



# Health Coach

Timely, trusted advice from Outer Banks Health



## Well-Being in Motion

Moving throughout the day is crucial for your health and overall well-being. From sunup to sundown, walking, bending, lifting, and twisting are natural ways our bodies are meant to move. Consistent activity improves heart and lung health, boosts energy and mental clarity, and reduces stress and anxiety. All contributing to a healthier, longer, more balanced lifestyle that helps you thrive.

Taking just one small step toward moving more can spark a lasting, positive impact. You don't need a rigorous routine to feel the benefits. Marielle Silk, FNP-BC, DipACLM, at the Outer Banks Health Center for Healthy Living, shares,

"Natural movement is a pillar of well-being."

—Marielle Silk, lifestyle medicine provider at the Center for Healthy Living

"Natural movement is a pillar of well-being. It's a way to feel energized and happy, and keeps your body moving, which is important as we age."

Small, consistent movements are often all it takes to get your blood

flowing, joints working, and muscles engaged. Silk adds, "The more strength you build and maintain, the more likely you are to keep that strength and continue doing functional movements at ease in your later years."

Activities like pushing a lawn mower, gardening, washing the car, or

walking with friends are simple, effective ways to stay active.

Marcie Jurgens, exercise physiologist IV with Outer Banks Health Cardiovascular and Pulmonary Rehabilitation, says, "Move around as much as you can. Walk often, squat to pick things up, and do not underestimate the power of minor movements throughout the day. They can prevent larger issues down the road."

Regular movement enhances immune function and keeps your body strong, helping protect your body from serious injuries or illness. It also boosts mood and creates a positive outlook on life, adding to a high sense of well-being.

Along with aiding mental and physical health, movement can also be a tool to check in and see how you are doing. If movement feels difficult, whether overall or in certain areas, it might be a sign that another part of your health, such as nutrition or sleep, may need attention, or that it's time to see a specialist about a specific area.

If movement feels intimidating or you're unsure where to start, talk with your healthcare provider. It is always a good idea to check in and make sure you are moving in a safe, healthy way. "At the Center for Healthy Living, we help you move naturally and comfortably," Silk says. "We tailor to your needs and help you set realistic, attainable goals so you can feel confident in your movement, and in life."

## Introducing Outer Banks Health Cardiology

May is both American Stroke Month and National High Blood Pressure Education Month, a great time to introduce Outer Banks Health Cardiology. Opening May 2025, this new practice brings together the same trusted cardiology providers the Outer Banks community knows and relies on. OBH Cardiology is excited to welcome both familiar and new patients. Visit [www.OuterBanksHealth.org/services/cardiology](http://www.OuterBanksHealth.org/services/cardiology) to learn more.

**Need a primary care on the Outer Banks? Call the Primary Care Access Line at 252-449-4540 to be connected to an available provider.**





May/June 2025

# Education, Support, and Community Events



May 2



June 7

## 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. *Outer Banks Health team members, please present your badge upon arrival.*

**Friday, May 2 | 8 a.m. - 1 p.m.**

Outer Banks Health | 4800 S Croatan Hwy, Nags Head

**Saturday, June 7 | 10 a.m. - 3 p.m.**

Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head

## Stroke Support Network

Outer Banks Health offers a free Stroke Support Network on the first Tuesday of every month for stroke survivors and their caregivers. For more details and to register, contact Robin South, RN, at 252-449-4554 or by email at [robin.south@outerbankshealth.org](mailto:robin.south@outerbankshealth.org). Attend in person or virtually via Microsoft Teams.

**Tuesdays: May 6 & June 3 | 11 a.m. - noon**

OBH Port Room or via Teams | 4810 S Croatan Hwy, Nags Head

## Buxton Community Health Fair

Join us for this free event, open to the public. Outer Banks Health will be offering free wellness screenings, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. A1C screenings, which measure a person's blood glucose level over the past three months, will also be available (scan QR code to reserve your spot). Speak with local nonprofits and agencies that focus on creating a healthy Outer Banks and other local resources. Questions? Call 252-449-4529.

**Tuesday, May 6 | 10 a.m. - 1 p.m.**

Fessenden Center Annex Building | 47013 Buxton Back Road, Buxton

## Lunch & Learn: The Power of Movement in Everyday Life

Experience an enlightening session on how small, intentional changes to your daily routine can greatly enhance your physical, mental, and emotional health. Hear from Marielle Silk, FNP-BC, DipACLM, from the Outer Banks Health Center for Healthy Living, as she speaks to the remarkable benefits of natural movement and provide actionable steps to help you move more. Learn the science behind physical activity and its impact on well-being, easy ways to incorporate "exercise snacks" into your busy schedule, how to set goals for sustainable health improvements, and the power of combining movement and nature. After the talk, we will take a walk through the Butterfly Gardens. Scan the QR code to reserve your spot.

**Thursday, May 8 | noon - 2 p.m.**

Baum Senior Center | 300 Mustian St, Kill Devil Hills

## Family & Friends CPR

Outer Banks Health will offer a Family & Friends CPR Course led by Becca Eilert, RN and trained with the American Heart Association. This course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, adult AED use, and mild and severe airway blocks. CPR for children and infants may be included if time allows. Skills are taught by using the AHA's practice-while-watching technique, which allows participants to practice on a CPR training manikin while skills are demonstrated in the course video.

**Tuesday, May 13 | 5:30 p.m. - 6:30 p.m.**

Outer Banks Health Seahorse Room | 4810 S Croatan Hwy, Nags Head

## Outer Banks Health Better Breathers Club

Individuals with chronic lung disease and their caregivers are invited to join the American Lung Association Better Breathers Club. Learn better ways to cope with conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of others in similar situations. Meetings will be held on the second Wednesday of every month. To register, scan the QR code.

**Wednesday, May 14 | 10 a.m. - 11 a.m.**

**Wednesday, June 11 | 10 a.m. - 11 a.m.**

Outer Banks Health Seahorse Room | 4810 S Croatan Hwy, Nags Head

## Save the Date for Cancer Shucks!

*Outer Banks Health Development Council Presents 3rd Annual Cancer Shucks!*

Enjoy an evening of seafood and music by the Blue Crab Boys, while supporting local cancer services and programs for patients in our community! All attendees will receive food, beverages (including beer and wine), and a commemorative event giveaway! For more information, please call 252-449-4529 or email [Lea.Campbell@outerbankshealth.org](mailto:Lea.Campbell@outerbankshealth.org).

**Friday, October 24, 2024 | 6 p.m. - 10 p.m.**

Pirate's Cove Pavilion | Manteo, NC



## Advance Care Planning

Do you know who would get to make medical decisions for you if you have not completed a healthcare power of attorney and advance directive? Join us for a free, informative session about advance care planning. If you require only witness/notary assistance, please arrive 10 minutes before the close of the session. Questions? Call 252-475-0905.

**Thursday, May 15 | 10 a.m. - 11 a.m.**

Baum Senior Center | 300 Mustian St, Kill Devil Hills

**Thursday, May 15 | noon - 1 p.m.**

Virginia Tillett Center | 950 Marshall C Collins Dr, Manteo

**Tuesday, June 10 | 10 a.m. - 12:30 p.m.**

Baum Senior Center | 300 Mustian St, Kill Devil Hills

## FREE Stroke Walk

You're invited to participate in the fourth annual Stroke Awareness Walk to celebrate those who have been affected by stroke and learn about the hospital's stroke program. For more information, call 252-449-4529.

**Saturday, May 17 | Registration 9 a.m. | Walk 9:30 a.m.**

Dowdy Park | 3005 S Croatan Hwy, Nags Head

## Power of Art Expression Workshop

Thanks to a Community Benefit Grant from Outer Banks Health, Dare Arts provides FREE workshops (including supplies) for cancer patients, caregivers, and survivors. Space is limited and registration is required. Visit [DareArts.org/workshops](http://DareArts.org/workshops), email [DareArtsPrograms@gmail.com](mailto:DareArtsPrograms@gmail.com) or call Dare Arts at 252-473-5558 to reserve your spot.

**Wednesday, May 21 | 2 p.m. - 4 p.m.**

**Wednesday, June 18 | 2 p.m. - 4 p.m.**

Cowell Cancer Center Education Room | 4927 S Croatan Hwy, Nags Head

## Lung-O-Gram Screening Event

Outer Banks Health is offering Lung-O-Grams for qualified patients. This annual low-dose CT scan is recommended for people at high risk of developing lung cancer. To learn if you qualify, call 252-449-7338 or visit [outerbankshealth.org/loveyourlungs](http://outerbankshealth.org/loveyourlungs). Appointments are required.

**Thursday, May 22 | 4 p.m. - 7 p.m.**

Cowell Cancer Center Radiation Therapy Center | 4927 S Croatan Hwy, Nags Head

## Namaste at the Beach

Join us on Thursdays with free yoga classes on the tranquil beach at Byrd Street in Kitty Hawk. Weather permitting, this offering is designed for men and women of all skill levels. Bring a yoga mat or towel and your water bottle. Parking available in lot on Byrd Street. No RSVP needed. Questions? Call 252-449-4529.

**Thursday Mornings: June 5, 19 | 7:30 a.m. - 8:30 a.m.**

**Thursday Evenings: May 29, June 12 | 5:30 p.m. - 6:30 p.m.**

Byrd Street Beach Access, Kitty Hawk

## Eat the Rainbow...for Good Health

A simplified approach to good nutrition brought to you by the Outer Banks Health Center for Healthy Living. Join us on Thursdays this summer at the Farmer's Market for a fresh healthy recipe and to try a sample!

**Thursdays: June 12, 19, 26 | 9:30 a.m. - 1 p.m.**

Dowdy Park | 3005 S Croatan Hwy, Nags Head

## Kids Fest

Children & Youth Partnership for Dare County is excited to present the 16th Annual Kids Fest! Come out and celebrate this exciting outreach festival for young children (geared toward children ages birth-five). Children, parents, grandparents and child care programs are invited to participate in a morning of music, games, crafts, exploration, and play activities, all for FREE!

Children & Youth Partnership  
FOR DARE COUNTY

a partner in the smart start network

Questions? Contact the CYP for Dare County at 252-441-0614.

**Friday, May 9 | 9:30 a.m. - 12:30 p.m.**

Roanoke Island Festival Park | Manteo, NC

