



HealthCoach

Timely, trusted advice from Outer Banks Health



Protecting the Heart of Your Life

The “heart of your life” is the energy behind the people, interests and experiences that matter most. Caring for that part of your life and enjoying every beat of it begins with caring for your heart.

Hypertension, or high blood pressure, occurs when the force of blood pushing against the artery walls remains consistently too high. It often develops gradually and quietly, making it easy to overlook, and can lead to serious life events such as heart attacks and strokes. Hypertension can affect people of all ages and backgrounds, regardless of gender.

Hypertension can often be prevented or better managed through lifestyle decisions that influence blood pressure. Regular physical activity, limiting sugary drinks and sodium, managing stress, and partnering with your primary healthcare provider to make a personalized prevention plan all play a role in controlling blood pressure.

Consistent lifestyle choices are key to preventing or

managing hypertension, and can become second nature over time. As Krista Hess, NP, of Outer Banks Health Cardiology, explains, “Heart health isn’t built in one big moment. It’s shaped by the small choices we make every day. Moving a little more, eating with intention, managing stress, staying connected and focusing on preventive care all combat hypertension.”

Outer Banks Health’s Center for Healthy Living is built to support these kinds of lifestyle changes. Christina Bowen, MD, ABOIM, DipACLM, says, “At Outer Banks Health, we know evidence shows lifestyle changes, like healthy eating, regular activity and stress reduction, are powerful tools against hypertension. We are committed to supporting these habits so our communities can thrive with better heart health.”

Taking care of your heart means making choices that protect it so you can keep enjoying the “heart of your life.”

“Heart health...is shaped by the small choices we make every day.”
-Krista Hess, NP, OBH Cardiology

Preventing Hypertension with ThriveOBX™ Thrive5® Pillar: Balance

The Balance pillar of the Thrive5 emphasizes restorative sleep and effective stress management, both of which play an important role in preventing hypertension. Although all pillars work to prevent hypertension; let’s explore Balance.

Recognizing when you are stressed and out of balance is a key part of maintaining physical health, since stress often appears as tension, irritability or feeling rushed. Stress can lead to poor diet choices, lack of movement and other choices that effect blood pressure. Noticing these signs early allows you to respond in healthier ways, such as pausing to breathe, enjoying the outdoors and taking a walk, connecting with someone you trust or changing your routine. These intentional acts help interrupt stress patterns, support heart health and reduce the risk of developing high blood pressure.



Learn more at www.ThriveOBX.com.

March/April 2026

Education, Support and Community Events

Prenatal Yoga Class

Led by certified prenatal yoga teacher Anna Oprea, PA-C, this is an all-levels class, free for any gestational age. Mats and props will be provided. If you have a high-risk pregnancy, please have approval from your prenatal provider before attending. To register, scan the QR code.

Mondays, March 2–30 & April 13–27 | 5:30 p.m. - 6:45 p.m.
OBH Seahorse Room | 4810 S Croatan Hwy, Nags Head



Childbirth Education Classes

OBH offers a two-part series of classes covering topics related to pregnancy, birth, postpartum, newborn care and breastfeeding. Registration is required. For more information, scan the QR code or email Emma.McClain@outerbankshealth.org.

Wednesdays: March 4, 18 and April 1, 15 | 5 p.m. – 7:30 p.m.
OBH Medical Office Building, Port Room | 4810 S Croatan Hwy, Nags Head



Stroke Support Network

Outer Banks Health offers a free support group for stroke survivors and caregivers. For more details and to register, contact Robin South, RN, at 252-449-4554 or by email at robin.south@outerbankshealth.org.

Tuesdays: March 3 and April 7 | 11 a.m. - noon
OBH Port Room or Virtual | 4810 S Croatan Hwy, Nags Head

Wellness Screenings

OBH offers free wellness screenings, including blood pressure, heart rate, cholesterol, blood sugar, BMI and A1C testing, along with health coaching. Walk-ins are available; appointments are recommended and prioritized. Screenings will take place on the Health Coach vehicle in the parking lot. Scan the QR code to schedule. Questions? Call 252-449-9183.

Wednesday, March 4 | 10 a.m. – 1 p.m.
NC Aquarium on Roanoke Island | 374 Airport Rd, Manteo

Tuesday, March 24 | 10 a.m. – 1 p.m.
Kill Devil Hills Library | 400 Mustian St, Kill Devil Hills

Wednesday, April 15 | 10 a.m. – 1 p.m.
Kitty Hawk Town Hall | 101 Veterans Memorial Dr, Kitty Hawk

Tuesday, April 28 | 10 a.m. – 1 p.m.
Manteo Library | 700 US 64, 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.

Wednesdays: March 18 and April 15 | 2 p.m. - 4 p.m.
Cowell Cancer Center Education Room | 4927 S Croatan Hwy, Nags Head



March 13



April 11

The Blood Connection Blood Drives

Walk-ins are welcome; appointments are recommended and take priority. To make an appointment, scan the QR codes or go to thebloodconnection.org. All donors will receive an e-gift card. Outer Banks Health team members, please present your badge upon arrival.

Friday, March 13 | 8 a.m. – 1 p.m.
Outer Banks Health | 4800 S Croatan Hwy, Nags Head

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

Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming for everyone. That's why OBH offers free support groups for those affected. For more information and to register, please contact Janet Creef, LCSW, at 252-449-2314 or by email at janet.creef@outerbankshealth.org.

Coping with Cancer Support Group
Wednesdays: March 11 and April 8 | 11 a.m. - noon

Breast Cancer Support Group
Wednesdays: March 18 and April 15 | 11 a.m. - noon

Caring for the Caregiver
Wednesdays: March 25 and April 22 | 11 a.m. - noon

Namaste with the Sharks

Join us for a free, all skill levels yoga class in the Graveyard of the Atlantic exhibit. 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: March 18 and April 22 | 5:30 p.m. – 6:30 p.m.
NC Aquarium on Roanoke Island | 374 Airport Rd, Manteo



March 18



April 22

Advance Care Planning

Join us for a free, informative session on advance care planning. If you only need witness or notary assistance, please arrive 10 minutes before the session ends. Questions? Call 252-475-0905.

Wednesday, March 4 | 10 a.m. – 11 a.m.
Virginia Tillett Community Center | 950 Marshall C Collins Dr, Manteo

Wednesdays: March 4 and April 1 | noon – 1 p.m.
Baum Senior Center | 300 Mustian St, Kill Devil Hills

Lunch & Learn: Simple and Realistic Meal Strategies Tailored for Every Lifestyle

Join Jaclyn Hall, RD, from the OBH Center for Healthy Living for a fun and practical session focused on realistic nutrition without the confusion. This myth-busting discussion will share simple meal strategies that fit into everyday life, whether you're cooking for a family, grabbing meals on the go, or looking to refresh your routine. Expect approachable nutrition takeaways, time-saving tips, and helpful guidance you can use right away. To register, scan the QR code. Questions? Call 252-449-9183.

Friday, March 13 | 11:30 a.m. – 12:30 p.m.
Kitty Hawk Town Hall | 101 Veterans Memorial Dr, Kitty Hawk



FIT Colon Cancer Screening

Individuals aged 50-75 will be offered an at-home fecal immunochemical test (FIT) kit used to screen for colon cancer. Kits can be picked up; individuals must attend the Monday event to receive individual results. Screenings will take place on the Health Coach vehicle. Scan the QR code to reserve your spot. For more information, call 252-449-9183.

FIT Pickup: Friday, March 13 | 10 a.m. – 1 p.m.
FIT Drop-off/Screening: Monday, March 16 | 10 a.m. – 1 p.m.
Outer Banks Family YMCA | 3000 S Croatan Hwy., Nags Head



Community Health Fair with Free Screenings

OBH will offer free wellness screenings, including blood pressure, heart rate, cholesterol, blood sugar and A1C testing on the Health Coach. Speak with local nonprofits and agencies that focus on creating a healthy Outer Banks and other local resources. Questions? Call 252-449-9183.

Wednesday April 1 | 10 a.m. - 1 p.m.
Fessenden Center Annex Building | 47013 Buxton Back Rd, Buxton

Education Series: Coping with Change

The Cowell Cancer Center and Janet Creef, LCSW, are hosting a session focused on accepting and coping with life's transitions. Change is a natural part of life, but it is not always easy. This session will share ways to build a positive mindset and practical tools to help make these transitions feel more manageable and less overwhelming. Scan the QR code to register.

Wednesday, April 1 | 3 p.m. – 4 p.m.
OBH Cowell Cancer Center | 4927 S Croatan Hwy, Nags Head



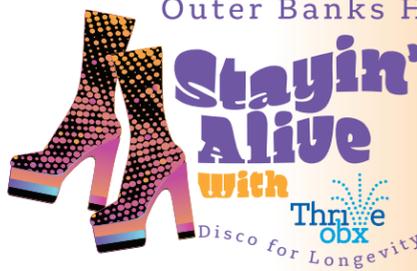
Thriving Through Perimenopause & Menopause

Join Anna Oprea, PA-C, of OBH Women's Care, and Marielle Silk, FNP, of OBH Center for Healthy Living, for an empowering discussion on perimenopause and menopause, including lifestyle and hormonal approaches. They'll explain what's happening in the body, review evidence based treatment options and share how nutrition, movement, sleep and stress management support long-term well-being. Time will be set aside for questions. Register using the QR code. Questions? Call 252-449-9183.

Thursday, April 16 | 4 p.m. – 5:15 p.m.
Shore Coffee Roasters | 1 Ocean Blvd Suite 101, Southern Shores



Outer Banks Health 2026 Gala



Stayin' Alive with Thrive obx
Disco for Longevity



Saturday, March 28
6 p.m. - midnight
Duck Woods Country Club

- It's time to get groovy and disco for longevity! This 70's-themed formal dance event will raise funds for increasing well-being in our community.
- Enjoy food, drinks, dancing and end the night with a silent disco!
- Sponsorships, individual and late-night tickets (9:30 p.m. - midnight) are available now! For more information, call 252-449-5933.