



Health Coach

Timely, trusted advice from Outer Banks Health



Engaging in Meaningful Connections for Your Well-Being

Summer is often best spent with good company, especially on the coast. Whether you're walking a trail or swimming in the ocean, being around people who lift you up can strengthen your well-being in lasting ways. That's because people are naturally driven to connect. A baby's first cry reveals our deep-rooted need for connection—a need that grows with us. As we get older, we continue to seek support from friends, loved ones, and our communities.

Experts back this up: meaningful relationships are one of the most powerful ways to support your health and happiness. In the wake of social isolation brought on by the pandemic and the pressures of digital life, prioritizing genuine connection is more important than ever. While diet, exercise, and sleep are essential to wellness, dynamic relationships are just as vital. Connection and engagement are at the core of healing, growth, and prosperity. Being surrounded by the right people can improve heart health, reduce stress, and even increase physical activity.

Dr. Christina Bowen of The Center for Healthy Living shares, "Building meaningful connections with people who genuinely support you and your efforts to help others can alleviate stress, decrease blood pressure, expand your perspective on life, and foster a sense of joy. It's essential for your overall health and well-being."

The American Psychological Association notes that even brief interactions with acquaintances or strangers can strengthen

mental health and enrich your day. Engaging with those who bring positivity into your life enhances psychological safety and supports physical health. Opening up to those you trust creates a safe place of reassurance, relieving stress and fostering joy.

According to ThriveOBX™, a cultural movement dedicated to inspiring well-being and longevity, engage (one of the five Thrive5® pillars created by lifestyle medicine providers at Outer Banks Health alongside coaches, dietitians, and other health experts) plays a profound role in well-being by emphasizing the importance of meaningful connection.

ThriveOBX leader and AquaGenesis Wellness PLLC founder, Viva Lachance, RN, NC-BC, NBC-HWC, LMC, CPT, RYT 200, shares, "I've seen firsthand how meaningful connection is. When we feel seen, supported, and connected, our entire system thrives. Social connection reduces stress, boosts resilience, and even supports longevity. Well-being isn't just about what you do for your body; it's also about who you share your life with."

Whether you're strengthening current relationships or starting new ones, reaching out and engaging with others creates lasting, positive effects on your well-being. Find the people who lift you up and thrive.

"Well-being isn't just about what you do for your body; it's also about who you share your life with."

-Viva Lachance, RN, NC-BC, NBC-HWC, LMC, CPT, RYT 200

Handwritten Notes Never Go Out of Style



A handwritten note is a timeless way of expressing genuine care for someone. Each note has time, thought, and personal touch in it. Notes that have a human touch dearly express the genuine feeling you have. The imperfections, the handwriting itself, and even the choice of paper make it feel intimate and human. A handwritten note is something special, whether it's a thank-you, a message of encouragement, or just a short hello. People will always enjoy being seen and recognized.

Try sending a note to someone you care about, or even leaving a short message of gratitude for a business owner or someone in your community. You may never know just how much your handwritten words mean, especially to someone you haven't connected with in a while.

July/August 2025

Education, Support, and Community Events

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. Attend in person or virtually via Microsoft Teams.

Tuesday, July 1 | 11 a.m. – noon

Tuesday, August 5 | 11 a.m. – noon

Outer Banks Health Port Room or Virtual | 4810 S Croatan Hwy, Nags Head

Namaste at the Beach

Join us on Thursdays with free yoga classes on the tranquil beach at Jennette's Pier. Weather permitting, this offering is designed for men and women of all skill levels. Bring a yoga mat or towel and your water bottle. No RSVP needed. Questions? Call 252-449-4529.

Thursdays: July 3, 10, 17, 24, 31 | 7:30 a.m. – 8:30 a.m.

Thursdays: August 7, 14, 21, 28 | 7:30 a.m. – 8:30 a.m.

Jennette's Pier, Nags Head

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 Tuesdays and Thursdays this summer at the Farmer's Market for a fresh healthy recipe and to try a sample!

Tuesdays: July 8, 15, 22, 29 and August 5, 12 | 9 a.m. – 1 p.m.

Aviation Park | 103 Veteran's Drive, Kill Devil Hills

Thursdays: July 10, 17, 24, 31 and August 7, 14, 21 | 9 a.m. – 1 p.m.

Dowdy Park | 3005 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, July 9 | 10 a.m. – 11 a.m.

Wednesday, August 13 | 10 a.m. – 11 a.m.

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

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, scan the QR codes or visit thebloodconnection.org. All donors will receive an e-gift card. Outer Banks Health team members, please present your badge upon arrival.

Friday, July 11 | 8 a.m. – 1 p.m.

Outer Banks Health | 4800 S Croatan Hwy, Nags Head

Saturday, August 2 | 10 a.m. – 3 p.m.

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

Volunteer at OBH. Live Your Purpose.

Get involved and make a difference by volunteering in a variety of meaningful ways. Support our community by assisting our outpatient services, joining the Patient & Family Advisory Council, becoming a Dementia Patient Companion, or sharing the joy of your certified canine companion as a Paws for Healing Volunteer.

Scan the QR code to learn more about the various volunteer programs.



OBH Volunteer Office

252-449-4550

obhvolunteers@outerbankshealth.org



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, email DareArtsPrograms@gmail.com or call Dare Arts at 252-473-5558 to reserve your spot.

Wednesday, July 16 | 2 p.m. – 4 p.m.

Wednesday, August 20 | 2 p.m. – 4 p.m.

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

Blood Pressure Checks at National Night Out

Hypertension, or high blood pressure, can cause problems if not treated. Outer Banks Health will be providing free blood pressure checks during National Night Out. No registration needed. This event is weather permitting. Questions? Call 252-449-4529.

Tuesday, August 5 | 5 p.m. – 8 p.m.

National Night Out | Lowe's Parking Lot | 1500 N Croatan Hwy, Kill Devil Hills

Stuff the Bus—School Supply Drive



In partnership with Dominion Energy, Outer Banks Health is hosting a School Supply Drive to help support Dare County teachers and students. Come out and help "Stuff the School Bus" with supplies! For a list of supplies most needed, scan the QR code.

Thursday, August 14 | 11 a.m. – 5:30 p.m.

Staples Parking Lot | 2210 S Croatan Hwy, Nags Head

Wellness Screenings at Operation Backpack

Outer Banks Health will offer free wellness screenings, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. Walk-ins are welcome. Questions? Call 252-449-4529. All screenings will take place on the Outer Banks Health Coach vehicle in the parking lot.

Saturday, August 16 | 11 a.m. – 2 p.m.

Manteo Faith Baptist Church | 1037 Burnside Rd, Manteo

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, August 19 | 5:30 p.m. – 6:30 p.m.

Outer Banks Health Medical Office Building – Seahorse Room on Second Floor
4810 S Croatan Hwy, Nags Head | [Enter Through Hospital Main Doors](#)

Sponsorship Opportunities Available 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.

Friday, October 24, 2025 | 6 p.m. – 10 p.m.
Pirate's Cove Pavilion | Manteo, NC



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