



# Health Coach

Timely, trusted advice from Outer Banks Health



## Taking charge of your health is one of the most empowering things you can do for yourself and your loved ones.

Regardless of your age or stage of life, answer this self-assessment question: What can I do to lean more into my well-being?

You are not alone if your go-to habit is to address health issues as they arise, but shifting your mentality to one that prioritizes preventing illnesses and chronic conditions versus managing them after a diagnosis can make all the difference in your overall well-being. Making even one small adjustment today can add years to your life and life to your years. Preventive care can improve your quality of life and lower your risk of chronic and common illnesses, supporting longevity.

“Small lifestyle changes can create powerful ripple effects,” says Christina Bowen, MD, chief well-being officer at ECU Health and medical director at the Outer Banks Health Center for Healthy Living. “Over time, these simple, sustainable steps can lead to meaningful improvements in your overall health—often without you even realizing the full extent of the transformation. Preventive care doesn’t have to be complicated; it can be fun, empowering, and deeply rewarding.”

Consistent habits—like setting a bedtime alarm, stretching while brushing your teeth, adding more nutrient-dense foods to your diet, maintaining social engagement as it gets dark earlier, or practicing mindfulness—can boost your well-being. However, practicing preventive care involves more than modifying daily

habits. Regular health assessments—such as blood pressure, cancer screenings, annual checkups and recommended immunizations—help detect many issues early, when they’re often easier to treat and patients can expect to achieve better outcomes. Staying in regular conversation with your care team is one of the best ways to support your future self.

“As we grow our primary and specialty care services here on the Outer Banks, we encourage more people to come in regularly for check-ups,” says Paul Woodard, MD, with Outer Banks Health Family Medicine - Nags Head. “Whether you have a concern about your heart, joints, or something new, we’re here to treat you in-house or point you to the right specialist. Being proactive is key.”

Charles Shelton, MD, radiation oncologist at the Outer Banks Health Cowell Cancer Center, agrees: “Early detection through regular screenings can really improve the odds with treatment outcomes and overall health. I’ve seen many patients who came in for a routine screening and walked away with good years added to their lives.”

Effective preventive care relies on properly taking care of yourself and creating a strong partnership between you and your healthcare provider. Staying up to date on screenings, making informed choices, taking care of yourself at home, and working closely with your care team can lead to better long-term outcomes. Taking a proactive approach now lays the groundwork for a healthier future, for longer.

**“Being proactive is key.”**

**-Paul Woodard, MD,  
Outer Banks Health Family  
Medicine - Nags Head**



## Access Free Health Screenings on the Health Coach

Outer Banks Health offers a free mobile health clinic aboard the Health Coach throughout the year, bringing important screenings to the Outer Banks. While not a replacement for a provider, the Health Coach offers access to key screenings that may encourage follow-up care. This season, you can sign up for wellness screenings, including blood pressure, heart rate, cholesterol, blood sugar, and health coaching, as well as flu vaccines for adults 18 to 64 years of age.

If you’re in need of a provider, the Primary Care Access Line (252-449-4540) can connect you to an available provider.



# September/October 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, September 2 | 11 a.m. – noon**

**Tuesday, October 7 | 11 a.m. – noon**

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

### Namaste at the Beach

Join us on Mondays with free yoga classes on the tranquil beach at 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. No RSVP needed. Questions? Call 252-449-4529.

**Monday Evenings: September 15, 22, 29 | 5:30 p.m. – 6:30 p.m.**  
Byrd Street Beach Access, Kitty Hawk

### 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.

**Wednesday, September 17 | 10 a.m. – 11 a.m.**  
Virginia Tillett Center | 950 Marshall C Collins Dr, Manteo

**Wednesday, September 17 | noon – 1 p.m.**  
Baum Senior Center | 300 Mustian St, Kill Devil Hills

**Tuesday, October 7 | 11:30 a.m. – 12:30 p.m.**  
Baum Senior Center | 300 Mustian St, Kill Devil Hills

### 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, September 5 | 8 a.m. – 1 p.m.**

Outer Banks Health | 4800 S Croatan Hwy, Nags Head

**Saturday, October 11 | 10 a.m. – 3 p.m.**  
Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head

### Namaste with the Sharks

Join us for a FREE yoga class in the Graveyard of the Atlantic exhibit area. Designed for all skill levels, the gate opens at 5:15 p.m. While the Aquarium will not be open, restrooms will be available. Please bring a yoga mat and water. To secure a spot, use the QR code to register. This class fills up quickly so register today! Questions? Call 252-449-4529.

**Wednesday, October 15 | 5:30 p.m. – 6:30 p.m.**  
NC Aquarium on Roanoke Island | 374 Airport Rd, Manteo

### Harvest for Health Trunk or Treat!

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

**Thursday, October 30 | 5 p.m. – 7 p.m.**  
Outer Banks Health Hospital Parking Lot  
4800 S Croatan Hwy, Nags Head



### Family Medicine - Manteo Ribbon Cutting & Open House

#### Open New Doors with Us!

Celebrate with us at the ribbon cutting for the newly renovated and expanded Outer Banks Health Family Medicine – Manteo! Join us to see the renovated space, meet the providers and team members, free blood pressure screenings, and light bites.

**Tuesday, September 9**  
4 p.m. – 6 p.m.  
604 Amanda St, Manteo, NC



### 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 DareArtsInfo@gmail.com or call Dare Arts at 252-473-5558 to reserve your spot.

**Wednesday, September 17 | 2 p.m. – 4 p.m.**

**Wednesday, October 15 | 2 p.m. – 4 p.m.**

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

### Community Health Fair, Free Wellness Screenings and Lunch & Learn: Setting and Keeping Healthy Intentions

Join us for this free event, open to the public. Outer Banks Health will be offering free flu vaccines (for those 18-64 years old) and wellness screenings, which include blood pressure, heart rate, cholesterol, and blood sugar on the Outer Banks Health Coach. Speak with local nonprofits and agencies that focus on creating a healthy Outer Banks and other local resources.

The Lunch & Learn will feature a healthy lunch while exploring how to set achievable and personalized healthy intentions! Jaclyn E. Hall, RDN (Registered Dietitian) and Denise DePedro, NBC-HWC (Health Coach) from the Outer Banks Health Center for Healthy Living will spotlight five healthy meal ideas and walk each participant through setting their own goals for positive change. To secure a spot, use the QR code to register. Questions? Call 252-449-4529.



**Thursday, October 2 | Health Fair: 10 a.m. – 1 p.m. | Lunch & Learn: noon – 1 p.m.**  
Fessenden Center | 46830 NC Hwy 12, Buxton

### 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. Walk-ins are welcome if appointments are available. To secure a spot, use the QR code to register. Questions? Call 252-449-4529. All screenings will take place on the Outer Banks Health Coach vehicle in the parking lot.



**Wednesday, September 17 | 3 p.m. – 6 p.m.**

Outer Banks Health front entrance | 4800 S Croatan Hwy, Nags Head

**Saturday, September 20 | 9 a.m. – noon.** (Walk Against Addiction Event)  
First Flight High School | 100 Veterans Dr, Kill Devil Hills

**Wednesday, September 24 | 10 a.m. – 1 p.m.**

Rodanthe-Waves-Salvo Community Building | 23646 NC Hwy 12, Rodanthe

**Thursday, October 2 | 10 a.m. – 1 p.m.**

Fessenden Center | 46830 NC Hwy 12, Buxton

**Tuesday, October 7 | 5 p.m. – 7 p.m.**

Nags Head National Night Out at Dowdy Park | 3005 S Croatan Hwy, Nags Head

**Friday, October 10 | 10:00 a.m. – 2:00 p.m.**

The Shoppes at the Currituck Club | 601 Currituck Clubhouse Dr, Corolla

**Wednesday, October 15 | 10 a.m. – 1 p.m.**

Baum Center | 300 S Mustian St, Kill Devil Hills

**Wednesday, October 22 | 10 a.m. – 1 p.m.**

Pitts Center | 5377 N Virginia Dare Trl, Kitty Hawk

**Wednesday, October 29 | 10 a.m. – 1 p.m.**

Community Care Clinic of Dare | 425 W Health Center Dr, Nags Head

### Raffle Tickets & Sponsorship Opportunities Available for Cancer Shucks!

Outer Banks Health Development Council and Twiddy Present the 3rd Annual Cancer Shucks!

Enjoy an evening of seafood and music by SOULone, 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. A limited number of individual tickets will go on sale Wednesday, October 1.

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



#### A Slice of Paradise at Home

RAFFLE



Pizza Oven & Accessories



Table & Chairs Set



YETI Hard Cooler

\$25 per ticket or \$100 for 5 tickets

Raffle Sponsored By



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