujer y del Comité Directivo y de Planificación; Director, Oficina de Investigación Humana y Participación Comunitaria, NIEHS, NIH</p>	Salas 1111 y 1221 (si hay gran participación)

Exámenes de Salud y Servicios (10:00 a.m. – 5:00 p.m.)

Local principal de Women's Health Awareness:

Universidad Central de Carolina del Norte, Mary Townes Science Building, 1900 Concord St., Durham, N.C.

Exámenes de salud	Sala	Patrocinador
<ul style="list-style-type: none"> Educación sobre la salud mamaria y cervical Inscripción al Programa de Prevención del Cáncer de Mama y el Cáncer de Cuello Uterino Registro de citas para mamografías 	2226	Departamento de Salud y Servicios Humanos de Carolina del Norte Instituto de Cáncer de Duke
Mamografía de mama in situ (se requiere registro previo al evento)		Donna Bernstein, Instituto de Cáncer de Duke Diagnóstico Invision Capítulo de Alumnas de Durham de Delta Sigma Theta Sorority Inc.
Exámenes de detección de cáncer (Pulmón, Piel, Colorrectal* y Tiroides) *Limitado a las primeras 50 personas	1233	Instituto de Cáncer de Duke
Examen Cardiovascular	1229	Escuela de Enfermería de la Universidad Central de Carolina del Norte
Inmunización COVID-19	Pasillo de exámenes	Lincoln Community Health
Exámenes Dentales	1223-B	Durham County Department of Public Health UNC School of Dentistry-Dental Hygienists
Encuesta sobre Depresión y Alzheimer	Pasillo de exámenes	Alliance Behavioral Healthcare
Exámenes de Detección de Diabetes	1234	Sistema de Salud de la Universidad de Duke Instituto Nacional de Ciencias de la Salud Ambiental
Inscripción en el estudio de Equidad sobre Resiliencia Comunitaria, Acción Ambiental y Colaboraciones para la Salud (REACH)	1225	Oficina de Investigación Humana y Participación Comunitaria, Instituto Nacional de Ciencias de la Salud Ambiental
Detección de Glaucoma	1223-A	Thomas Hunter, M. D., Duke Eye Center, Sistema de Salud de la Universidad de Duke
Examen de Audición	3229	División de Servicios para Sordos y Personas con Dificultades Auditivas, Departamento de Salud y Servicios Humanos de Carolina del Norte
Exámenes de Detección de VIH/VHC/Sífilis	2229	Departamento de Salud Pública del Condado de Durham
Pruebas de Función Renal	Pasillo de exámenes	Centro del Riñón de la Universidad de Carolina del Norte (UNC)
Primeros auxilios	2236-A	Capítulo de Alumnas de Durham de Delta Sigma Theta Sorority Inc.
Entrenamiento de Reanimación cardiopulmonar (RCP)	2236-B	Departamento de Salud Pública del Condado de Durham

Exámenes de Salud y Servicios (10:00 a.m. – 5:00 p.m.)

Local principal de Women's Health Awareness:

Universidad Central de Carolina del Norte, Mary Townes Science Building, 1900 Concord St., Durham, N.C.

Exámenes de salud	Sala	Patrocinador
Registro de Donación de Órganos	Pasillo de exámenes	Coalición de Salud Comunitaria Inc.
Detección y Educación Sobre Radón en el Hogar	Pasillo de exámenes	Departamento de Salud y Servicios Humanos de Carolina del Norte División de Regulación de Servicios de Salud de Carolina del Norte Sección de Protección Radiológica
Mindfulness (Nueva sesión en la parte superior de cada hora) Maneras para reducir el estrés – Willa Robinson Allen Aromaterapia – Angie Ceroli y Benita Harrington Masajes de manos – Angie Ceroli y Benita Harrington	BRITE 1008	
Chequeos Rápidos		
Presión Arterial y Controles Rápidos de Glucosa	Pasillo de exámenes	Coalición de Salud Comunitaria Inc.



Women's Health Awareness 2023

Research Study Booths



Women's Health Awareness
Community REACH Equity Study

Women's Health Awareness

Community Resiliency, Environmental Action, and Collaborations for Health (REACH) Equity Study

Empower, Connect, Engage, and Advocate to Create Positive Change for Your Community!

This research study seeks to understand the long-term impacts of COVID-19 on minority women and their families to assist in developing community-based programs for recovery and resiliency. By participating in all study activities, you may receive up to \$155.

Who can participate?

- Females who are African American or Black, Hispanic or Latina, American Indian or Alaskan Native, Asian American, Native Hawaiian, or other Pacific Islander.
- Aged 18 years or older.
- Reside in North Carolina.



What is required?

Completing a 45-minute survey and providing a photo ID is all that is required.

Participants may choose to participate in, and be paid for, additional activities including:

- Collecting urine samples and log.
- Collecting house dust samples.
- Collecting and providing saliva samples.
- Collecting and providing toenail clippings.
- Wearing a silicone wristband for up to a week to measure air in your environment.
- Providing a blood sample.
- Completing a 15-minute reproductive health survey.
- Having a single one-hour clinic visit including a blood draw (up to 4 teaspoons) and vital signs.

Who is running the study?

A team, led by Joan Pakenham, Ph.D., at the National Institute of Environmental Health Sciences in Research Triangle Park, North Carolina.

For more information about the study:

- Visit our website: joinastudy.niehs.nih.gov/studies/reach
- Call: 919-541-3852
- Email: NIEHSReachStudy@niehs.nih.gov



Environmental Causes of Infertility

Part of the Environmental Exposure and Injury Study



Conducted by the National Institute of Environmental Health Sciences (NIEHS), the goal of this study is to identify and understand how environmental exposures can alter uterine function in women and may result in infertility and disease.

Blood samples, including a menstrual blood sample, will be collected and may be used to measure a range of different factors including proteins, hormones, toxic substances, dietary factors, and chemicals.

Who can participate?

- Women who have been diagnosed with endometriosis and/or infertility.
- Are not pregnant.
- Ages 18-35.
- Can have regular or irregular menstrual cycles.
- Are not currently using hormonal birth control or an intrauterine device (IUD).

What is required?

- One visit to the NIEHS Clinical Research Unit to donate blood and answer medical questionnaires.
- Collection of a menstrual blood sample at home with a provided kit.

What are the advantages for participants?

- Compensation of \$55 paid after samples are received.

Who is running the study?

A team led by researchers Stavros Garantziotis, M.D., and Franco Demayo, Ph.D., at the NIEHS Clinical Research Unit in Research Triangle Park, North Carolina.

For more information:

Call: 1-855-MYNIHES (1-855-696-4347)

Email: myniehs@niehs.nih.gov

Visit our website at

joinastudy.niehs.nih.gov/studies

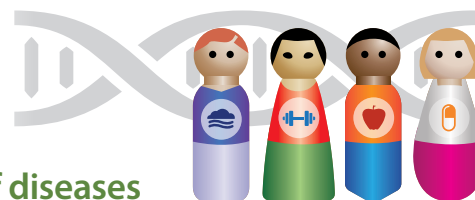


National Institutes of Health • U.S. Department of Health and Human Services

October 2022

Join PEGS

To help scientists improve the prevention and treatment of diseases



PEGS, the Personalized Environment and Genes Study (formerly named the Environmental Polymorphisms Registry or EPR), collects health, exposure, medical, and genetic data to discover how our environment and genes affect our health. By joining this study, you will be supporting new scientific discoveries that could improve the prevention, treatment, and understanding of the causes and mechanisms of diseases such as diabetes, heart disease, allergies, asthma, cancer, and many others.

Who can participate?

- Anyone 8 years of age and older.
- Living in North Carolina, United States.

What is required?

- Small blood sample (approximately 1 tablespoon).
- Urine sample.
- Complete one or more surveys to answer questions about your health, diet, lifestyle, and environmental exposures.
- Periodically complete recontact surveys to update your information.

Why should I join?

- Help scientists find genetic and environmental factors that increase our risk of various diseases.
- Help scientists better understand the causes and mechanisms of various diseases.
- Help scientists find better ways to prevent diseases.

Who is running the study?

The study is led by Janet Hall, M.D., and Alison Motsinger-Reif, Ph.D., at the National Institute of Environmental Health Sciences, a part of the National Institutes of Health.

For more information:

Call: 1-855-MYNIHES (1-855-696-4347)

Email: myniehs@niehs.nih.gov

Visit our website at

joinastudy.niehs.nih.gov/studies/pegs



September 2021

National Institutes of Health • U.S. Department of Health and Human Services



Join **NHALES** And Get Your Asthma Under Control

Study Description

- Receive at no cost treatment and medications for your asthma.
- Occurs over a five-year period and includes a minimum of 12 visits.
- Visits include physical exams, lung tests, collecting biological samples, and completing surveys.
- Some participants may be asked to undergo a procedure called bronchoscopy, which looks inside of the lungs.
- Participants who complete all study visits may be compensated up to \$3,060, with those completing a bronchoscopy receiving an additional \$375.
- Study visits take place at the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina.

Study Participants

- Moderate to severe asthmatics.
- Men and women, aged 18-60.
- Nonsmokers who are not exposed to significant amounts of secondhand smoke.
- No history of chronic obstructive pulmonary disease, emphysema, cystic fibrosis (CF), pulmonary fibrosis, non-CF bronchiectasis, sarcoidosis, unstable angina, or pulmonary hypertension.
- Not allergic to methacholine.
- Able to provide your own transportation to clinic visits.

NHALES stands for Natural History of Asthma with Longitudinal Environmental Sampling. Your participation in the NHALES Study will contribute to research on how the environment affects the human body and asthma. Please consider joining today.

For more information:

- Call: 1-855-MYNIHES (1-855-696-4347)
- Email: myniehs@niehs.nih.gov
- Visit our website at joinastudy.niehs.nih.gov.

Lead Researcher

Stavros Garantziotis, M.D.
National Institute of Environmental Health Sciences
Research Triangle Park, North Carolina

National Institutes of Health • U.S. Department of Health and Human Services

February 2022

Demystifying a Girl's First Period

Help your daughters prepare for puberty by enrolling them in a new study called A Girl's First Period — Why Is It So Unpredictable?



Who can participate?

- Girls 8-14 years old.
- Have some breast development.

What is required?

- A parent or guardian must give permission and attend all study visits with their daughter.
- An initial screening visit at the Clinical Research Unit, with occasional visits every two years.
- Finger prick and urine tests to measure hormones.
- Ultrasounds of the abdomen to look at the ovaries and uterus.

What are the advantages for participants?

- Quick and easy tracking of menstrual cycles.
- Educational materials.
- Health assessment and consultation with a female pediatrician.
- Compensation for participants after completing each set of visits.

Who is running the study?

A team, led by pediatrician and hormone specialist Natalie Shaw, M.D., at the NIEHS Clinical Research Unit in Research Triangle Park, North Carolina.

For more information:

Call: 1-855-MYNIHES (1-855-696-4347)

Email: myniehs@niehs.nih.gov

Visit our website at www.niehs.nih.gov/firstperiod.



National Institutes of Health • U.S. Department of Health and Human Services

June 2022



Women's Health Awareness 2023

Distinguished WHA Faculty

Keynote Speaker



Robert D. Bullard, Ph.D., is often described as the father of environmental justice. He was the dean of the Barbara Jordan-Mickey Leland School of Public Affairs at Texas Southern University (TSU) from 2011-2016. Bullard currently is Distinguished Professor of Urban Planning and Environmental Policy, and director of the Bullard Center for Environmental and Climate Justice. Prior to coming to TSU, he was founding director of the Environmental Justice Resource Center at Clark Atlanta University. He received his Ph.D. from Iowa State University. He is an award-winning author of 18 books that address sustainable development, environmental racism, urban land use, industrial facility siting, community reinvestment, housing, transportation, climate justice, disasters, emergency response, and community resilience, smart growth, and regional equity. He is co-founder of the HBCU Climate Change Consortium. He is also a proud U.S. Marine Corps veteran.

He was featured in the July 2007 CNN People You Should Know, "Bullard: Green Issue is Black and White." In 2008, Newsweek named him one of 13 Environmental Leaders of the Century. That same year, Co-op America honored him with its Building Economic Alternatives Award. In 2010, The Griot named him one of the "100 Black History Makers in the Making," and Planet Harmony named him one of "Ten African American Green Heroes."

His book, "Dumping in Dixie: Race, Class and Environmental Quality" (Westview Press, 2000), is a standard text in the environmental justice field. Some of his book titles include "Just Sustainabilities: Development in an Unequal World" (MIT Press, 2003), "Highway Robbery: Transportation Racism and New Routes to Equity" (South End Press, 2004), "The Quest for Environmental Justice: Human Rights and the Politics of Pollution" (Sierra Club Books, 2005), "Growing Smarter: Achieving Livable Communities, Environmental Justice, and Regional Equity" (MIT Press, 2007), and "The Black Metropolis in the Twenty-First Century: Race, Power, and the Politics of Place" (Rowman & Littlefield, 2007). He is co-author of "In the Wake of the Storm: Environment, Disaster and Race After Katrina" (Russell Sage Foundation, 2006) and "Toxic Wastes and Race at Twenty: 1987-2007" (United Church of Christ Witness & Justice Ministries, 2007).

His latest books include "Race, Place and Environmental Justice After Hurricane Katrina" (Westview Press, 2009), "Environmental Health and Racial Equity in the United States" (American Public Health Association Press, 2011), and "The Wrong Complexion for Protection" (New York University Press, 2012). In 2013, he was honored with the Sierra Club John Muir Award, the first African American to win the award. In 2014, the Sierra Club named its new Environmental Justice Award after Bullard. In 2015, the Iowa State University (ISU) Alumni Association named him its Alumni Merit Award recipient — an award also given to George Washington Carver (1894 ISU alum) in 1937. In 2017, the Children Environmental Health Network presented him with the Child Health Advocate Award.

In 2018, the Global Climate Action Summit named Bullard one of 22 Climate Trailblazers. And in 2019, Apolitical named him one of the world's 100 Most Influential People in Climate Policy, Washington State University honored him with the William Julius Wilson Award for the Advancement of Justice, and Climate One named him the recipient of the Stephen H. Schneider Award for Outstanding Climate Science Communication.

In 2020, WebMD gave him its Health Heroes Trailblazer Award, and the United Nations Environment Program (UNEP) honored him with its Champions of the Earth Lifetime Achievement Award, the UN's highest environmental honor, recognizing outstanding leaders from government, civil society, and the private sector whose actions have a transformative impact on the environment.

In 2021, President Joe Biden named him to the White House Environmental Justice Advisory Council. And in 2022, the University of California, Berkeley Ecology Law Quarterly gave him its Environmental Leadership Award, Georgetown University awarded him an honorary doctorate, and he was elected to join the American Academy of Arts and Sciences.

Distinguished WHA Faculty



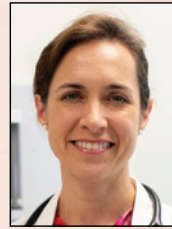
Kareemah Abdusamad
Certified Master Gardener



Sharon Beard, M.S.
*Director and Branch Chief,
Worker Training Program, NIEHS, NIH;
Durham Alumnae Chapter, Delta Sigma
Theta Sorority Inc.*



Willa Robinson Allen, M.P.H., M.A.Ed., MCHES
*Senior Public Health Educator, Health Promotion
and Wellness, Program Manager,
Durham County Department of Public Health;
Alpha Kappa Alpha, Mu Omicron Omega Chapter*



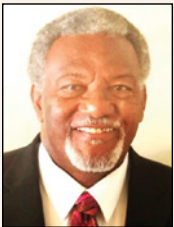
Holly Biola, M.D., M.P.H.,
*Chief, Family Medicine, Lincoln
Community Health Center*



Trevor Archer, Ph.D.
*Acting Director, Division of
Translational Toxicology;
Deputy Director, NIEHS;
NIH Distinguished Investigator*



Ruby Brown-Herring, M.Ed., BSW
*CEO, RBH Wellness Solutions LLC;
Consultant, Continuum Consulting
Solutions*



Calvin Avant, Ph.D.
*Pastor, Unity in the Family Ministry;
Site Manager, Environmental Worker
Training Program; CEO, Avant Training*



Robert Bullard, Ph.D.
*Distinguished Professor, Urban Planning
and Environmental Policy; Director,
Bullard Center for Environmental and
Climate Justice, Texas Southern University*



Ellen Bailey, M.P.H, M.A.
*Senior Project Manager for
Falls Prevention and Team Lead,
N.C. Center for Health and Wellness at the
University of North Carolina at Asheville*



Corina Busuioc, O.D.
*Optometrist, Duke Ophthalmology,
Duke University School of Medicine*



Chris Battle, B.S.
*Homeless Programs Coordinator,
Division of Aging and Adult Services,
N.C. Department of Health and
Human Services*



Goldie Byrd, Ph.D.
*Director, Maya Angelou Center for
Health Equity, Wake Forest University
School of Medicine*

Distinguished WHA Faculty



Cassandra Campbell, M.A.
*Executive Director, Robeson County
Disaster Recovery Coalition Inc.*



Elissia Franklin, Ph.D.
*Postdoctoral Research Fellow,
Silent Spring Institute,
Northeastern University*



Trinitia Cannon, M.D.
*Director, Head and Neck Surgical Oncology,
Duke Raleigh Hospital*



Nnenna Freelon
*Grammy-Nominated Jazz Vocalist,
Composer, Actress, Playwright*



Crystal Cavalier, Ed.D, MPA
Founder, 7 Directions of Service



Jessica Garcia, M.A., LPA, HSP-PA
*Graduate Student, Department of
Psychology, University of North Carolina
at Greensboro*



Emily Chang, M.D.
*Assistant Professor, Medicine, Division of
Nephrology and Hypertension,
UNC School of Medicine*



Jashalynn German, M.D.
*Fellow, Department of Medicine, Division
of Endocrinology, Duke Center for
Research to Advance Healthcare Equity,
Duke University School of Medicine*



Amber Chapman, B.S.
*Falls Prevention Project Manager,
Appalachian State University*



Jasmine Getrouw-Moore, M.P.H.
*Co-Founder, Executive Director,
RJ Squared LLC*



Andrew Elman, M.A.,
*Counselor, North Carolina Central
University Counseling Center*



Keisha Gibson, M.D., M.P.H.
*Associate Professor of Medicine
and Pediatrics; DOM Vice Chair of
Diversity and Inclusion; Chief, Pediatric
Nephrology Division; Director, Pediatric
Nephrology Fellowship Program,
UNC School of Medicine*

Distinguished WHA Faculty



Bradi Granger, Ph.D., RN
Professor, Duke University School of Nursing



Connie Kim, M.D.
Breast Radiologist; Assistant Professor, Radiology, Duke University School of Medicine



Virginia Guidry, Ph.D.
Environmental Justice Lead and Head, Occupational and Environmental Epidemiology Branch, N.C. Department of Health and Human Services



Sarah Kokosa, PharmD, CPP
Clinical Pharmacist, Department of Pharmacy, Duke University Hospital



Trish Harleston, D.Min.
President, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.



Jocelyn Little, B.S.
Graduate Student, Department of Psychology, University of North Carolina at Greensboro



Marvis Henderson-Daye, Ed.D., MPA
Owner, M. E. Henderson Inc.



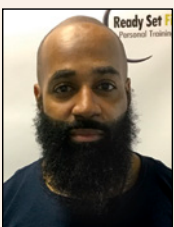
Bettie Edwards Murchison, B.A.
Founder and Executive Director, The Dubois Center; Founder and CEO, W.E.B. Dubois Community Development Corporation



Alisa Hughley, M.P.H.
Founder, enBloom Media LLC; Triangle Park (NC) Chapter of the Links Inc.



Chelsea Ngongang, M.D., FACC
Cardiologist, WakeMed Heart and Vascular



Anthony Jones
Owner and Operator, Ready Set Fitness Personal Training Studio



Joan Pakenham, Ph.D.
Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH

Distinguished WHA Faculty



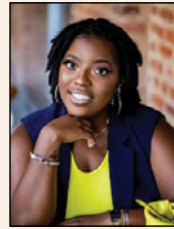
Michael Page, D.Min.
*Director, External Affairs, Office of the
Chancellor, North Carolina Central University*



Tianna Shaw Wakeman, MSSE
*Environmental Justice Program Lead,
Black Women for Wellness*



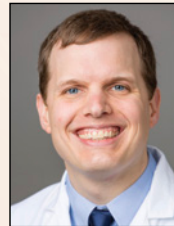
Karen Parrish
Certified Instructor, Accessible Yoga Ambassador



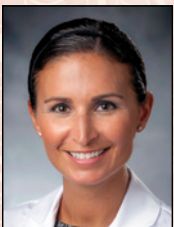
Jasmyne Simmons, B.S.
*Case Manager, Wake County
Human Services*



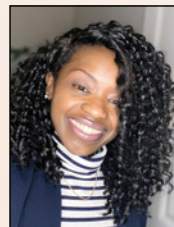
Schquthia Peacock, BSN, MSN
*Family Nurse Practitioner, Avance
Care Medical Clinic, Durham, N.C.*



Isaac David Smith, M.D.
*Rheumatologist, Duke Rheumatology
Clinic, Department of Medicine,
Duke University School of Medicine*



Jennifer Plichta, M.D., M.S.
*Associate Professor, Surgery; Associate
Professor, Population Health Sciences;
Member, Duke Cancer Institute,
Duke University School of Medicine*



Lynette Spencer, M.P.H., RD, LDN
*Clinical Dietitian, Duke Endocrinology,
Department of Medicine, Duke University
School of Medicine*



Akm Rahman, M.A.
Program Operations Branch Chief



Damien Talley, M.Ed.
*Executive Director, Durham Crisis
Response Center*



Deidra Roach, M.D.
*Program Director, Treatment,
Health Services, and Recovery Branch,
National Institute on Alcohol Abuse
and Alcoholism, NIH*



Annette Taylor, M.S.
*Director, Office of Digital Equity and
Literacy, Division of Broadband and
Digital Equity, N.C. Department of
Information Technology*

Distinguished WHA Faculty



Thai-Vu "KiKi" Ton, B.S.
Biologist, NIEHS, NIH



**Omega Wilson, M.A., and
Brenda Wilson, M.A.Ed.**
*Co-Founders, West End
Revitalization Association*



Elsie Vargas
*National Urban Fellow, Low Income Home
Energy Assistance Program, Division of Energy
Assistance, Office of Community Services,
Administration for Children and Families,
U.S. Department of Health and Human Services*



Shawnta Wright, M.A., LCMHCS, AFAA
*Certified Group Fitness Instructor;
Licensed Zumba Instructor;
Owner, Mindful Bodies LLC*



Jasmine Westbrooks, M.S., RD, LDN, CDCES
*Co-Founder and Director,
EatWell Exchange Inc.*



Marva York, MBA, MPA
*Durham Alumnae Chapter,
Delta Sigma Theta Sorority Inc.*



Jalonne L. White-Newsome, Ph.D.
*Senior Director, Environmental
Justice, White House Council on
Environmental Quality*



Aya Zaghloul, B.S.
Certified Zumba Instructor



Eddie Wilson
*Instructor and Executive Chef,
Aramark Collegiate Hospitality*

**For full speaker biographies,
please visit the WHA website at**
<https://www.niehs.nih.gov/news/events/whad/speakers>





Women's Health Awareness 2023

Corporate and Business Partners



Corporate Partner

A Special **"THANK YOU"** to **Donna Bernstein** for Her Generous Contribution to Women's Health Awareness 2023!



We would like to recognize Donna Bernstein for her support of Women's Health Awareness 2023. Throughout her career as a successful businesswoman, she has prioritized service to support initiatives for those affected by disability or disparity. Her vision to provide a global reach to her support resulted in the Donna Bernstein Global Research Fund, which provides support to train neurosurgeons in Africa. Donna has been a long-standing and passionate supporter of the Duke Cancer Institute, where she herself and members of her family received treatment. Partnering with Duke, she established the Clifford Ray Prostate Cancer Fund in honor of her lifelong friend and NBA champion. She is also strongly committed to making a difference in addressing health care inequities that result in disparities in women's cancer outcomes, including breast cancer screening. We are proud that her generosity and vision have allowed us to provide free mammogram screening as part of Women's Health Awareness 2023. **Thank you, Donna, for being our SHERO!**



Corporate Partner

**A Special "THANK YOU" to Aramark Catering
for Their Generous Contribution to Women's Health Awareness 2023**



Aramark is committed to teaching communities that "Living Well Starts with Eating Well!" Aramark is proud to support Women's Health Awareness to improve the health of women in North Carolina by providing nutrition education and increasing access to healthy food options.

Our partnership with Women's Health Awareness aligns with Aramark's goal of "Putting People First."



Corporate Partner

**A Special "THANK YOU" to Vaya Health
for Their Generous Contribution to Women's Health Awareness 2023**



VAYAHEALTH

Vaya Health supports the women of our communities every day and is proud to serve as a corporate partner for the 9th Annual Women's health Awareness, Women's wellness Conference. Our resources are dedicated to meet member and community needs while advancing whole person health across our 31-county region of North Carolina. Together we're moving forward to a healthier North Carolina.



Corporate Partner

A Special **"THANK YOU"** to **WTVD ABC11**
for Their Generous Contribution to Women's Health Awareness 2023

ABC11 is proud to support the movement to raise awareness for women's health.



John Clark
Kim Deaner

Barbara Gibbs

Kweilyn Murphy

Together, we can be a relentless force to ensure all mothers, wives, sisters, and daughters live a happier, heart-healthier life.





Corporate Partner

**A Special "THANK YOU" to Duke Cancer Institute
for Their Generous Contribution to Women's Health Awareness 2023**



Duke Cancer Institute thanks our community partners

Duke Cancer Institute is proud to serve as a Corporate Partner for the 2023 Women's Health Awareness Cancer Track. Our community partnerships are critically important to us and we are committed to providing cancer outreach, education, screenings and valuable services to those in our communities.

To find out more about these services, please call our office at 919-684-0409 or visit dukecancerinstitute.org/ohed.



Corporate Partner

A Special "THANK YOU" to the Triangle Park (NC) Chapter of The Links Inc. for Their Generous Contribution to Women's Health Awareness 2023



"Communities and countries and ultimately the world are only as strong as the health of their women."

- Michelle Obama

The Triangle Park (NC) Chapter of The Links, Incorporated proudly supports the **9th Annual Women's Health Awareness Day**

We, too, are actively dedicated to "Transforming Communities by Enhancing Women's Health"

Link DiJuana McDougal
PRESIDENT



Linked in Friendship. Connected in Service
Triangle Park (NC) Chapter



Corporate Partner

A Special "THANK YOU" to the Southern Environmental Law Center for Their Generous Contribution to Women's Health Awareness 2023

Solutions for a healthy environment start in the South.

The Southern Environmental Law Center is proud to support the movement to raise awareness for women's health. At SELC, we believe that everyone deserves to drink clean water, breathe healthy air, and live in thriving communities free from harmful pollution. Together, we can solve the greatest environmental challenges starting right here in the South.



SOUTHERN ENVIRONMENTAL LAW CENTER
southernenvironment.org



Business Partner

A Special **"THANK YOU"** to our Business Partner
for Their Contribution to Women's Health Awareness 2023

Lincoln Community Health Center



Contact: Sonia Max
1301 Fayetteville St., Durham, NC 27707
Telephone: 919-956-4000 www.lincolnchc.org

Women's Health Awareness 2023 Satellite Conference Sites

A special **"THANK YOU"** to our Community Partners in **Granville County**
for your support and collaboration with the Women's Health Awareness
Conference to provide health access for women in your county.

City of Creedmoor, Creedmoor Community Center



Contact: Christopher Horrigan
Email: chorrigan@cityofcreedmoor.org
www.cityofcreedmoor.org/recreation/parks-facilities/creedmoor-community-center

South Granville Senior Center



Contact: Christy Southall, South Granville Center Coordinator
114 Douglas Drive, P.O. Box 766, Creedmoor, NC 27522
Telephone: 919-528-0848
Email: christy.southall@granvillecounty.org
www.granvillecounty.org/residents/senior-services

Women's Health Awareness 2023 Satellite Conference Sites

A special "THANK YOU" to our Community Partners in Granville County for your support and collaboration with the Women's Health Awareness Conference to provide health access for women in your county.

The Oxford-Henderson Alumnae Chapter of Delta Sigma Theta Sorority Inc. is pleased to be a local community partner in collaboration with the Women's Health Awareness Program, Office of Human Research and Community Engagement, Clinical Research Branch, National Institute of Environmental Health Sciences (NIEHS) and Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. to serve the women of Granville County and surrounding communities.



Granville Vance Public Health

We strive to protect and promote the health of women and their families in Granville and Vance counties. We gladly support the Women's Health Awareness program and their efforts to improve the health and well-being of families within our community.



GRANVILLE VANCE
public health

Granville County
101 Hunt Dr, Oxford, NC 27565
Clinic: 919-693-2141

Women's Health Awareness 2023 Satellite Conference Sites

A special "THANK YOU" to our Community Partners in Western N.C. for your support and collaboration with the Women's Health Awareness Conference to provide health access for women in your county.

Asheville Alumnae Chapter of Delta Sigma Theta Sorority Inc.

Providing 66 years of steadfast service to our community in Asheville, North Carolina. Our chapter supports a healthy lifestyle for the total woman: Mind, Body, and Spirit. We are proud to be a collaborative partner for the 2023 Women's Health Awareness Women's Wellness Conference, and support the work and mission of eliminating environmental health disparities and promoting health access and equity for the women within our community.



Women's Health Awareness 2023 Satellite Conference Sites

A special **"THANK YOU"** to our Community Partners in **Western N.C.** for your support and collaboration with the Women's Health Awareness Conference to provide health access for women in your county.

Long's Chapel United Methodist Church

Service and outreach to our community is at the forefront of our mission. We are proud to be of service and collaborate with the Women's Health Awareness Women's Wellness Program as they take on the "divine assignment" of promoting wellness, increasing health resiliency, and improving the overall health of women in Haywood County.

133 Old Clyde Road
Waynesville, NC 28785



Buncombe County Communication and Public Engagement



www.buncombecounty.org/governing/depts/community-engagement

Buncombe County Department of Health



40 Coxe Avenue, Asheville, NC 28801
Telephone: 828-250-5211
www.buncombecounty.org/governing/depts/health











Women's Health Awareness 2023

Exhibitors

Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
	Alliance Behavioral Healthcare	4600 Emperor Blvd., Durham, NC 27703 Telephone: 919-651-8401	★
	Arbonne International	Independent Distributor: Cheryl Godwin 3117 Waterford Ridge Lane, Wake Forest, NC 27587 Telephone: 984-214-4210 Email: cgodwin.envp@gmail.com www.arbonne.com/pws/cherylgodwin/tabs/about-me.aspx	★
	Aya Birth and Community Wellness	Tina Braimah, Founder and Executive Director www.ayawellness.org	★
	Blacks In Government	Raleigh-Durham Chapter P.O. Box 13173, Durham, NC 27709-3173	
	Community Health Coalition Inc.	P.O. Box 15176, 407 Crutchfield St., Durham, NC 27704 Telephone: 919-470-8680 Email: healthcoali@gmail.com www.healthc.org	★
	Digital Durham	Contact: Cari Del Mariani Email: info@digitaldurham.net www.digitaldurham.net	★
	doTERRA International	Contact: Veronica Wetzel 1114 Shady Lane, Durham, NC 27712 Telephone: 919-818-5520 Email: pulsgl63@yahoo.com	★
	DukeWELL/LATCH	Contact: LaKeyta Johnson, Team Lead 3100 Tower Blvd., Suite 1100, Durham, NC 27707 Telephone: 919-660-WELL (9355)	★
	"Voter Education and Registration" Social Action Committee Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.	President: Trish Harleston, D.Min., Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc. www.durhamdst.org	★
	Durham County Department of Public Health	Improving Community Outcomes for Maternal and Child Health (ICO4MCH) Contact: Shakeya Brevard 414 East Main St., Durham, NC 27701 Telephone: 919-560-7180 Email: health@dconc.gov www.dconc.gov Bull City Strong Contact: Edeia Lynch Telephone: 919-560-0501	★

Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
	Durham County Department of Social Services	414 East Main St., Durham, NC 27701 Telephone: 919-560-8000 dconc.gov/dss	★
	Durham Crisis Response Center	Contact: Damien Talley, Executive Director 206 N. Dillard St., Durham, NC 27701 Telephone: 919-403-9425 Email: info@thedcrc.org www.thedcrc.org	★
	EatWell Exchange Inc.	Co-Directors: Ashley Carter, RD, LDN, and Jasmine Westbrooks, M.S., RD, LDN, CDCES www.eatwellexchange.org	★
	Extension Master Gardener Volunteers of Durham County	Contact: Morgan Magnum Telephone: 919-414-2055 www.durhammastergardeners.com	★
	Green Health First	Contact: Angie Ceroli Telephone: 919-656-0963 Email: angceroli@gmail.com	★
	Lincoln Community Health Center	Contact: Sonia Max 1301 Fayetteville St., Durham, NC 27707 Telephone: 919-956-4000 www.lincolnchc.org	★
	Lmcuepublishing	Contact: Leslie Cue Telephone: 336-848-2990	★
	Maya Angelou Center for Health Equity	525 Vine Street, Suite 150, 1st Floor, Winston Salem, NC 27101 Telephone: 336-713-7600 www.wakehealth.edu/mache	★
	Myatt Professional Services	Contact: Renee Myatt Telephone: 919-812-4483 www.myattprofessionalservices.com	★

Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
 <p>NC DEPARTMENT OF HEALTH AND HUMAN SERVICES</p>	<p>N.C. Department of Health and Human Services</p>	<p>Division of Health Service Regulation, North Carolina Radon Program, Radiation Protection Section 1645 Mail Service Center, Raleigh, NC 27699-1645 Telephone: 828-712-0972 www.ncradon.org</p> <p>N.C. Division of Public Health</p> <p><i>Cancer Prevention and Control Branch</i> Contact: Erin Brown, MSPH, Coordinator, Breast and Cervical Cancer Control Program Telephone: 919-707-5330 Email: erin.brown@dhhs.nc.gov</p> <p><i>Occupational and Environmental Epidemiology Branch</i> Contact: Virginia Guidry, Ph.D., M.P.H. Email: virginia.guidry@dhhs.nc.gov</p> <p>Division of Services for the Deaf and the Hard of Hearing Contact: Martina Moore-Reid, Community Accessibility Specialist Telephone: 919-859-8526 Email: martina.moore-reid@dhhs.nc.gov</p>	★
	<p>NC Registry for Brain Health at Duke</p>	<p>Contact: Henry Edmonds 2200 W. Main St., Suite A-200, Durham, NC 27705 Telephone: 919-668-2676</p>	★
	<p>Pi Chapter of Chi Eta Phi Sorority Inc. Professional Nursing Organization</p>	<p>Contact: Riley Walters, RN, BSN P.O. Box 61085, Durham, NC 27712 www.chietaphi.com</p>	
	<p>Ready Set Fitness</p>	<p>Contact: Anthony Jones, Owner 2945 S. Miami Blvd., Durham, NC 27703 Telephone: 919-477-7509</p>	★
	<p>Sisters Network of Triangle NC</p>	<p>Contact: Portia Hedgepeth P.O. Box 51592, Durham, NC 27717-1592 Telephone: 919-490-1571 Email: trianglenc@sistersnetworkinc.org</p>	★
	<p>Therapy Connect Me</p>	<p>Contact: Natalie Fewell Telephone: 919-812-7363</p>	★
	<p>TOPS Club Inc. Take Off Pounds Sensibly</p>	<p>Contact: Gary Foureman, North Carolina TOPS Coordinator #695 Telephone: 919-604-5279 www.tops.org</p>	★











Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
	Toxic Free North Carolina	206 New Bern Place, Raleigh, NC 27601 Telephone: 919-833-5333 www.toxicfreenc.org	★
	Transformative Destiny PLLC	Contact: Tiffany Williamson Telephone: 919-439-9736 www.transformativedestiny.com	★
	Wake County Health and Human Services	Contact: Leslie Massicotte 220 Swinburne St., Raleigh, NC 27610 Telephone: 919-212-7000	★

Granville County – Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
	AIMHigh – Keep Pressing	Contact: Jessica Rice Hawkins Email: jricehawkins@aimhighpt.com www.aimhighpt.com	★
	City of Creedmoor, Creedmoor Community Center	Contact: Christopher Horrigan Email: chorrigan@cityofcreedmoor.org www.cityofcreedmoor.org/recreation/parks-facilities/creedmoor-community-center	
	Granville Vance Public Health – WIC Program	115 Charles Rollins Rd, Henderson, NC 27537 Telephone: 252-492-3147 www.gvph.org/wic-women-infants-children	★
	N.C. Cooperative Extension	Contact: Jennifer Brown Telephone: 336-599-1195 Email: jennifer.brown@ncsu.edu granville.ces.ncsu.edu	★
	Turning Point Community Development Corporation	2495 U.S. Highway 1/158, Henderson, NC 27537 Telephone: 252-621-5190 www.turningpointcdc.org	★

Western N.C. – Exhibitors and Community Partners

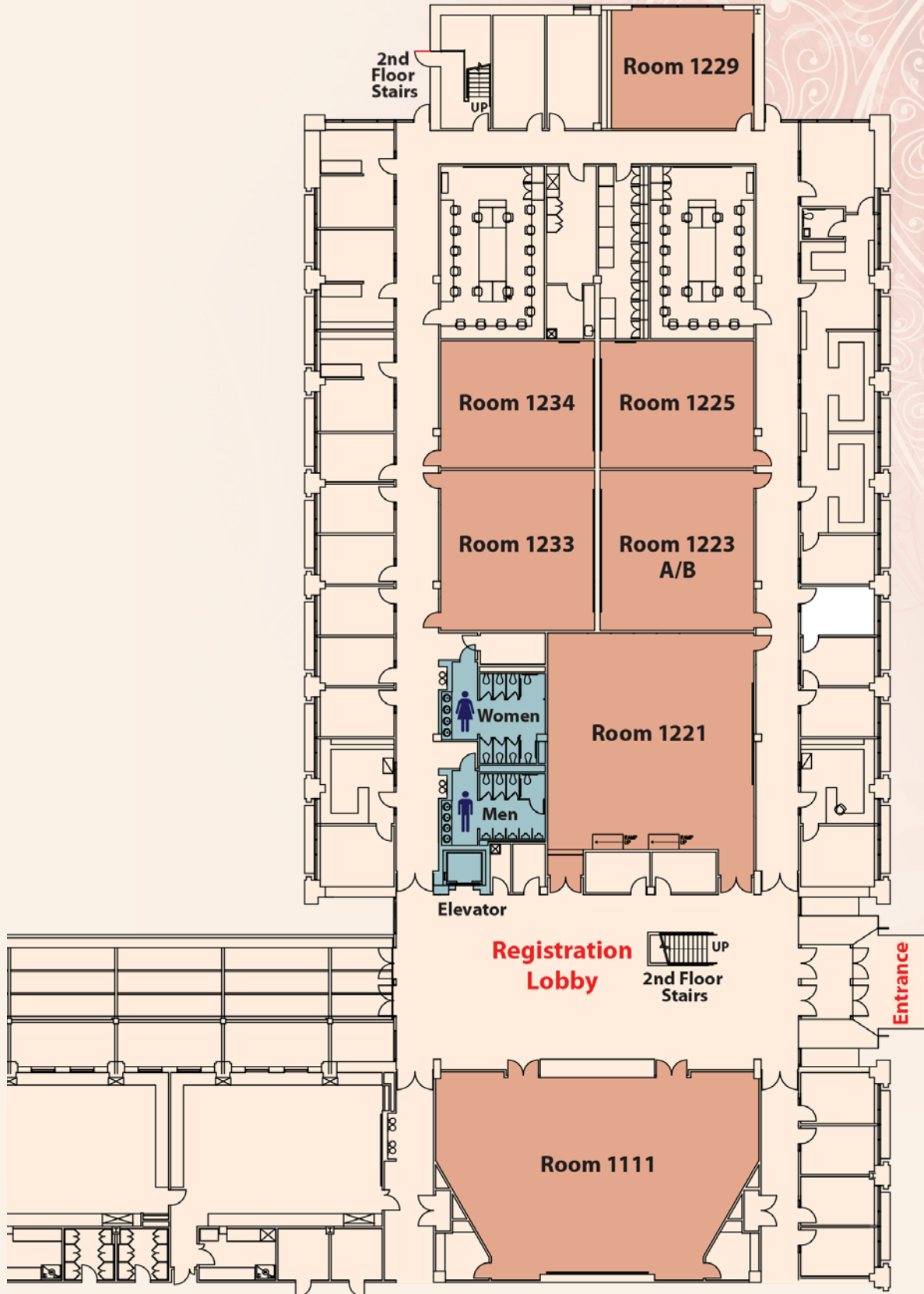
	Organization	Contact Information	Exhibitor
	A Therapist Like Me	Contact: Noreal Armstrong, CEO 1 School Road, Asheville, NC 28806 Email: drnoreal@atherapistlikeme.org www.atherapistlikeme.org	★
	Asheville Buncombe Institute for Parity Achievement (ABIPA)	56 Walton St., Asheville, NC 28801 Telephone: 828-251-8364 www.abipaasheville.wixsite.com/abipa	★
	Buncombe County Communication and Public Engagement	www.buncombecounty.org/governing/depts/community-engagement	★
	Buncombe County Department of Health	40 Coxe Avenue, Asheville, NC 28801 Telephone: 828-250-5211 www.buncombecounty.org/governing/depts/health	★
	Change Your Palate Program	Contact: Shaniqua Simuel, M.P.H. Email: shaniqua@wncfoodjustice.com	★
	Haywood County Health and Human Services Agency	157 Paragon Parkway, #800, Clyde, NC 28721 Telephone: 828-452-6675	★
	Haywood County Health and Human Services Agency "Healthy Haywood"	Contact: Megan Hauser, M.A., MCHES®, Public Health Education Supervisor 157 Paragon Parkway, Suite 800 Clyde, NC 28721 Telephone: 828-452-6675 Email: haywood4good@haywoodcountync.gov www.healthyhaywood.com	★
	HelpMate	35 Woodfin St., Asheville, NC 28801 Telephone: 828-254-0516 www.helpmateonline.org	★
	HERS LLC	www.hersnc.org	★
	REACH of Haywood County - Supporting Victims of Violence	Telephone: 828-456-7898 Email: reachofhaywood@att.net www.reachofhaywood.org	★
	Vaya Health	200 Ridgefield Court, #218, Asheville, NC 28806 Telephone: 800-962-9003 www.vayahealth.com	★



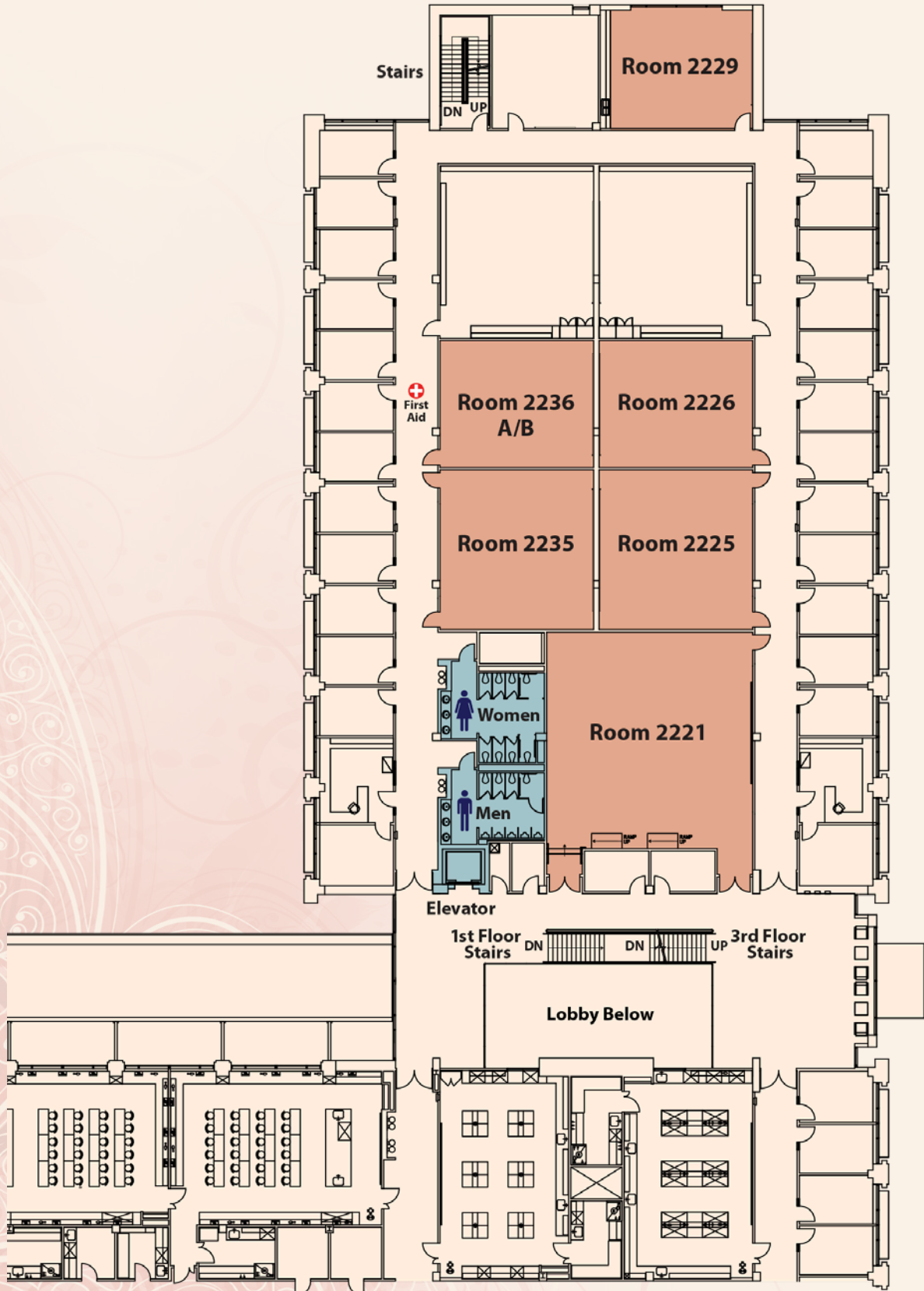
Women's Health Awareness 2023

Building Maps

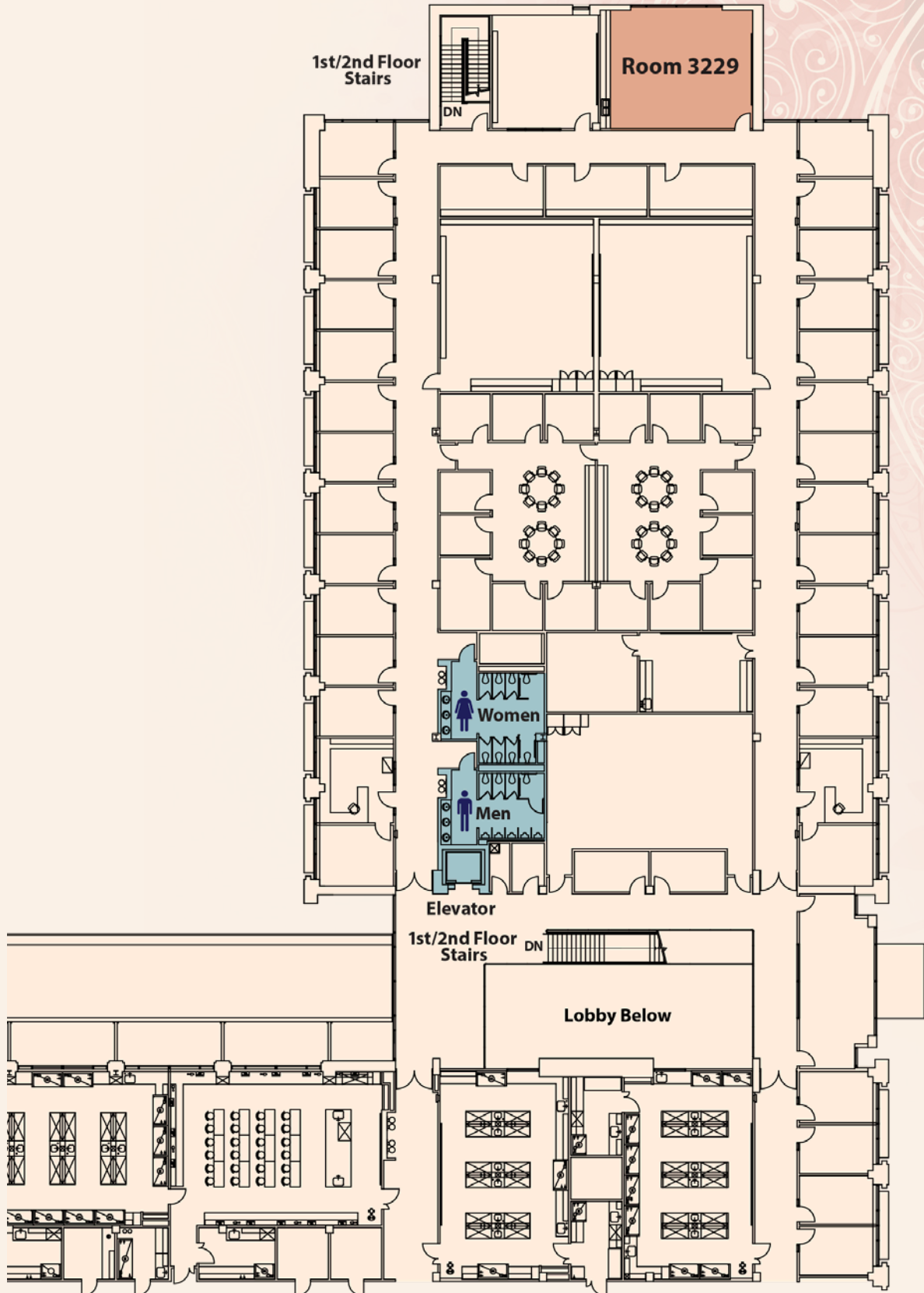
Mary Townes Science Building – 1st Floor Map –



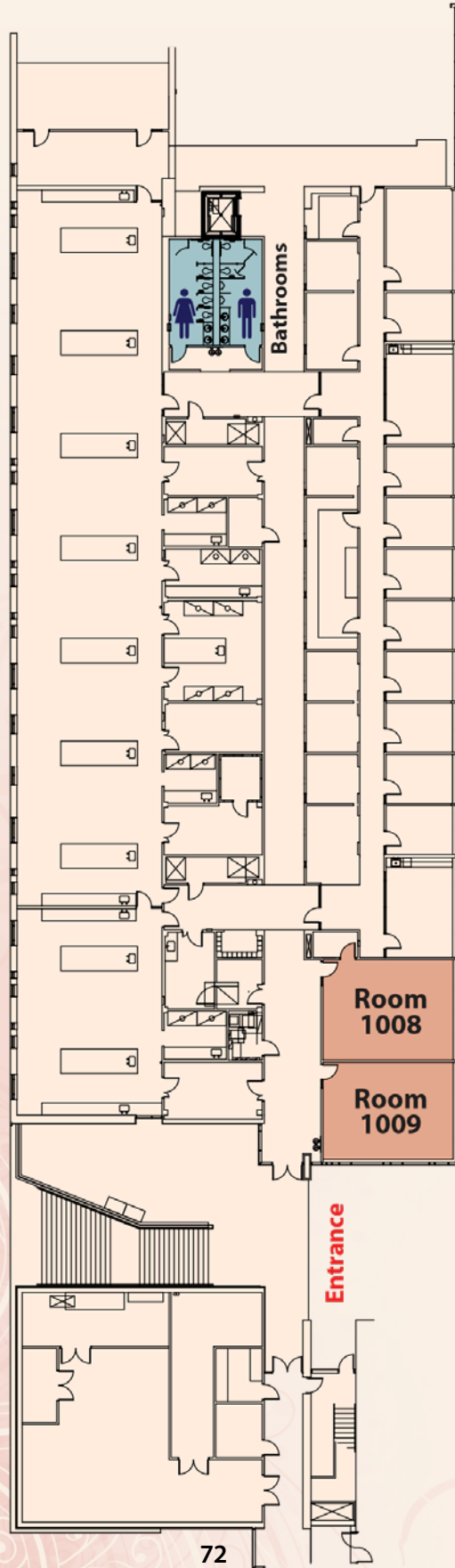
Mary Townes Science Building - 2nd Floor Map -



Mary Townes Science Building – 3rd Floor Map –



BRITE Building



Women's Health Awareness 2023
Transforming Communities by Enhancing Women's Health