



# Healthy Happenings

## July - August 2009

Teer House Community Calendar  
Duke Medicine's Department of Clinical Education  
& Professional Development  
4019 N. Roxboro Road Durham, NC 27704  
919-477-2644 <http://teerhouse.dukehealth.org>

### **Stress Management: Fundamentals of Meditation**

**Thursday, July 16, 6:30pm - 8:00 pm**

Discover how simple daily meditation practices can effectively reduce stress and enhance health.

### **AARP Driver Safety Program**

**Monday, July 20, 9:30 am - 2:00 pm**

A four (4) hour class reviewing defensive driving and ways to compensate for age-related cognitive and physical changes.

**Fee:** AARP Member \$12.00; Non-member \$14.00

### **Moving for Life - Taking Steps to Prevent Falls**

**Tuesday, July 21, 2:00 pm - 3:30pm**

Review the evidence for falls risk in seniors and discuss actions seniors can take to reduce their falls risk.

### **Finding Trusted Online Health Information**

**Wednesday, July 22, 2:00 pm - 3:30pm**

Learn computer search tips for finding reliable information about diseases, drugs, and clinical trials on the Internet.

### **Keeping the Pressure Down**

**Wednesday, July 22, 7:00 pm - 8:30pm**

Learn about lifestyle changes and medications used to control high blood pressure.

### **Tips for Successful Weight Loss**

**Thursday, July 23, 6:30 pm-8:00 pm**

Simple and successful ways to manage your calories, control portions, and divert hunger for successful weight management..

### **Pain Without Purpose: The Complexity of Chronic Pain**

**Monday, July 27, 6:30pm - 8:00 pm**

Hear how a specialized team approach can improve treatment for chronic pain.

### **Acupuncture: Is it Right for What Ails You?**

**Thursday, July 30, 7:00 pm - 8:30pm**

Discover how acupuncture can complement traditional treatments for illness and pain.

### **Improving Your Cholesterol with Healthy Foods**

**Monday, August 3, 6:30 pm - 8:00 pm**

Discover the basics about cholesterol levels in the body and how they are affected by the foods we eat.

### **Kids Get Anxious Too - Helping the Anxious Child**

**Tuesday, August 4, 7:00 pm - 8:30 pm**

Discussing current issues and effective treatments for children struggling with anxiety and school avoidance.

### **Who Am I Now? Recreating the Future**

**Monday, August 10, 6:30 pm - 8:00 pm**

Begin the process of recognizing yourself and your future after a significant death.

### **Keeping Your Heart Healthy**

**Tuesday, August 11, 7:00 pm - 8:30 pm**

Discuss how to enhance personal awareness of risk factors and symptoms of common heart problems.

### **Clotting, Collards and Coumadin - What Do They Have in Common?**

**Tuesday, August 18, 7:00 pm - 8:30 pm**

Discuss coumadin therapy including indications, duration, and interactions with diet, medication, and other disease states.

### **Understanding and Treating Back Pain**

**Monday, August 24, 7:00 pm - 8:30 pm**

Find out the most common causes of back pain. Discover treatments and exercises that can help make you mobile again.

**'Everything Baby'** classes for expectant and new parents will help you transition from pregnancy to parenting. Classes include topics such as:

- Lamaze Childbirth Preparation
- Preparing for Cesarean Birth
- Preparing NOW for Postpartum Changes
- Pediatric Pointers from a Physician
- Motherhood: The New Reality Show
- Breastfeeding
- Little Talking Hands: Sign Language & Baby
- New Dad = New Role Group
- Baby Care
- Epidural Pain Relief & Other Options
- Infant and Child CPR Life Support
- Infant Massage
- Getting in Shape After the Baby
- Baby Meets Bowser
- Choosing Quality Daycare

**Attention Deficit Hyperactivity Disorder** series explores ADHD and provides practical information for coping with behavioral issues.

- Understanding Attention Deficit Hyperactivity
- Strategies for Parents: Helping Your Child with ADHD Improve Behavior
- Success Strategies for Family, Friendships, & School
- School Advocacy and Homework Management
- ABC's of ADHD

**Support Groups** can assist you when making healthy lifestyle modifications or during times of grief and loss. Refer to [www.dukehealth.org/events](http://www.dukehealth.org/events) to find monthly meeting times for our support groups including Diabetes management, Low-Carb/Low-Glycemic Diet, Perinatal Loss, and Grief, Change and Loss.

**Upcoming grief, change, and loss topics are:**

- Perinatal Grief: Education and Support
- The Dimensions of Grief: Daily Impact and Possibilities
- Understanding Children's Grief
- Healing through Rituals and Remembering
- Loneliness and Loss after Long-Term Caregiving
- Anger, Spirituality, and Meaning
- Who Am I Now? Recreating the Future

*The Healthy Happenings event calendar is continuously updated to provide a variety of classes. Registration is required and most classes are free to the community.*

*To find out more about our classes,  
visit <http://teerhouse.dukehealth.org> or call 1-888-ASK-DUKE.*