



HealthCoach

Timely, trusted advice from Outer Banks Health



Sustained Walking May Matter More Than Step Count

For years, reaching 10,000 steps daily was the goal for many. However, a recent study published in the *Annals of Internal Medicine* suggests that extended duration matters more than count. The study found that people who took at least one 15-minute walk each day were significantly healthier over time than people who got the same amount of activity in short bursts throughout the day. The benefits were most pronounced among participants who averaged fewer than 8,000 steps a day, but the takeaway holds for anyone: How long you walk matters, not just how frequent.

While walking any amount is beneficial, aim for at least one sustained walk each day to measurably boost your well-being. A longer walk

builds intensity that helps strengthen the cardiovascular and muscular systems; calm the nervous system; support mobility, flexibility and lymphatic drainage; and keep your body moving. And a body in motion is a body that thrives. “We don’t always need an elaborate regimen to optimize our health. Walking is so simple, and yet it’s one of the best things we can do for ourselves.

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– Erin Baker, DO

The mental and physical benefits show after just one walk,” said Erin Baker, DO, of Outer Banks Health Family Medicine in Manteo.

Dr. Baker feels so strongly about walking, she leads Walk with a Doc, a program that brings access to conversing with a medical provider while walking alongside a group of people. This free program welcomes the community every other Saturday. Learn more at www.OuterBanksHealth.org/walk-with-a-doc.

Continuing OBH’s emphasis on well-being and as part of its ThriveOBX initiative, OBH team members embraced the Thrive5 “Move” pillar of well-being by taking on a walking challenge earlier this summer. The challenge encouraged a long-walk mentality, with team members collectively logging 8,857 miles over the course of a month, reinforcing the importance of consistent, sustained walking.

So, rather than getting a few steps or minutes in here and there, aim to go for a good, long walk. Set a daily goal of walking for at least 15 minutes — first thing in the morning, after lunch or dinner. Wherever and whenever you decide to walk, purposefully and intentionally give yourself those 15 minutes to pour into your well-being.



Joint Replacement Surgery to Help You Keep Walking

When knee or hip pain makes even a simple step difficult, or shoulder pain prevents you from sleeping or carrying comfortably, joint replacement may be a viable option that can help you get back to the things you love. Outer Banks Health has performed total joint replacement surgery since 2003, using the latest techniques, including minimally invasive anterior hip replacement. And with a surgical infection rate less than 1%, we’ll give you the tools to keep your incision site clean, helping ensure a proper and speedy recovery so that you can get back to life quickly.

OBH Orthopedics and Sports Medicine recently welcomed another provider, growing the team to four and expanding access to care so patients can be seen sooner. Learn how to prepare for surgery and recover quickly at one of our joint replacement education classes, or “Joint Camp.” We also offer minimally invasive arthroscopic surgery to diagnose and treat damaged and torn cartilage.

If joint pain is keeping you from things you enjoy, let’s explore your options together. Visit OuterBanksHealth.org/services/orthopedics-sports-medicine or call 252-261-9940 for more information.

September/October 2026

Education, Support and Community Events

Prenatal Resources & Education

OBH offers free resources to support families throughout pregnancy and beyond. From prenatal yoga and preparing for birth to postpartum care, newborn care, these classes provide resources for every stage of the journey. Scan the QR code to register for classes or learn more.

Prenatal Yoga Class

Tuesdays: Sep. 1, 8, 15, 22, 29 & Oct. 6, 13, 20, 27 | 5:30 p.m. – 6:45 p.m.
OBH Medical Office Building, Seahorse Room | 4810 S Croatan Hwy, Nags Head
Childbirth Education Classes
Wednesdays: Sept. 2 & 16 and Oct. 7 & 21 | 5 p.m. – 7:30 p.m.
OBH Medical Office Building, Port Room | 4810 S Croatan Hwy, Nags Head

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, September 2 | noon – 1 p.m.

Baum Senior Center | 300 Mustian St, Kill Devil Hills

Wednesday, October 14 | 10 – 11 a.m.

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

Wednesday, October 14 | noon - 1 p.m.

Baum Senior Center | 300 Mustian St, Kill Devil Hills

Explore the Thrive5 at the Dowdy Park Concert Series

Join us for a night of live music, connection and well-being! This event will celebrate the Thrive5 pillars: Nourish, Move, Purpose, Engage and Balance.

Wednesday, September 2 | 5 p.m. – 7 p.m.

Summer Concert Series at Dowdy Park | 3005 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, by calling 252-449-2314 or by email at Janet.Creef@outerbankshealth.org.

Coping with Cancer Support Group

Wednesdays: September 9 and October 14 | 11 a.m. – noon

Breast Cancer Support Group

Wednesdays: September 16 and October 21 | 11 a.m. – noon

Caring for the Caregiver

Wednesdays: September 23 and October 28 | 11 a.m. – noon

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, September 18 | 8 a.m. – 1 p.m.

Outer Banks Health | 4800 S Croatan Hwy, Nags Head

Saturday, October 17 | 10 a.m. – 3 p.m.

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

Power of Art Expression Workshop

Thanks to a Community Benefit Grant from OBH, Dare Arts provides free workshops for cancer patients, caregivers and survivors. Space is limited, register today by visiting DareArts.org/workshops, email DareArtsInfo@gmail.com or call Dare Arts at 252-473-5558 to reserve your spot.

Wednesdays: September 16 and October 21 | 2 p.m. – 4 p.m.

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

Family & Friends CPR

Join Becca Eilert, RN, for this American Heart Association CPR course. Learn adult Hands-Only CPR, CPR with breaths, AED use and how to respond to choking emergencies. Child and infant CPR may be covered if time allows. Space is limited, scan the QR code to register.

Thursday, September 24 | 5:30 p.m. – 6:30 p.m.

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

FIT Colon Cancer Screenings & Flu Vaccines

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. Flu vaccines will also be available for ages 18-64. Walk-ins are welcome if appointments are available. Screenings will take place on the Health Coach vehicle. Scan the QR code to reserve your spot. Questions? Call 252-449-9183.

FIT Pickup: Friday, Oct. 9 | Drop-off: Monday, Oct. 12 | noon – 3 p.m.

Kill Devil Hills Library | 400 Mustian St, Kill Devil Hills

Namaste with the Sharks

Join us for a free yoga class in the Graveyard of the Atlantic exhibit. All skill levels are welcome, with gates opening at 5:15 p.m. While the Aquarium will be closed, restrooms will be available. Please bring a yoga mat and water. This popular event fills quickly. Scan the QR code to register today! Questions? Call 252-449-4529.

Monday, October 26 | 5:30 p.m. – 6:30 p.m.

NC Aquarium on Roanoke Island | 347 Airport Rd, Manteo

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: September 1 and October 6 | 11 a.m. – noon

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

Community Flu Vaccines & Wellness Screenings

Outer Banks Health is offering FREE flu vaccines and wellness screenings to community members ages 18 to 64.

Appointments take priority. Walk-ins are welcome with vaccines/screenings administered on a first-come, first-serve basis. Scan the QR code to register. Questions? Call 252-449-9183.

Saturday, September 19 | 10 a.m. – 2 p.m.

Hatteras Village Day at the Docks | Hatteras Village Waterfront

Monday, September 21 | 10 a.m. – 1 p.m.

College of the Albemarle, Dare Campus | 205 US-64, Manteo

Tuesday, September 22 | 10 a.m. – 1 p.m.

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

Wednesday, September 23 | 10 a.m. – 1 p.m.

College of the Albemarle, Barco Campus | 107 College Way, Barco, NC

Saturday, September 26 | 9 a.m. – 11 a.m. (Walk Against Addiction)

First Flight High School | 100 Veterans Dr, Kill Devil Hills

Saturday, October 3 | 9 a.m. – 11 a.m. (Dementia Walk: A Mile for Memory)

Outer Banks Brewing Station | 600 US 158, Kill Devil Hills

Tuesday, October 6 | 5 p.m. – 7 p.m. *Flu vaccines only

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

Thursday, October 15 | 11 a.m. – 2 p.m.

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

Thursday, October 29 | 5 p.m. – 7 p.m.

Harvest for Health, Outer Banks Health | 4800 S Croatan Hwy, Nags Head

Dinner with the Docs: A Conversation on Women’s Health

Join us for dinner and a conversation with Outer Banks Health Women’s Health providers, including Christine Herde, MD; Jonelle Haigh, DO; Anna Oprea PA-C. Our panel will discuss topics that matter to women at every stage of life, including pregnancy, hormone therapy, PMDD, menopause and more. A moderated Q&A with pre-submitted questions will follow the discussion. Seating is limited, please scan the QR code to register & submit questions.

Tuesday, October 13 | 5:30 p.m. – 7:30 p.m.

Jennette’s Pier | 7223 S Virginia Dare Trl, Nags Head

Medicine Drop

The Saving Lives Task Force and Dare County Health and Human Services along with the Dare County Sheriff’s Office will collect unused prescription, over-the-counter and pet medications for safe disposal.

Saturday, September 26 | 9 a.m. – 11 a.m. (Walk Against Addiction Event)

First Flight High School | 100 Veterans Dr, Kill Devil Hills

Thursday, October 29 | 5 p.m. – 7 p.m.

Harvest for Health at Outer Banks Health | 4800 S Croatan Hwy, Nags Head

Harvest for Health Trunk or Treat!

Join this free community event featuring trunk-or-treat, arts & crafts, face painting, healthy & tasty food and more! Free flu vaccines for adults (18–64) and a medicine drop will also be available. Come dressed up and have a spook-tacular time — rain or shine!

Thursday, October 29 | 5 p.m. – 7 p.m.

Outer Banks Health Hospital Parking Lot
4800 S Croatan Hwy, Nags Head

Enjoy Seafood & Music While Raising Funds for Local Cancer Care at 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 23, 2026 | 5:30 p.m. – 9 p.m. Pirate’s Cove Pavilion | Manteo, NC

Scan QR Code to Learn More & Purchase Tickets and Sponsorships!

A limited number of individual tickets will go on sale Tuesday, October 1.

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Outer Banks
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Sept. 18



Oct. 17

