



HealthCoach

Timely, trusted advice from Outer Banks Health



Be Part of a Cultural Movement for a Community That Thrives

Thrive Month with ThriveOBX™

The holidays have passed and the cold air has settled in; it's the depth of the off-season here on the Outer Banks, making it the perfect time to embrace your well-being and focus on healthy habits! February 2026 marks the first official Thrive Month by ThriveOBX™ on the Outer Banks. Let's bring in the "good years" as we take a deep dive into how we can add an incredible amount of value to our lives by exuding healthy habits! Explore how you can live good, for long with ThriveOBX™, starting with Thrive Month.

Thrive Month is a monthlong investment in your personal well-being and longevity and encourages individuals of all ages and backgrounds to participate. Through trusted guidance, practical tools, engaging programs and strategic partnerships rooted in the Thrive5®, Thrive Month kicks off this well-being focus on the Outer Banks.

Thrive Month offers 25 activities, all stemming from the Thrive5®, for you to immerse yourself in. There are three ways for participants to engage: Thrive À La Carte (pick any five activities in any pillar), Thrive Sampler (pick any five activities—one from each pillar) and Thrive Champion (participate in all five activities in all five pillars). Prize redemption information will be emailed to participants at the end of the month.



Thrive5®

Thriveobx™
Inspiring well-being and longevity

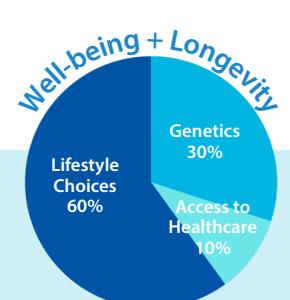
Thrive5® Pillars of Well-being

- Nourish:** Be mindful—what you put in your body matters.
- Move:** Stay active throughout the day!
- Purpose:** Find what fulfills you.
- Engage:** Create meaningful connections with others.
- Balance:** Restore with relaxation and sleep.

At the center of Thrive Month is the Playbook, a tool essential to the monthlong investment. The Playbook contains step-by-step instructions, website links, details and all 25 activities. Included in the Playbook is the High Five and Thrive Tracker—Tracker for short—the backbone of the Playbook. The Tracker provides a way to record your participation, and it rewards participants with a "high-five" as they check off events.

 The Playbook is available for \$10 at www.ThriveOBX.com/ThriveMonth (QR code) and at select pop-up locations across Dare County. All Playbook proceeds and ThriveOBX™ donations support the ThriveOBX™ well-being grant program, which will provide funding for local organizations to increase health and well-being within their place of work and in the community. This new grant program is in development, and more information will be released this spring.

It's time to Thrive™ with ThriveOBX™!



ThriveOBX™ is a vibrant community movement built on local culture and grounded in the proven connection between well-being and longevity. Research shows that longevity is influenced 10% by access to healthcare, 30% by genetics and 60% by the lifestyle choices we make every day, meaning we hold significant control over the quality of our lives. ThriveOBX™ aims to build a community where well-being is shared, supported and woven into everyday life while inspiring individuals to identify realistic adjustments that can lead to a healthier life, for longer. Thrive Month sparks this community focus by making the well-being journey approachable, accessible and enjoyable. Thrive Month encourages participants to try new habits, discover what energizes them, learn more about well-being from health experts and build momentum toward a community that embraces living well—a community that prioritizes the 60%.

January/February 2026 Education, Support and Community Events

Prenatal Yoga Class

Led by Certified Prenatal and yoga teacher Anna Oprea, PA-C, this free class is a safe space for all pregnant women, at any gestational age. No prior yoga practice needed. Mats and props will be provided, or you are welcome to bring your own. If you are experiencing a high-risk pregnancy, it is recommended to get prior approval from your prenatal provider to attend. Please RSVP for the sessions you'd like to attend by scanning the QR code.

Mondays: January 5, 26 | 5:30 p.m. - 6:45 p.m.

Mondays: February 2, 9, 16, 23 | 5:30 p.m. - 6:45 p.m.

Seahorse Room in the OBH Medical Office Building | 4810 S Croatan Hwy, Nags Head



Stroke Support Network

Outer Banks Health offers a free Stroke Support Network 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.

Tuesdays: January 6 and February 3 | 11 a.m. - noon

Port Room in the OBH Medical Office Building or Virtual 4810 S Croatan Hwy, Nags Head

Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming and the journey through treatment and beyond is challenging for everyone. That's why Outer Banks Health offers several free programs and support groups for people affected by cancer. For more information and to reserve your spot, please contact Janet Creef, LCSW, at 252-449-2314 or by email at janet.creef@outerbankshealth.org.

Coping with Cancer Support Group

Wednesdays: January 14 and February 11 | 11 a.m. - noon

Breast Cancer Support Group

Wednesdays: January 21 and February 18 | 11 a.m. - noon

Caring for the Caregiver

Wednesdays: January 28 and February 25 | 11 a.m. - noon

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, January 7 | 10 a.m. - 11 a.m.

Virginia Tillett Community Center | 950 Marshall C Collins Dr, Manteo

Wednesday, January 7 | noon - 1 p.m.

Baum Senior Center | 300 Mustian St, Kill Devil Hills

Wednesday, February 4 | noon - 1 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, January 9 | 8 a.m. - 1 p.m.

Outer Banks Health | 4800 S Croatan Hwy, Nags Head

Saturday, February 7 | 10 a.m. - 3 p.m.

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



January 9



February 7



January 14



February 4

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. 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.



Wednesdays: January 21 and February 4 | 5:30 p.m. - 6:30 p.m.

NC Aquarium on Roanoke Island | 374 Airport Rd, Manteo

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, January 21 | 2 p.m. - 4 p.m.

Wednesday, February 18 | 2 p.m. - 4 p.m.

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



Thrive Move-a-Thon

Join us from 7 a.m. to 7 p.m. for our ThriveOBX-Inspired Playlist, silent disco, special guest appearances by ComMotion, local musicians and fitness instructors, and ThriveOBX-inspired snacks, games and prizes. Pop in and MOVE! For more information, visit www.ThriveOBX.com.

Saturday, February 14 | 7 a.m. - 7 p.m.

Various locations



Big Beach Cleanup and Keep Our Island Clean Day

From Duck to Buxton and Roanoke Island to Wanchese, join in to help pick up trash on our beautiful beaches and Roanoke Island. For more information, visit www.ThriveOBX.com.

Saturday, February 21 | Various times

Various locations



Don't Stress...Thrive! Dinner with a Doc With Dr. Christina Bowen and Sarah Summerton, NP



Join us for Dinner with a Doc with Christina Bowen, MD (left) and Sarah Summerton, NP (right) to learn about controlling only what you

can control so that stress and anxiety don't control you! A live stream link will be available at start of the event via the ThriveOBX website. To reserve your spot, scan the QR code or visit www.ThriveOBX.com/events.

Tuesday, February 10 | 6 p.m. - 8 p.m.

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



Help Build the Tribute Path

You can help build the Cowell Cancer Center tribute paths with a purchase of an engraved paver that honors or memorializes a loved one. For more information, call 252-449-4529.



To purchase a paver, use the QR code or visit give.ecuhealthfoundation.org/tobhtributepath



Start or Join a Thrive Hive!

Where shared interests become lasting connections!

Thrive Hives are groups created and led by locals, where people come together around shared interests, hobbies and goals. By starting or joining a Hive, you can connect, collaborate and support one another while boosting your engagement, a Thrive5 pillar. Enjoy some good-ole-fashioned human connection! Join a group or find one that sparks your passion and start thriving. Existing clubs that would like to be listed on the ThriveOBX™ website as a Thrive Hive are welcome to submit a request via the ThriveOBX™ website.

Scan the QR code or visit www.ThriveOBX.com/ThriveHives to get started.



See the front side of the Health Coach for more information on ThriveOBX™ and Thrive Month.