



# Health Coach

Timely, trusted advice from Outer Banks Health

We each hold the keys to our health and quality of life.



## Self-Care Is a Choice and Your Gift to Others

Pushing off self-care is a common occurrence, often because we believe we're too busy or we feel guilty about putting ourselves before others. The reality is that by making responsibilities and obligations more important than our own health, we're setting the stage for higher levels of stress, anxiety, and fatigue, which can lead to chronic disease.

"The best gift we can give our loved ones is to make caring for ourselves a priority," says Denise dePedro, NBC-HWC, health coach at the Outer Banks Health Center for Healthy Living. "We offer a course at the Center called *Healthy Living Jump Start*, and it focuses on the journey to

wellness with the development of lifestyle habits like drinking enough water, getting adequate sleep, eating a balanced diet, committing to regular exercise, and discovering what brings you joy. These are the keys to improved health, which leads to a better quality of life."

"We counsel patients to start off slowly because even small changes to a daily routine yield results."

- Marielle Silk, FNP

Outer Banks Health Center for Healthy Living

"We counsel patients to start off slowly because even small changes to a daily routine yield results," says Marielle Silk, family nurse practitioner at the Center for Healthy Living. She emphasizes that just making the decision to prioritize sleep can strengthen will power. "Quality sleep helps the body to restore and recover so you can wake up feeling refreshed. That alone increases productivity and focus."

Taking steps to improve your sleep, start a new diet, and/or increase physical activity should always be done in partnership with your medical provider. That said, self-care also includes other opportunities, like simply treating yourself with kindness. "Allowing yourself the grace to work through the barriers of a new routine makes it a gentler journey ... it's just as important as achieving success," says Silk.

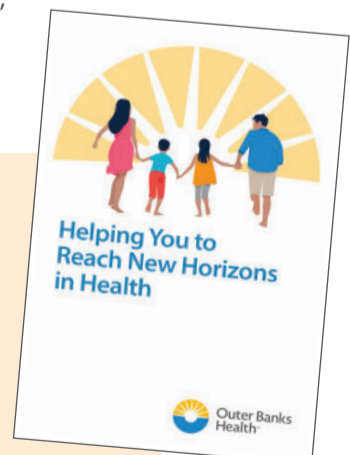
To find out more about the *Healthy Living Jump Start* class, along with other health and wellness services like tobacco cessation, weight management, counseling for gray area drinking, and diabetes education and support, call the Center for Healthy Living at 252-449-5978.

## Helping You to Reach New Horizons in Health

Outer Banks Health is focused on enhancing quality of life by promoting wellness. In fact, it's in our mission. We want to support your commitment to self-care with resources like our **FREE** "Helping You to Reach New Horizons in Health" booklet. It offers the recommended screenings and immunizations from ages 18 - 65 and older, as well as information about important health exams, and our Center for Healthy Living, and options for virtual and immediate care. It even includes pages dedicated to recording your medications and blood pressure readings. Use this booklet as part of your self-care

routine. Working with your provider, the information in this book is key to a better quality of life because it can help you stay well and also catch health problems earlier, when they're easier to treat.

These booklets are available throughout Dare County at libraries, senior centers, and healthcare practices. You can download a copy with this QR code or by visiting [outerbankshealth.org/health-wellness/reaching-new-horizons](https://outerbankshealth.org/health-wellness/reaching-new-horizons)



September/October 2023

# Education, Support, and Community Events

## The Blood Connection Blood Drives

The Blood Connection will be hosting community blood drives on the Outer Banks. All donors are asked to make an appointment. Walk-ins are welcome, but appointments are highly recommended and take priority. To make an appointment, use the QR codes or visit [thebloodconnection.org](http://thebloodconnection.org). All donors will receive an e-gift card. *Special thanks to the Blood Connection for giving a donation to The Cowell Cancer Center for every donor who attends.*

**Wednesday, September 6 | 8:00am - 1:00pm** | The Outer Banks Hospital | 4800 S Croatan Hwy, Nags Head

**Saturday, October 7 | 10:00am - 3:00pm** | Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head



Sept. 6



Oct. 7

## Healthy Living Jump Start

The Center for Healthy Living is offering six-week provider-led group classes that include biometrics, access to a registered dietitian, and certified health coach. Call 252-449-7390 to discuss eligibility. Groups meet every other Wednesday in person in The Outer Banks Hospital Medical Office Building from 11:00am - 1:00pm.

**Fall Class 1: September 6 - October 11**

**Fall Class 2: October 18 - November 29** (no class Thanksgiving week)

## Namaste at the Beach

Get your Tuesday mornings started with **FREE** yoga classes on the beach in Nags Head (weather permitting). All skill levels welcome. Bring a yoga mat or towel and your water bottle. Questions? Call 252-449-4529. No reservation needed.

**Tuesdays: September 5, 12 | 7:30am - 8:30am**

Jennette's Pier | 7223 S Virginia Dare Trail, Nags Head



## A1C Screenings

Outer Banks Health will be offering free A1C screenings, which measure a person's blood glucose level over the past three months. Appointments are recommended and take priority; call 252-449-4529. Screenings will take place on the Outer Banks Health Coach vehicle in the parking lot.

**Wednesday, September 13 | 10:30am - 1:00pm**

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

## Medicine Drop and Community Flu Vaccines

In conjunction with the 14th annual OBX Walk Against Addiction and in partnership with the Saving Lives Task Force and Dare County Health and Human Services, unused and unwanted prescription, over-the-counter, and animal medications will be collected by the Dare County Sheriff's Office for proper disposal. Flu vaccines will also be available for participants 18-64 years of age. Anyone 65+ is encouraged to see their provider or local pharmacy for the higher-dose flu vaccines. No appointment required.

**Saturday, September 23 | 9:00am - noon**

First Flight High School | 100 Veterans Drive, Kill Devil Hills

## Flu Vaccines & FIT Colon Cancer Screening

During this unique event, individuals aged 50-75 will be offered a fecal immunochemical test (FIT) kit to screen for colorectal cancer. FIT kits are used to screen for colon cancer from the comfort of home. Kits can be picked-up, but individuals must attend the Monday event to receive individual results. Flu vaccines will also be available for ages 18-64. All screenings will take place on the Outer Banks Health Coach vehicle located in the parking lot. For more information, call 252-449-4529.

**FIT Pickup: Friday, September 22 | 10:00am - 1:00pm**

**FIT Drop-off/Screening: Monday, September 25 | 10:00am - 1:00pm**

Walgreens | 1200 S Croatan Hwy, Kill Devil Hills

## Namaste with the Sharks

Join us for a **FREE** yoga class in the Graveyard of the Atlantic exhibit area. The class is designed for all skill levels. Gate opens at 5:15pm. The Aquarium will not be open during this event, but restrooms will be available. Please bring your own yoga mat and water. Spots fill up quickly, so secure your spot by calling 252-449-4529.

**Wednesdays: September 27, October 18 | 5:30pm - 6:30pm**

NC Aquarium on Roanoke Island | 374 Airport Road, Manteo



## Community Flu Vaccines & Wellness Screenings

Outer Banks Health offers free wellness screenings, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. Flu vaccines will also be available for participants 18-64 years of age. Anyone 65+ is encouraged to see their provider or local pharmacy for the higher-dose flu vaccines. Appointments are highly recommended and take priority; call 252-449-4529 or use the QR code to make an appointment. All screenings will take place on the Outer Banks Health Coach vehicle in each location parking lot.



**Saturday, September 16 | 10:00am - 4:00pm**

Day at the Docks | Hatteras Village

**Tuesday, September 26 | 9:00am - noon**

Manteo Library | 700 US-64, Manteo

**Wednesday, September 27 | 10:30am - 1:30pm**

Kill Devil Hills Library | 400 Mustian Street, Kill Devil Hills

**Friday, October 6 | 12:30pm - 3:00pm**

OBMG Medical Park | 5118 N Croatan Hwy, Kitty Hawk

**Wednesday, October 11 | 9:00am - noon**

Virginia Tillett Center | 950 Marshal C Collins Drive, Manteo

**Tuesday, October 24 | 10:30am - 1:30pm**

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

**Wednesday, October 25 | 1:30pm - 4:30pm**

Kitty Hawk Town Hall | 101 Veterans Memorial Drive, Kitty Hawk

## Harvest for Health Trunk or Treat!

Join this community event with free arts & crafts, face painting, fun trunks with treats, and flu vaccines for adults (18-64 years of age). This is a rain-or-shine event.

**Thursday, October 19 | 5:00pm - 7:00pm**

The Outer Banks Hospital Parking Lot | 4800 S Croatan Hwy, Nags Head

# SAVE THE DATE!

**An Oyster Roast and Low Country Shrimp Boil  
Benefiting OBX Cancer Cares**



**Friday, October 27, 2023  
5:30pm - 9:30pm**

**Pirate's Cove Pavilion  
2000 Sailfish Drive  
Manteo**



For more information, use the QR code or call 252-449-9183.

## Help Build the Tribute Path



You can help build The Cowell Cancer Center tribute path with a purchase of an engraved paver that honors or memorializes a loved one.

To purchase a paver, use the QR code or visit [give.ecuhealthfoundation.org/TOBHTRIBUTEPath](http://give.ecuhealthfoundation.org/TOBHTRIBUTEPath)

For more information, contact our Development Office at 252-449-4529.

