



## Women's Health Awareness Day 2017

Transforming Communities by  
Enhancing Women's Health

**Saturday, April 8, 2017**  
**8:30 a.m. – 5:00 p.m.**

**North Carolina Central University**  
**Mary Townes Science Building**  
1900 Concord Street, Durham, NC 27707

### Event Purpose

To inform and empower women to take responsibility for their health, to understand their options, and to identify services, resources, and products that best help them in preventing poor health, reducing health issues, and receiving health equity.

As women, we take care of everyone — our spouses, children, parents, other family members, and even friends. However, we tend to neglect ourselves, especially when it concerns our health. This community-related health conference is **FREE** to women in the Triangle and surrounding areas. This event will provide health awareness, education, information, resources, and on-site screenings.

The month of April is National Minority Health Month and the first full week in April is National Public Health Week. Therefore, it is very fitting to pay homage to these public health observances and bring awareness to women's health in the Triangle.

***A DAY DEDICATED TO WOMEN'S HEALTH —  
WHAT YOU LEARN COULD SAVE YOUR LIFE!***

### Who Should Attend?

**THIS EVENT IS OPEN TO ALL WOMEN OF THE TRIANGLE AND SURROUNDING AREAS.**

If you are interested in attending, registration is **FREE**. Please **preregister** at [www.niehs.nih.gov/whad2017](http://www.niehs.nih.gov/whad2017).

**Note:** On-site registration will be available, but space is limited.

**On-site registration** will begin at 8:30 a.m. on April 8, 2017.

If you need additional information regarding registration for Women's Health Awareness Day 2017, please contact Lynae Thomas at [lynae.thomas@nih.gov](mailto:lynae.thomas@nih.gov) or 919-541-9844.

### FREE Health Education Sessions

- A Healthy Mouth Leads to a Healthy Heart and Other Parts
- Breathe Easy and Sleep Tight: Protect Your Lung Health in Everyday Life
- Demystifying Behavioral Health: The Diagnosis, Treatment, and Services of Mental Health and Substance Abuse
- Ending the Silent Treatment: Sexual Empowerment for Women
- From Head to Toe: Avoiding Diabetic Complications of Your Eyes, Teeth, and Feet
- Keeping It Real! What You Want and Need to Know About Cancer Above the Belt!
- Keeping It Real! What You Want and Need to Know About Cancer Below the Belt!
- Protecting Women and Children From Toxic Metals Exposure in the Home
- Successfully Managing Diabetes and Preventing and Treating Kidney Disease
- Women's Reproductive Health and the Environment: What You Should Know About Uterine Fibroids, Pregnancy, and Metals
- Your Grandmother's Remedies Were Not a Bad Idea: Integrative Approaches That May Reduce Your Risk for Heart Disease and Cancer

### FREE Breakout Sessions

- Autoimmune Disorders and Organ Donation
- Community Emergency Response: Be Ready and Don't Catch Yourself Reaching Around in the Dark When Threats Occur
- Dementia: Bridging the Gap for Understanding
- Environmental Justice and Climate Change: Building Sustainable Communities
- Financial Planning in Challenging Times
- HIV and HPV: What Every Woman Needs to Know
- Snooze to Lose: The Important Role of Sleep for Weight Mgmt.
- Stop in the Name of "SELF" Love: From Victimization to Empowerment
- Understanding and Responding to Human Trafficking
- Understanding Obesity and Its Treatment

### FREE Healthy Living Sessions

- Basic First Aid Skills for the Layperson
- Container Gardening: Small Space ... Big Yield
- Kemet Yoga: The Power of Breathwork and Balance
- Line Dancing for Fun and Fitness
- Zumba® for Fitness and Fun

### FREE On-Site Health Screenings

- Blood Pressure Checks
- Breast Mammography Screening for Those Who Qualify (pre-event registration required)
- Cardiovascular Screening
- Dental Screening
- Diabetes Screening
- HIV/AIDS Testing
- Lung Cancer Screening
- Thyroid Cancer Screening
- Vision Screening

Sponsors: National Institute of Environmental Health Sciences (NIEHS),  
Clinical Research Branch, Office of Human Research Compliance

Co-Sponsors: Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.,  
Durham Alumnae Delta House Inc., and North Carolina  
Central University Department of Public Health Education