

# Women's Health Awareness 2019

**Transforming  
Communities  
by Enhancing  
Women's Health**



## **A Women's Wellness Conference**

**Saturday, April 6, 2019**

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

The lead sponsor is the National Institute of Environmental Health Sciences, Office of Human Research Compliance, Clinical Research Branch. The Durham Alumnae Chapter of Delta Sigma Theta Sorority, Inc., Durham Alumnae Delta House, Inc., and Department of Health Education at North Carolina Central University are co-sponsors.

# Announcements and Notices

## **Customer Service Desk**

Lose your badge? Forget your meal ticket? Need medical attention? Need assistance? Please come to the Customer Service Desk located in the lobby area on the second floor.

## **In Case of an Emergency**

**For life threatening medical emergencies, call 911.**

The Customer Service Desk is the location to report all internal emergencies. For all external emergencies, please contact NCCU Police at 919-530-6106.

## **First Aid Room**

Located in **Room 2236**.

# Noticias y Avisos

## **Centro de Servicio al Cliente**

¿Perdío su insignia? ¿Se le olvidó el ticket para el almuerzo? ¿Necesita Atención Médica? ¿Necesita ayuda? Por Favor venga al 'escritorio de servicios de atención al cliente' situado en la zona del vestíbulo en el segundo piso.

## **En Caso de una Emergencia**

**Para emergencias médicas que amenazan la vida llame al 911.**

La oficina de servicios al cliente' es el lugar para reportar todas las emergencias internas. Para todas emergencias externas favor de ponerse en contacto con la policía de NCCU al 919-530-6106.

## **Sala de Primeros Auxilios**

Ubicado en la **sala 2236**.

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# Women's Health Awareness 2019

## Steering and Planning Committee

### **Joan P. Pakenham, PhD**

Chair, Event Steering and Planning Committee  
Founder and Program Director, NIEHS Women's Health Awareness and Community Engagement and Outreach Initiative

Director, Office of Human Research Compliance, Clinical Research Branch, National Institute of Environmental Health Sciences (NIEHS) and National Institutes of Health (NIH)

Chair, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **La Verne Reid, PhD, MPH**

Vice-Chair, Event Steering and Planning Committee  
Professor, Department of Health Education, North Carolina Central University  
Delta Sigma Theta Sorority, Inc.

### **Willa Robinson Allen, MPH, MAED, MCHES**

Program Manager, Health Promotion and Wellness, Durham County Department of Public Health

### **Sierra Atwater, BS**

Intramural Research Training Award Fellow, NIEHS and NIH

### **Lynae Baker, BS**

Administrative Support Specialist, Office of Human Research Compliance, Clinical Research Branch, NIEHS and NIH

### **Monica Barnes, BA**

Community Affairs and Programming Director, WTVD 11, an ABC-Owned Station  
Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Nadine Barrett, PhD, MA, MS**

Assistant Professor, Department of Community and Family Medicine, Duke School of Medicine  
Associate Director, Community Engagement and Stakeholder Strategy, Duke Cancer Institute and Duke Clinical Translational Science Institute

### **Sharon Beard, MS**

Industrial Hygienist and Program Administrator, NIEHS and NIH  
Health Awareness and Emergency Management Committees, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Pamela Bivens-Pippin, MA**

Diversity Educator, Duke University Health System

### **Deborah Breese, MS, LPC, LCAS, CRC**

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Awanya Caesar, RN, BSN**

Lincoln Community Health Center

### **Remell Clemons, BS, MA**

School Counselor (Retired), Wake County Public Schools  
Co-Chair, Bethune Recognition Luncheon (NCNW)  
Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Cleta Davis, BS, ASQ, CQA**

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Carlotta Dixon, MHS, CPM**

Section Chief, Program Compliance, Division of Social Services, North Carolina Department of Health and Human Services

Western Wake Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Michelle Graham-Freeman, BA**

International Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Joia Freeman, BA**

Intramural Research Training Award Fellow, NIEHS and NIH  
Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Kearston L. Ingraham, MPH**

Community Engagement and Research Evaluator, Office of Health Equity and Disparities, Duke Cancer Institute

### **Miriam McIntosh, DDS**

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Leatrice Martin, MBA, CHES**

Senior Program Coordinator, Duke Heart Center Community Outreach and Education Program, Duke University School of Medicine

### **Sharon Mosley, MS, LPC**

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

### **Wyvonia Perry, RN, BSN**

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.; Phi Chapter, Chi Eta Phi Nursing Sorority, Inc.

### **Betty Reed, RN, BSN**

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.; Phi Chapter, Chi Eta Phi Nursing Sorority, Inc.

### **Annette Rice, BS**

Clinical Laboratory Manager, Clinical Research Branch, NIEHS and NIH, Retired

### **Stephanie Riley, BBA**

Mammogram Coordinator; Personal Development Life Coach and Mental Health First Aid Instructor; Proprietor, Riley Royalty Resources Network, LLC

**Joyce Siler, BA**

Health Awareness Committee, Durham Alumnae Chapter,  
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**Carmelita Spicer, MEd**

Program and Marketing Director, Community Health  
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**Tara Owens Shuler, MEd**

Health Awareness Committee, Durham Alumnae Chapter,  
Delta Sigma Theta Sorority, Inc.

**Sandra White-Olden, PhD**

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Health Awareness Committee, Durham Alumnae Chapter,  
Delta Sigma Theta Sorority, Inc.

**Audrey Langley Wilson, MDiv, BCC, BSN**

Health Awareness Committee, Durham Alumnae Chapter,  
Delta Sigma Theta Sorority, Inc.

## Subcommittees

**AV and IT Support**

Jack L. Field, NIEHS and NIH

Nathan Mitchiner, NIEHS and NIH

Joseph Sanders, North Carolina Central University

Andrew Shankle, Shankle Sound, LLC

**Breast and Cervical Cancer Education and Screening Coordinators**

Awanya Caesar, RN, BSN, Lincoln Community Health Center

Debi Nelson, MAED, Director, Breast and Cervical  
Cancer Control Program, Division of Public Health,  
Cancer Prevention, and Control Branch, North Carolina  
Department of Health and Human Services

Stephanie Riley, BBA, Personal Development Life Coach and  
Mental Health First Aid Instructor, Riley Royalty Resources  
Network, LLC

Brittney Sala, MPH, Breast and Cervical Cancer Control  
Program Consultant, Division of Public Health, Cancer  
Prevention and Control Branch, North Carolina Department  
of Health and Human Services

**Catering**

Dee Jackson, Sodexo Catering, North Carolina  
Central University

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Clinical Research Branch, NIEHS and NIH

**Dental Hygiene Students**

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Dental Hygiene Candidate

Sarah Liebkemann, UNC School of Dentistry,  
Dental Hygiene Candidate

**Event Registration**

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Committee, Durham Alumnae Chapter, Delta Sigma Theta  
Sorority, Inc.

QuRita Hunter, MS, Durham Alumnae Chapter, Delta Sigma  
Theta Sorority, Inc.

**Facilities**

Lucretia Pinckney, North Carolina Central University

**First Aid Room**

Wyvonia Perry, RN, BSN, Health Awareness Committee,  
Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.;  
Phi Chapter, Chi Eta Phi Nursing Sorority, Inc.

Members of Phi Chapter, Chi Eta Phi Nursing Sorority, Inc.

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Erica Hinton, Editor, Image Associates

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Liaison, NIEHS and NIH

**Institutional Officials**

Linda Birnbaum, PhD, DABT, ATS, Director, NIEHS and NTP

Lalethia Bethea, MBA, President, Durham Alumnae Chapter,  
Delta Sigma Theta Sorority, Inc.

Janet E. Hall, MD, MS, Clinical Director and Principal  
Investigator, NIEHS and NIH

Debra Parker, PhD, Dean, College of Behavioral and  
Social Sciences, North Carolina Central University

Seronda Robinson, PhD, Chair, Department of Public Health  
Education, North Carolina Central University

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Ana Maria Bonilla, Sara Maysonet-Walker, Angelo Navas,  
and Eduardo Torres-Rodriguez

**Durham Technical Community College**

Sara Juarez, MA, CHI (TM), Director of Interpretation and  
Translation Programs, Center for the Global Learner

Students in Interpretation and Translation Programs

**Media and Publicity**

Robin Arnette, PhD, NIEHS and NIH

Monica Barnes, Durham Alumnae Chapter, Delta Sigma  
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Pamela Bivens, MA, Diversity and Inclusion Educator,  
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Dawn Dudley, MS, Durham Alumnae Chapter,  
Delta Sigma Theta Sorority, Inc.

Renee Elder, Senior Editor, North Carolina Central University

Christine Flowers, MPA, NIEHS and NIH

Marva York, MPA, Durham Alumnae Chapter,  
Delta Sigma Theta Sorority, Inc.

# Women's Health Awareness 2019

## Subcommittees

### **NIEHS and NIH Latino Working Group**

Debra King, Cellular and Molecular Pathology Branch,  
National Toxicology Program Division

Erin Knight, MSLS, Library and Information Services Branch,  
Office of the Director

Mary Owoc, Library and Information Services Branch,  
Office of the Director

Gerard Roman, Division of Diversity and Inclusion,  
NIH Office of the Director

Nora Weston, MSLS, Library and Information Services Branch,  
Office of the Director

### **NIEHS Logistics and Implementation Committee**

Lynae Baker, BS, NIEH and NIH

Kimberly Burnett-Hoke, MPA, NIEHS and NIH

Joia Freeman, BA, NIEHS and NIH

Jane Lambert, BS, CIP, NIEHS and NIH

Craig Wladyka, MPA, CIP, NIEHS and NIH

### **Photography**

Steve McCaw, NIEHS and NIH

Maurice Noble, Independent Photographer

Glenn Parson, Independent Photographer

### **Planning Volunteers**

Jennie Brame, MSDH, Director, Graduate Dental Hygiene  
Education Program

Duke Heart Center Outreach Volunteers

Tara Ilsley, MPH, Office of Health Equity, Duke Cancer Institute

Chitrakala Jagadeesan, DDS, Durham County Department of  
Public Health

Miriam McIntosh, DDS, Durham County Department of  
Public Health

Faiza Mustafa, MPH, Office of Health Equity, Duke Cancer  
Institute

Joyce Page, MPH, MSPH, Public Health Education Specialist,  
Durham Diabetes Coalition Coordinator, Durham County  
Department of Public Health

Carmelita Spicer, MEd, Community Health Coalition, Inc.

### **Security**

Lieutenant Charles Simpson, North Carolina Central University

Sergeant Lateria Scott, North Carolina Central University

### **Social and Scientific Systems Logistics and Implementation**

Thomasina Austin, MBA

Kerry James, MPH, PMP

Nathaniel MacNell, PhD, MSPH

Nicky Wiggins

### **Speaker Hospitality Room Coordinators**

Betty Blackmon, Durham Alumnae Chapter of Delta Sigma  
Theta Sorority, Inc.

Yvonne Fisher, Durham Alumnae Chapter of Delta Sigma  
Theta Sorority, Inc.

### **Translational Services**

Vanessa Flores, BA

### **Volunteer Organizations**

Members of Durham Alumnae Chapter, Delta Sigma  
Theta Sorority, Inc.

Employees of the National Institute of Environmental  
Health Sciences

Raleigh-Durham Area Chapter of Blacks In Government

Members of the Eta Beta Zeta Chapter of Zeta Phi Beta  
Sorority, Inc.

United States Public Health Service Commissioned Corps

### **Members from various student organizations:**

Students of Interpretation and Translation Programs at  
Durham Technical Community College

Alpha Lambda Chapter of Delta Sigma Theta Sorority, Inc.,  
North Carolina Central University

Lambda Omega Chapter of Delta Sigma Theta Sorority, Inc.,  
Duke University

Students of Department of Public Health Education, North  
Carolina Central University

Students of UNC Dental Hygiene Program

UNC Eshelman School of Pharmacy; Student National  
Pharmaceutical Association



Greetings Conference Participants,

It is a great honor and pleasure to welcome you to Women's Health Awareness 2019, a women's health and wellness conference. This year, we celebrate five years of serving women and families of the Triangle community and surrounding counties. On behalf of the National Institute of Environmental Health Sciences (NIEHS); Durham Alumnae Chapter of Delta Sigma Theta Sorority, Inc.; Durham Alumnae Delta House, Inc.; and Public Health Education Department at North Carolina Central University, we say thank you to all of our past and present conference participants and partners for your unwavering dedication to support us in enhancing the lives of women over the past five years.

Our continued theme for this conference is "Transforming Communities by Enhancing Women's Health." We believe that if we motivate and empower women to take care of their health, they will, in turn, take care of their family's health, producing a healthier community, state, and nation. Our purpose is to promote awareness and to inform women so they can take greater responsibility for their health, understand their health options, and identify services and products to best help in reducing health issues and receiving equal access to health resources.

Awareness of how the environment impacts our health is important for successful healthy living. At NIEHS, we believe environmental awareness, as it relates to health outcomes for women, is extremely important. Exposures to environmental pollutants, chemicals, industrial products, unhealthy lifestyle choices, and social determinants can negatively impact women's health. This wellness conference has been designed to promote healthier lives through disease prevention, control, and management. We hope that bringing health education, environmental health awareness, and literacy to women of the Triangle will help develop healthier families, and environmentally-safer homes and communities.

No event of this magnitude and scope can be organized without teamwork and partnerships. We want to thank our many partners, event steering and planning committee members, and subcommittee members for their support and dedicated service in the planning and implementation of this day. Without them, this event would not exist.

We thank our corporate, business, and local community partners for their support through generous contributions and services. The monetary and in-kind support of all our partners makes it possible to offer this health and wellness conference free for our community. Finally, we thank our volunteers for their tireless service. We treasure your support and time given to make this event a success.

We have an impressive group of faculty and service providers supporting this event. This group includes researchers, public health practitioners, and health care professionals. These experts and leaders have effectively served as champions in our communities as advocates for women, minorities, the disabled, and disadvantaged populations. We are grateful for our event faculty and service providers who help make Women's Health Awareness 2019 a success.

Most importantly, we are honored that YOU, the women (and men) of the Triangle and surrounding counties, have chosen to participate in this exciting health and wellness conference. We hope you will have a fun and constructive day of learning and gathering important health information that will positively impact your daily life and health.

We are excited you are here! Please let us know how we can make your experience more comfortable and pleasant.

Thank you for being here. Enjoy your day.

## **Joan P. Packerham, PhD**

Chair, Event Steering and Planning Committee; Founder and Lead, Women's Health Awareness Community Engagement and Outreach Initiative; Director, Office of Human Research Compliance, National Institute of Environmental Health Sciences and National Institutes of Health; Chair, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

## **La Verne Reid, PhD, MPH**

Vice-Chair, Event Steering and Planning Committee; Professor, Department of Public Health Education, North Carolina Central University; Member, Delta Sigma Theta Sorority, Inc.



# **Women's Health Awareness 2019**

## Conference Agenda



## Agenda for Women's Health Awareness 2019

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
8:00 a.m.	<b>On-Site Registration Begins</b>	Lobby
<b>Greetings, Welcome, and Introduction</b>		
8:45 – 9:00 a.m.	<b>"Let's Move"</b> <b>Willa Robinson Allen, MPH, MAED, MCHES</b> , Program Manager, Health Promotion and Wellness, Health Education Division, Durham County Department of Public Health	Rooms 1111 and 1221 (overflow)
	<b>Welcome</b> <b>Joan P. Packenham, PhD</b> , Chair, Event Steering and Planning Committee; Founder and Lead, Women's Health Awareness Community Engagement and Outreach Initiative; Director, Office of Human Research Compliance, National Institute of Environmental Health Sciences and National Institutes of Health; Chair, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.	
<b>Session A</b>		
9:05 – 9:50 a.m.	<b>Environmental Health Education</b> <b>"Do These Chemicals Make Me Look Fat?"</b> <b>Session Chairs: Joan P. Packenham, PhD, and Jerry Heindel, PhD</b> <b>Speaker: Bruce Blumberg, PhD</b>	Room 1111
	<b>Cardiovascular Health Education</b> <b>"Women, Hormones, and Heart Health: Part I"</b> <b>Session Chair: Leatrice Martin, MBA, CHES</b> <b>Speaker: MargEva Cole, MD</b>	Room 1221
	<b>Diabetes Health Education</b> <b>"Sweet Hearts and Sweet Pee: Bringing Advances in Diabetes Care to            All Communities"</b> <b>Session Chair: Joyce C. Page, MPH, MSPH</b> <b>Speaker: Robert Sargis, MD, PhD</b>	Room 2221
	<b>Reproductive Health Education</b> <b>"Aunt Flo and Her Evil Stepdaughter: Identifying and Managing Your            Painful Periods and Endometriosis"</b> <b>Speaker: Noor Dasouki Abu-Alnadi, MD</b>	Room 2225
	<b>Cancer Health Education</b> <b>"Keeping it Real! What You Want and Need to Know About Cancer,            as Well as Reducing Your Risk!"</b> <b>Session Chair: Nadine J. Barrett, PhD, MA, MS</b> <b>Speakers: Jennifer L. Garst, MD; Marvaretta M. Stevenson, MD;            and Kearston L. Ingraham, MPH</b>	Room 2235

## Agenda for Women's Health Awareness 2019

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
9:50 – 10:00 a.m.	<b>Break and Transition to Next Session</b>	
<b>10:00 a.m. Health Screenings and Exhibits Open</b>		
<b>Session B</b>		
10:00 – 10:45 a.m.	<b>Environmental Health Education</b> "Invisible Dangers: Practical Ways to Reduce Everyday Exposures and Improve Health" <b>Session Chairs:</b> Joan P. Packerham, PhD, and Jerry Heindel, PhD <b>Speakers:</b> Bruce Blumberg, PhD, and Robert Sargis, MD, PhD	Room 1111
	<b>Cardiovascular Health Education</b> "Women, Hormones, and Heart Health: Part II" <b>Session Chair:</b> Leatrice Martin, MBA, CHES <b>Speaker:</b> Khyati Baxi, MD	Room 1221
	<b>Breakout Session</b> "How Sweet It Is...: Signs of Diabetes in Skin of Color" <b>Speaker:</b> Lynn McKinley-Grant, MD, MA, FAAD	Room 2221
	<b>Breakout Session</b> "Sounding the Alarm: Pregnancy and Childbirth are Killing Black Mothers at Inequitable Rates" <b>Speakers:</b> Tara Ilsley, MPH, and Tara Owens Shuler, MEd	Room 2225
	<b>Breakout Session</b> "Drugs and More Drugs! Reaching a High at What Cost?" <b>Speakers:</b> Sireatta Atwater, RPh, and Sharon D. Beard, MS	Room 2235
	<b>Healthy Living Session</b> "How I Dance in 3-Inch Heels With Chronic Pain" <b>Fitness Instructor:</b> Marvis Henderson-Daye	<b>Outside BRITE Building Alcove</b> Rain Location: Large Tent
10:45 – 11:00 a.m.	<b>Break and Transition to Next Session</b> Refreshments available in main lobby	

## Agenda for Women's Health Awareness 2019

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
<b>Session C</b>		
11:00 – 11:45 a.m.	<b>Breakout Session</b> "Bosom Buddies: Caring for Your Girls" <b>Speakers:</b> Awanya Caesar, RN, BSN; Oluwadamiola "Lola" Fayanju, MD, MA, MPHS; Kristalyn Gallagher, DO; and Shelley Hwang, MD, MPH	Room 1111
	<b>Diabetes Health Education</b> "Reach Your Ideal A1c Level Using Current Evidence for Medication Use and Lifestyle Changes" <b>Session Chair:</b> Joyce C. Page, MPH, MSPH <b>Speakers:</b> Susan Spratt, MD, and Carmen D. Samuel-Hodge, PhD, MS, RD, LDN	Room 1221
	<b>Behavioral Health Education</b> "Living My Best Life, Part I: What in My Environment is Affecting My Emotions, My Mental Health, and What Can I Change to Live a Life of Wellness and Joy?" <b>Session Chairs:</b> Deborah Breese, MS, LPC, LCAS, CRC, and Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN <b>Speakers:</b> Jada L. Brooks, PhD, MPH, and Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN	Room 2221
	<b>Breakout Session</b> "Feel Empowered: Know Your Rights as a Patient" <b>Speaker:</b> Varnell McDonald-Fletcher, EdD, PA-C	Room 2235
	<b>Healthy Living Session</b> "Ready, Set, Fitness!" <b>Fitness Instructor:</b> Anthony Jones	<b>Outside BRITE Building Alcove</b> Rain Location: Large Tent
11:45 a.m. – 12:15 p.m.	<b>Lunch A</b> (Gold Lunch Ticket) Pre-registered participants only	Large Tent
	<b>Healthy Living Session</b> "Kickin' With Kale" Cooking Demonstration <b>Nutrition Specialist:</b> Patrice Carr, MS, RD, LDN	Large Tent
12:25 – 12:55 p.m.	<b>Lunch B</b> (Red Lunch Ticket)	Large Tent

## Agenda for Women's Health Awareness 2019

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
1:00 – 2:00 p.m.	<p><b>Greetings and Introduction of Mistress of Ceremonies</b>  <b>Joan P. Packenham, PhD</b>, Chair, Event Steering and Planning Committee; Founder and Lead, Women's Health Awareness Community Engagement and Outreach Initiative; Director, Office of Human Research Compliance, National Institute of Environmental Health Sciences and National Institutes of Health; Chair, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.</p> <p><b>Mistress of Ceremonies</b>  <b>Monica Barnes, BA</b>, Community Affairs and Programming Director, WTVD 11, an ABC-Owned Station; Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.</p>	Rooms 1111 and 1221 (overflow)
	<p><b>Greetings</b>  <b>Linda S. Birnbaum, PhD, DABT, ATS</b>, Director, NIEHS and NTP  <b>Felecia McInnis Nave, PhD</b>, Provost, North Carolina Central University  <b>Steve Schewel</b>, Mayor, City of Durham  <b>Gayle Harris, MPH, RN</b>, Director, Durham County Department of Public Health  <b>Lalethia Bethea, MBA</b>, President, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.</p>	
	<p><b>Keynote Session</b>            "You Are Worth It! Being Your Best You and Protecting All You Love From Environmental Harm!"  <b>Nsedu Obot Witherspoon, MPH</b>, Executive Director, Children's Environmental Health Network</p>	
2:00 – 2:10 p.m.	<b>Break and Transition to Next Session</b>	
<b>Session D</b>		
2:10 – 2:55 p.m.	<p><b>Behavioral Health Education</b>            "Living My Best Life, Part II: How Can Women of Color Recognize and Resolve Anxiety to Live a Life of Health and Wellness?"  <b>Session Chairs: Deborah Breese, MS, LPC, LCAS, CRC, and Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN</b>  <b>Speakers: Rachell Davis, MSN, PMHNP-BC; Rhea S. Mitchell, BSN, RN-BC; and Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN</b></p>	Room 1221
	<p><b>Cancer Health Education</b>            "Navigating the Health Care System: Screening, Health Care, Advance Care Planning, and Beyond"  <b>Session Chair: Nadine J. Barrett, PhD, MA, MS</b>  <b>Speakers: Nadine J. Barrett, PhD, MA, MS; Iris R. Hooper-Owens; and Valarie Worthy, MSN, RN</b></p>	Room 2221
	<p><b>Breakout Session</b>            "Eating Disorders – Not Just for White Women"  <b>Speaker: Cherrelle Davis, LMFT</b></p>	Room 2225
	<p><b>Breakout Session</b>            "Get Your SWAGGER Back: Energy, Confidence, and Passion – Naturally and Uniquely"  <b>Speakers: Angie Ceroli, MS; Kathy Cunha, RN, BSN, PCCN; and Veronica Wetzel, RN</b></p>	Room 2235

## Agenda for Women's Health Awareness 2019

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
2:10 – 2:55 p.m.	<b>Healthy Living Session</b> "Zumba®" <b>Fitness Instructors: Aya Zaghloul, BS, and Coleman Lowe Jr.</b>	<b>Outside BRITE Building Alcove</b> Rain Location: Large Tent
2:55 – 3:05 p.m.	<b>Break and Transition to Next Session</b> Refreshments Available in Main Lobby Provided by Duke University Hospital	
<b>Session E</b>		
3:05 – 3:50 p.m.	<b>Breakout Session</b> "What's on Your Mind? An Introduction to Mindfulness and Stress Relief" <b>Speaker: Natalie Gidney-Cole, MSW, LCSW</b>	<b>Room 1111</b>
	<b>Breakout Session</b> "What to Do? What to Expect? Communication About Sex [uality]" <b>Speakers: Tanya Bass, MEd, MS, CHES; Amber Esters, BS; Alecia Holloman, BS; and Maryssa Sadler, MPA</b>	<b>Room 1221</b>
	<b>Breakout Session</b> "Religion, Spirituality, Health, and Well-Being in Women" <b>Speaker: Harold G. Koenig, MD</b>	<b>Room 2221</b>
	<b>Breakout Session</b> "Well-Being: Are You as Healthy as You Can Be? A Holistic Natural Approach to Health and Wellness" <b>Speaker: Michele Burgess, PhD, CNHP, CHNP</b>	<b>Room 2225</b>
	<b>Breakout Session</b> "Financial Issues and Medical Care" <b>Speaker: Ava Brownlee, BS</b>	<b>Room 2235</b>
	<b>Healthy Living Session</b> Cooking Demonstration <b>Chef: Sodexo Catering, North Carolina Central University</b>	<b>Large Tent</b>
3:50 – 4:00 p.m.	<b>Break and Transition to Next Session</b>	

## Agenda for Women's Health Awareness 2019

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
<b>Session F</b>		
4:00 - 4:45 p.m.	<b>Breakout Session</b> "Prevention Strategies for Hair Thinning and Loss in 2019" <b>Speaker: Roszetta Pringle</b>	<b>Room 1221</b>
	<b>Breakout Session</b> "Sexual Assault: The Three R's of Community-Based Advocacy" <b>Speaker: Shirrell Thomas</b>	<b>Room 2225</b>
	<b>Healthy Living Session</b> "REGGAE-TONE" <b>Fitness Instructor: Britany Burch</b>	<b>Outside BRITE Building Alcove</b> Rain Location: Large Tent
	<b>Healthy Living Session</b> "Container Gardening: Small Space...Big Yield" <b>Presenter: Kareemah Abdusamad, Certified Master Gardener</b>	<b>First Floor Lobby</b>
4:45 – 5:00 p.m.	<b>RAFFLE PRIZE GIVEAWAY</b>	<b>Room 1111</b>

## All-Day Screenings and Services (10:00 a.m. – 5:00 p.m.)

Health Screening	Room Number	Sponsor
Breast Mammography and Cervical Cancer Screening Sign-Up and Education	Room 2226	N.C. Department of Health and Human Services Lincoln Community Health Center
Cancer Screenings (Lung and Skin)	Room 1233	Duke Cancer Institute
Cardiovascular Screening	Room 1229	Duke Heart Center
Dental Screenings	Room 1223-B	N.C. Men Baptists Mobile Unit UNC School of Dentistry Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc. National Institute of Environmental Health Sciences
Depression Survey	Screening Hallway	Alliance Behavioral Healthcare
Diabetes Screenings	Room 1234	Duke University Health System National Institute of Environmental Health Sciences Durham County Department of Public Health
"You Matter! Let Your Voice Be Heard" Environmental Health Assessment	Room 1225	Office of Human Research Compliance, National Institute of Environmental Health Sciences
"You Matter! Let Your Voice Be Heard" Audio Booth	2nd Floor Lobby	
Glaucoma Screening	Room 1223-A	Thomas Hunter, MD Duke Eye Center Duke University Health System
Hearing Screening	Room 3229	Division of Services for the Deaf and the Hard of Hearing, North Carolina Department of Health and Human Services
HIV/HCV/Syphilis Screenings	Room 2229	Durham County Department of Public Health
Kidney Function Testing	Screening Hallway	UNC Kidney Center
Lung Function Testing	Room 2236	National Institute of Environmental Health Sciences
Organ Donation Registry	Screening Hallway	Community Health Coalition, Inc.
Radon Home Screening and Education	Screening Hallway	N.C. Department of Health and Human Services N.C. Division of Health Service Regulation Radiation Protection Section
Spinal Screening	Screening Hallway	Bull City Family Chiropractic
<b>Express Checks</b>		
Blood Pressure and Rapid Glucose Checks	Screening Hallway	Community Health Coalition, Inc.

# Día de Concientización sobre la Salud de la Mujer 2019

## Agenda de la conferencia

Hora	Sesión	Sala
8:00 a.m.	<b>Registración comienza en el lobby</b>	Lobby
<b>Saludos, bienvenida e introducción</b>		
8:45 – 9:00 a.m.	<b>“Vamos a movernos”</b> <b>Willa Robinson Allen, MPH, MAED, MCHES</b> , Gerente de Programa, Promoción de Salud y Bienestar, División de Educación para la Salud, Departamento de Salud Pública del Condado de Durham	Salas 1111 y 1221 (si hay gran participación)
	<b>Bienvenida</b> <b>Joan P. Pakenham, PhD</b> , Fundadora y Presidenta del Comité Directivo y de Planificación del Día de Concientización sobre la Salud de la Mujer; Directora, Oficina de Cumplimiento de Investigaciones Humanas, Instituto Nacional de Ciencias de la Salud Ambiental	
<b>Sesión A</b>		
9:05 – 9:50 a.m.	<b>Educación en salud ambiental</b> <b>“¿Estos productos químicos me hacen verme gordo?”</b> <b>Moderadores de la sesión: Joan P. Pakenham, PhD y Jerry Heindel, PhD</b> <b>Conferencista: Bruce Blumberg, PhD</b>	Sala 1111
	<b>Educación para la salud cardiovascular</b> <b>“Mujeres, hormonas y salud del corazón: Parte I”</b> <b>Moderadora de la sesión: Leatrice Martin, MBA, CHES</b> <b>Conferencista: MargEva Cole, MD</b>	Sala 1221
	<b>Educación para la salud de la diabetes</b> <b>“Llevando los avances en el cuidado de la diabetes a todas las comunidades”</b> <b>Moderadora de la sesión: Joyce C. Page, MPH, MSPH</b> <b>Conferencista: Robert Sargis, MD, PhD</b>	Sala 2221
	<b>Educación para la salud reproductiva</b> <b>“Identificación y manejo de sus períodos dolorosos y la endometriosis”</b> <b>Speaker: Noor Dasouki Abu-Alnadi, MD</b>	Sala 2225
	<b>Educación para la salud del cáncer</b> <b>“¡Seamos realistas! ¡Lo que quiere y necesita saber sobre el cáncer, además de reducir su riesgo!”</b> <b>Moderadora de la sesión: Nadine J. Barrett, PhD, MA, MS</b> <b>Conferencistas: Jennifer L. Garst, MD; Marvaretta M. Stevenson, MD; y Kearston L. Ingraham, MPH</b>	Sala 2235



# Día de Concientización sobre la Salud de la Mujer 2019

## Agenda de la conferencia

Hora	Sesión	Sala
9:50 – 10:00 a.m.	<b>Descanso y transición a la siguiente sesión</b>	
<b>10:00 a.m. Inicia exámenes de salud y sala de exposiciones</b>		
<b>Sesión B</b>		
10:00 – 10:45 a.m.	<b>Educación en salud ambiental</b> “Peligros invisibles: maneras prácticas para reducir las exposiciones diarias y mejorar la salud” <b>Moderadores de la sesión: Joan P. Pakenham, PhD y Jerry Heindel, PhD</b> <b>Conferencistas: Bruce Blumberg, PhD, y Robert Sargis, MD, PhD</b>	Sala 1111
	<b>Educación para la salud cardiovascular</b> “Mujeres, hormonas y salud del corazón: Parte II” <b>Moderadora de la sesión: Leatrice Martin, MBA, CHES</b> <b>Conferencista: Khyati Baxi, MD</b>	Sala 1221
	<b>Sesión de trabajo</b> “Qué dulce que es...: signos de diabetes en las personas con piel de color” <b>Conferencista: Lynn McKinley-Grant, MD, MA, FAAD</b>	Sala 2221
	<b>Sesión de trabajo</b> “Una voz de alarma: el embarazo y el parto están matando a las madres negras en porcentajes desiguales” <b>Conferencistas: Tara Ilsley, MPH, y Tara Owens Shuler, MEd</b>	Sala 2225
	<b>Sesión de trabajo</b> “¡Drogas y más drogas! El costo de drogarse” <b>Conferencistas: Sireatta Atwater, RPh, y Sharon D. Beard, MS</b>	Sala 2235
	<b>Sesión de vida saludable</b> “Cómo bailo en tacones de 3 pulgadas con dolor crónico” <b>Instructora de acondicionamiento físico: Marvis Henderson-Daye</b>	<b>Al exterior de BRITE Building Alcove</b> Ubicación en caso de lluvia: Carpa grande
10:45 – 11:00 a.m.	<b>Descanso y transición a la siguiente sesión</b> Refrescos disponibles en el vestíbulo principal	

# Día de Concientización sobre la Salud de la Mujer 2019

## Agenda de la conferencia

Hora	Sesión	Sala
<b>Sesión C</b>		
11:00 – 11:45 a.m.	<b>Sesión de trabajo</b> "Amigas del alma: cuidar de sus chicas" <b>Conferencistas:</b> Awanya Caesar, RN, BSN; Oluwadamiola "Lola" Fayanju, MD, MA, MPHS; Kristalyn Gallagher, DO; y Shelley Hwang, MD, MPH	Sala 1111
	<b>Educación para la salud de la diabetes</b> "Alcance su nivel de A1c ideal usando evidencia actual para el uso de medicamentos y cambios en el estilo de vida" <b>Moderadora de la sesión:</b> Joyce C. Page, MPH, MSPH <b>Conferencistas:</b> Susan Spratt, MD, y Carmen D. Samuel-Hodge, PhD, MS, RD, LDN	Sala 1221
	<b>Educación para la salud del comportamiento</b> "Quiero lograr lo mejor de mi vida, Parte I: ¿Qué hay en mi entorno que afecta mis emociones y mi salud mental, y qué puedo cambiar para vivir una vida de bienestar y alegría?" <b>Moderadores de la sesión:</b> Deborah Breese, MS, LPC, LCAS, CRC, y Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN <b>Conferencistas:</b> Jada L. Brooks, PhD, MPH, y Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN	Sala 2221
	<b>Sesión de trabajo</b> "Sentirse empoderada: conozca sus derechos como paciente" <b>Conferencista:</b> Varnell McDonald-Fletcher, EdD, PA-C	Sala 2235
	<b>Sesión de vida saludable</b> "¡Preparados, listos, aptitud física!" <b>Instructora de acondicionamiento físico:</b> Anthony Jones	<b>Al exterior de BRITE Building Alcove</b> Ubicación en caso de lluvia: Carpa grande
11:45 a.m. – 12:15 p.m.	<b>Almuerzo A</b> (Ticket de almuerzo dorado) Solamente para participantes pre-registrados	Carpa grande
	<b>Sesión de vida saludable</b> "Cocine con col rizada" Demostración de cocina <b>Especialista en nutrición:</b> Patrice Carr, MS, RD, LDN	Carpa grande
12:25 – 12:55 p.m.	<b>Almuerzo B</b> (Ticket de almuerzo rojo)	Carpa grande

# Día de Concientización sobre la Salud de la Mujer 2019

## Agenda de la conferencia

Hora	Sesión	Sala
1:00 – 2:00 p.m.	<p><b>Saludos e introducción de la maestra de ceremonias</b>  <b>Joan P. Packenham, PhD</b>, Fundadora y Presidenta del Comité Directivo y de Planificación del Día de Concientización sobre la Salud de la Mujer; Directora, Oficina de Cumplimiento de Investigaciones Humanas, Instituto Nacional de Ciencias de la Salud Ambiental</p> <p><b>Maestra de Ceremonias</b>  <b>Monica Barnes, BA</b>, Directora de Asuntos Comunitarios y Programación, WTVD 11, una estación propiedad de ABC; Capítulo de Ex Alumnas de Durham, Delta Sigma Theta Sorority, Inc.</p>	Salas 1111 y 1221 (si hay gran participación)
	<p><b>Bienvenida</b>  <b>Linda S. Birnbaum, PhD, DABT, ATS</b>, Directora, NIEHS y NTP  <b>Felecia McInnis Nave, PhD</b>, Rectora, Universidad Central de Carolina del Norte  <b>Steve Schewel</b>, Alcalde de la Ciudad de Durham  <b>Gayle Harris, MPH, RN</b>, Directora, Departamento de Salud Pública del Condado de Durham  <b>Lalethia Bethea, MBA</b>, Presidenta, Capítulo de Ex Alumnas de Durham, Delta Sigma Theta Sorority, Inc.</p>	
	<p><b>Sesión principal</b>            “¡Lo vales! ¡Ser lo mejor que puedes ser y proteger todo lo que amas de los daños ambientales!”  <b>Nsedu Obot Witherspoon, MPH</b>, Directora Ejecutiva, Red de Salud Ambiental Infantil</p>	
2:00 – 2:10 p.m.	<b>Descanso y transición a la siguiente sesión</b>	
<b>Sesión D</b>		
2:10 – 2:55 p.m.	<p><b>Educación para la salud del comportamiento</b>            “Quiero lograr lo mejor de mi vida, Parte II: ¿Cómo pueden las mujeres de color reconocer y resolver la ansiedad para vivir una vida con salud y bienestar?”  <b>Moderadores de la sesión: Deborah Breese, MS, LPC, LCAS, CRC, y Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN</b>  <b>Conferencistas: Rachell Davis, MSN, PMHNP-BC; Rhea S. Mitchell, BSN, RN-BC; y Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN</b></p>	Sala 1221
	<p><b>Educación para la salud del cáncer</b>            “Navegar por el sistema de salud: exámenes de detección, cuidados de la salud, planificación por anticipado de la atención médica y mucho más”  <b>Moderadora de la sesión: Nadine J. Barrett, PhD, MA, MS</b>  <b>Conferencistas: Nadine J. Barrett, PhD, MA, MS; Iris R. Hooper-Owens; y Valarie Worthy, MSN, RN</b></p>	Sala 2221
	<p><b>Sesión de trabajo</b>            “Trastornos de la alimentación: no solo para mujeres blancas”  <b>Conferencista: Cherrelle Davis, LMFT</b></p>	Sala 2225

# Día de Concientización sobre la Salud de la Mujer 2019

## Agenda de la conferencia

Hora	Sesión	Sala
2:10 – 2:55 p.m.	<b>Sesión de trabajo</b> "Recupere su ORGULLO EN SÍ MISMA: energía, confianza y pasión: con naturalidad y excepcionalmente" <b>Conferencistas: Angie Ceroli, MS; Kathy Cunha, RN, BSN, PCCN; y Veronica Wetzel, RN</b>	Sala 2235
	<b>Sesión de vida saludable</b> "Zumba®" <b>Instructores de acondicionamiento físico: Aya Zaghloul, BS, y Coleman Lowe Jr.</b>	<b>Al exterior de BRITE Building Alcove</b> Ubicación en caso de lluvia: Carpa grande
2:55 – 3:05 p.m.	<b>Descanso y transición a la siguiente sesión</b> Refrescos disponibles en el vestíbulo principal proporcionados por el Hospital Universitario Duke	
<b>Sesión E</b>		
3:05 – 3:50 p.m.	<b>Sesión de trabajo</b> "¿Qué tienes en mente? Una introducción a la atención plena y el alivio del estrés" <b>Conferencista: Natalie Gidney-Cole, MSW, LCSW</b>	Sala 1111
	<b>Sesión de trabajo</b> "¿Qué hacer? ¿Qué esperar? Comunicación sobre el sexo [y la sexualidad]" <b>Conferencistas: Tanya Bass, MEd, MS, CHES; Esteres de ámbar, BS; Alecia Holloman, BS; y Maryssa Sadler, MPA</b>	Sala 1221
	<b>Sesión de trabajo</b> "Religión, espiritualidad, salud y bienestar en las mujeres" <b>Conferencista: Harold G. Koenig, MD</b>	Sala 2221
	<b>Sesión de trabajo</b> "Bienestar: ¿eres tan saludable como lo puedes ser? Un enfoque natural holístico para la salud y el bienestar" <b>Conferencista: Michele Burgess, PhD, CNHP, CHNP</b>	Sala 2225
	<b>Sesión de trabajo</b> "Problemas financieros y atención médica" <b>Conferencista: Ava Brownlee, BS</b>	Sala 2235
	<b>Sesión de vida saludable</b> Demostración de cocina <b>Cocinero: Servicio de comida de Sodexo, Universidad Central de Carolina del Norte</b>	Carpa grande
3:50 – 4:00 p.m.	<b>Descanso y transición a la siguiente sesión</b>	

# Día de Concientización sobre la Salud de la Mujer 2019

## Agenda de la conferencia

Hora	Sesión	Sala
<b>Sesión F</b>		
4:00 - 4:45 p.m.	<b>Sesión de trabajo</b> "Estrategias de prevención para el adelgazamiento y la pérdida del cabello en 2019" <b>Conferencista: Roszetta Pringle</b>	<b>Sala 1221</b>
	<b>Sesión de trabajo</b> "Agresión sexual: las tres R de la defensa basada en la comunidad" <b>Conferencista: Shirrell Thomas</b>	<b>Sala 2225</b>
	<b>Sesión de vida saludable</b> "REGGAE-TONE" <b>Instructora de acondicionamiento físico: Britany Burch</b>	<b>Al exterior de BRITE Building Alcove</b> Ubicación en caso de lluvia: Carpa grande
	<b>Sesión de vida saludable</b> "Jardinería en macetas: pequeño espacio ... gran rendimiento" <b>Presentadora: Kareemah Abdusamad, jardinera maestra certificada</b>	<b>Vestíbulo del primer piso</b>
4:45 - 5:00 p.m.	<b>SORTEO DEL PREMIO DE LA RIFA</b>	<b>Sala 1111</b>

## Exámenes y servicios todo el día (10:00 a.m. – 5:00 p.m.)

Exámenes de salud	Número de sala	Patrocinador
Registro y educación sobre mamografía mamaria y detección de cáncer de cuello uterino	Sala 2226	Departamento de Salud y Servicios Humanos de Carolina del Norte (N.C. Department of Health and Human Services) Lincoln Community Health Center
Pruebas de detección de cáncer (pulmón y piel)	Sala 1233	Instituto de cáncer de Duke
Examen cardiovascular	Sala 1229	Centro cardiaco de Duke
Exámenes dentales	Sala 1223-B	Departamento de Salud y Servicios Humanos de Carolina del Norte (N.C. Men Baptists Mobile Unit) Facultad de Odontología de UNC Capítulo de Ex Alumnas de Durham, Delta Sigma Theta Sorority, Inc. Instituto Nacional de Ciencias de la Salud Ambiental
Encuesta sobre la depresión	Pasillo de exámenes	Alliance Behavioral Healthcare
Pruebas de detección de diabetes	Sala 1234	Sistema de Salud de la Universidad de Duke Instituto Nacional del Medio Ambiente Ciencias de la Salud Departamento de Salud Pública del Condado de Durham
“¡Tu importas! Haz que tu voz sea escuchada” Evaluación de la salud ambiental	Sala 1225	Oficina de Cumplimiento en Investigaciones Humanas, Instituto Nacional de Ciencias de la Salud Ambiental
“¡Tu importas! Haz que tu voz sea escuchada” Caseta de audio	Vestíbulo del Segundo Piso	
Detección de glaucoma	Sala 1223-A	Thomas Hunter, MD Centro de Oftalmología de Duke Sistema de Salud de la Universidad de Duke
Examen del oído	Sala 3229	División del Servicios para el Sordo y Duro de Oído Departamento de Salud y Servicios Humanos de Carolina del Norte
Pruebas de detección de VIH/VHC/sífilis	Sala 2229	Departamento de Salud Pública del Condado de Durham
Pruebas de la función renal	Pasillo de exámenes	Centro Renal de UNC
Pruebas de función pulmonar	Sala 2236	Instituto Nacional del Medio Ambiente Ciencias de la Salud
Registro de donación de órganos	Pasillo de exámenes	Community Health Coalition, Inc.
Examen de detección para el hogar y educación sobre el radón	Pasillo de exámenes	Departamento de Salud y Servicios Humanos de Carolina del Norte (N.C. Department of Health and Human Services) Departamento de Salud y Servicios Humanos de Carolina del Norte División de Regulación de Servicios de Salud Sección de Protección Radiológica
Examen de la columna vertebral	Pasillo de exámenes	Bull City Family Chiropractic
<b>Express Checks</b>		
Revisiones rápidas de presión arterial y glucosa	Pasillo de exámenes	Community Health Coalition, Inc.



# **Women's Health Awareness 2019**

Health Education Sessions

## Diabetes Health Education



**Session Chair:**

**Joyce C. Page, MPH, MSPH**

*Public Health Education Specialist, Durham County Department of Public Health*

**“Sweet Hearts and Sweet Pee: Bringing Advances in Diabetes Care to All Communities”**

**9:05 – 9:50 a.m.: Mary Townes Science Building, Room 2221**

**Speaker:**

**Robert M. Sargis, MD, PhD**

*Assistant Professor, Division of Endocrinology, Diabetes, and Metabolism, Department of Medicine, University of Illinois at Chicago*

**Abstract**

Diabetes is an increasingly common disease characterized by high blood sugars. The result of these elevated sugars is an increased risk of blindness, kidney problems, and amputations. In addition, people with diabetes are more likely to develop heart disease. Improving one's diet and exercising are key parts of all good strategies for reducing the risk of developing diabetes or developing the complications of diabetes once one has the disease. In addition, medications play an essential role in lowering blood sugar levels for most patients with diabetes. Recently, new medications that work in unique ways have been shown to offer patients added benefits beyond simply lowering blood sugars. These include reductions in heart attacks, kidney failure, heart failure, and death. In this session, we will review both lifestyle interventions, as well as these new anti-diabetes medications, to empower attendees to maximize the benefits of currently available diabetes care strategies. The ultimate goal of this workshop is to empower individuals and communities to gain the benefits of advances in diabetes care in order to reduce the burden of this challenging disease.

**Participants Will**

- Learn ways to reduce diabetes risk through diet and exercise.
- Learn about new medications to treat diabetes that help prevent heart and kidney problems.



## Diabetes Health Education



**Session Chair:**

**Joyce C. Page, MPH, MSPH**

*Public Health Education Specialist, Durham County Department of Public Health*

**“Reach Your Ideal A1c Level Using Current Evidence for Medication Use and Lifestyle Changes”**

**11:00 – 11:45 a.m.: Mary Townes Science Building, Room 1221**

**Speakers:**

**Susan Spratt, MD**

*Associate Professor of Medicine, Department of Medicine, Division of Endocrinology, Metabolism, and Nutrition;  
Assistant Professor, Department of Community and Family Medicine, Duke School of Medicine*

**Carmen D. Samuel-Hodge, PhD, MS, RD, LDN**

*Research Assistant Professor, Department of Nutrition, University of North Carolina Gillings School of Global Public Health,  
and School of Medicine*

**Abstract**

The goal of an A1c of 7 percent is reasonable and beneficial for most persons with type 2 diabetes. However, the ideal level should be individually tailored for each person. Keeping blood glucose levels at goal as often as possible is crucial. You can live healthier and avoid many complications of diabetes by taking medication when necessary and making lifestyle changes. Monitoring your condition and working with your provider is crucial for managing your diabetes. Additionally, a healthy eating pattern and weight management are important parts of managing your condition. People with diabetes often have lots of questions about what to eat and how to manage their weight because there is so much misinformation available in the media. It can be rather confusing. During this session, speakers describe simple approaches to maintain a healthy glucose level using current evidence for medication use, healthy eating, and weight management.

**Participants Will**

- Understand how medication can help them reach their A1c goal.
- Ask experts questions about diabetes care, healthy eating, and healthy weight loss.
- Identify the key components of a healthy dietary pattern for adults with diabetes.
- Learn effective strategies for healthy weight loss and weight loss maintenance.

## Cardiovascular Health Education



**Session Chair:**

**Leatrice Martin, MBA, CHES**

*Senior Program Coordinator, Duke Heart Center Community Outreach and Education Program, Duke Health*

**Attending both sessions is encouraged. Each will present different information on caring for your heart.**

**“Women, Hormones, and Heart Health: Part I”**

**9:05 – 9:50 a.m.: Mary Townes Science Building, Room 1221**

**Speaker:**

**MargEva Cole, MD**

*Assistant Professor, Obstetrics and Gynecology, Duke University Medical Center*

**“Women, Hormones, and Heart Health: Part II”**

**10:00 – 10:45 a.m.: Mary Townes Science Building, Room 1221**

**Speaker:**

**Khyati Baxi, MD**

*Cardiologist, Duke Health Heritage Cardiology*

**Abstract**

Cardiovascular disease is still a national tragedy in women in the United States, with heart disease and stroke being the first and third leading killers. More than 610,000 people die of these diseases every year, and one in five adults have some form of cardiovascular disease. It is the leading cause of health-related disparities impacting race and gender. Before menopause, women have a lower risk of heart disease than men do. But, as women age and their estrogen levels decline after menopause, their risk of heart disease increases. Heart disease is the most common cause of death for women after menopause, and by the time a woman is 65 years old, she's more likely than a man to die of a heart attack.

**Participants Will**

- Engage in learning how menopause impacts heart health risk factors.
- Learn about prevention and management of cardiovascular disease through diet, exercise, and lifestyle modification.
- Receive practical information on the dietary links to cardiovascular disease.
- Be provided with suggestions on how to lower the risk of cardiovascular disease.
- Learn why women are much more likely to have atypical symptoms than men.
- Review the impact of stress on heart disease in women.
- Become updated on screenings women need to become more self-aware of women's health issues that impact heart disease.
- Participate in a Q&A panel discussion from a leading cardiologist and OB/GYN from Duke University Hospital.

## Cancer Health Education

**Session Chair:****Nadine J. Barrett, PhD, MA, MS**

*Assistant Professor, Department of Community and Family Medicine, Duke School of Medicine;  
Associate Director, Community Engagement and Stakeholder Strategy, Duke Cancer Institute and  
Duke Clinical Translational Science Institute*

**“Keeping it Real! What You Want and Need to Know About Cancer, as Well as Reducing Your Risk!”****9:05 – 9:50 a.m.: Mary Townes Science Building, Room 2235****Speakers:****Jennifer L. Garst, MD**

*Chairman, Lung Cancer Initiative of North Carolina; Professor of Medicine, Duke Thoracic Oncology Program;  
Director of Oncology Clinical Research, Duke Cancer Center Raleigh*

**Marvaretta M. Stevenson, MD**

*Assistant Professor, Department of Medical Oncology, Duke University Medical Center; Medical Oncologist,  
Duke Cancer Network*

**Kearston L. Ingraham, MPH**

*Research Program Leader, Office of Health Equity, Duke Cancer Institute*

**Abstract**

Facilitated by local physicians, this session is an open and candid conversation about what you *should and need* to know about cancers, as well as key ways to reduce your risk and advocate for your health and well-being. We will discuss facts associated with cancer risks, screenings, and prevention, such as:

- What is cancer?
- How can I get lung cancer if I don't smoke?
- Does my home put me at risk for cancer?
- Should I get screened for cancer?
- What is thyroid cancer, and how do I know if I am at risk?
- Can women develop colon cancer?
- Should I get genetic testing?
- What can I do to reduce my risk of cancer, and when should I start?
- Does stress or alcohol increase my risk for cancer? How much?
- HPV, cervical cancer, and the vaccine—should I take it and why?

**Participants Will**

- Leave with practical tips on how to reduce their risk for cancer and other chronic diseases, as well as promote good health and wellness in their daily lives

## Cancer Health Education



**Session Chair:**

**Nadine J. Barrett, PhD, MA, MS**

*Assistant Professor, Department of Community and Family Medicine, Duke School of Medicine;  
Associate Director, Community Engagement and Stakeholder Strategy, Duke Cancer Institute and  
Duke Clinical Translational Science Institute*

**“Navigating the Health Care System: Screening, Health Care, Advance Care Planning, and Beyond”**

**2:10 – 2:55 p.m.: Mary Townes Science Building, Room 2221**

**Speakers:**

**Nadine J. Barrett, PhD, MA, MS**

**Iris R. Hooper-Owens, Licensure in Life and Health**

*Customer Service Associate, Concierge Program, Patient Engagement Center, Patient Revenue Management Organization,  
Duke University Health System*

**Valarie Worthy, MSN, RN**

*Patient Navigator Manager, Duke Cancer Institute*

**Abstract**

This session is an interactive discussion moderated by local health care professionals about ways to remove barriers to accessing the health care system. Services, such as health educational programs to link you with screening and treatment services, financial navigation and billing concerns, as well as end of life decisions, including advance care directives, will be discussed. Referrals for cancer screenings, treatment and survivorship resources, financial counseling, obtaining a medical home if you do not have a primary care provider, as well as advance care directives, will be available.

**Participants Will**

- Learn how to navigate the health care system.

## Environmental Health Education

**Session Chairs:****Joan P. Packenham, PhD**

*Founder and Chair, Women's Health Awareness Day Steering and Planning Committee; Director, Office of Human Research Compliance, National Institute of Environmental Health Sciences*

**Jerry Heindel, PhD**

*Retired, Scientific Program Administrator, Division of Extramural Research and Training, National Institute of Environmental Health Sciences*

**"Do These Chemicals Make Me Look Fat?"**

**9:05 – 9:50 a.m.: Mary Townes Science Building, Room 1111**

**Speaker:****Bruce Blumberg, PhD**

*Professor of Developmental and Cell Biology, Pharmaceutical Sciences, and Biomedical Engineering, University of California, Irvine*

**Abstract**

Obesity is a global pandemic. Today, there are more overweight and obese adults in the United States than there are normal healthy-weight individuals. The obesity epidemic is not limited to humans; it is also affecting domestic dogs and cats and other wild animals. What is causing this increase in weight? Is it just overeating and lack of exercise, or is there more to it? Why is it so difficult to lose weight and to keep it off? This presentation will discuss the state of obesity in the United States, and present data to show that the increase in environmental chemicals over the last 50 years or so likely plays an important role in sensitizing people to weight gain. There are now more than 50 chemicals to which humans are exposed that have been shown to increase weight gain in animal and human studies. This presentation will explain how these chemicals act like normal hormones and, thereby, stimulate the number of fat cells and also make them more sensitive to filling up with fat. Exposure to these chemicals while in utero or early childhood can increase the likelihood of gaining weight later in life. Throughout life, exposure to high-fat and high-sugar foods sensitize metabolism to the weight gaining properties of these environmental chemicals leading to further weight gain.

**Participants Will**

- Learn about the obesity epidemic in the United States.
- Learn the health problems caused by the obesity epidemic.
- Understand why it is so hard to lose weight and even harder to keep the weight off.
- Understand the importance of environmental chemicals to which everyone is exposed in the obesity epidemic.

## Environmental Health Education



### Session Chairs:

#### **Joan P. Packerham, PhD**

*Founder and Chair, Women's Health Awareness Day Steering and Planning Committee; Director, Office of Human Research Compliance, National Institute of Environmental Health Sciences*

#### **Jerry Heindel, PhD**

*Retired, Scientific Program Administrator, Division of Extramural Research and Training, National Institute of Environmental Health Sciences*

### **"Invisible Dangers: Practical Ways to Reduce Everyday Exposures and Improve Health"**

**10:00 – 10:45 a.m.: Mary Townes Science Building, Room 1111**

### **Speakers:**

#### **Robert M. Sargis, MD, PhD**

*Assistant Professor, Division of Endocrinology, Diabetes, and Metabolism, Department of Medicine, University of Illinois at Chicago*

#### **Bruce Blumberg, PhD**

*Professor of Developmental and Cell Biology, Pharmaceutical Sciences, and Biomedical Engineering, University of California, Irvine*

### **Abstract**

It is clear that environmental chemicals can play an important role in the onset and severity of obesity and type 2 diabetes. Everyone is exposed to these toxic chemicals via a wide variety of sources, including plastic packaging, cosmetics and personal care products, food, sunscreens, nonstick surfaces, etc. This presentation will discuss how and where humans are exposed to these toxic environmental chemicals. It will then focus on the multiple ways that everyone can reduce their exposures and improve their health.

### **Participants Will**

- Learn some of the potential environmental contributors to diabetes and obesity risk.
- Understand the sources of toxic environmental chemicals.
- Identify opportunities to address diabetes risk and its environmental contributors.

## Behavioral Health Education

**Session Chairs:****Deborah Breese, MS, LPC, LCAS, CRC***Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.***Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN***Melissa and Harry Levine Family Professor of Quality of Life, Health Promotion, and Wellness, University of North Carolina at Chapel Hill*

**“Living My Best Life, Part I: What in My Environment is Affecting My Emotions, My Mental Health, and What Can I Change to Live a Life of Wellness and Joy?”**

**11:00 – 11:45 a.m.: Mary Townes Science Building, Room 2221**

**Speakers:****Jada Brooks, PhD, MPH***Principal Investigator, University of North Carolina at Chapel Hill School of Nursing***Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN****Abstract**

Women in U.S. society are adversely affected by factors that have a negative impact on their psychological well-being. However, cultural norms, values, beliefs, and stigma interfere with the engagement in healthy discussions about how to address these factors and related experiences of psychological distress, emotional turmoil, or psychological conditions, such as depression or anxiety. Unique factors in the environments in which women live can increase their vulnerability to impaired mental health. The more women know about these factors, the more they can do to purposefully live a life of wellness and joy.

**Participants Will**

- Learn the social determinants of mental health.
- Learn how social determinants impact mental health in women.
- Be given strategies to live their best lives to overcome social determinants and other environmental risk factors for psychological stress.

## Behavioral Health Education



### Session Chairs:

**Deborah Breese, MS, LPC, LCAS, CRC**

*Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.*

**Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN**

*Melissa and Harry Levine Family Professor of Quality of Life, Health Promotion, and Wellness, University of North Carolina at Chapel Hill*

**“Living My Best Life, Part II: How Can Women of Color Recognize and Resolve Anxiety to Live a Life of Health and Wellness?”**

**2:10 – 2:55 p.m.: Mary Townes Science Building, Room 1221**

### Speakers:

**Rachell Davis, MSN, PMHNP-BC**

*Owner and Operator, Rejuvenated Minds, PLLC*

**Rhea S. Mitchell, BSN, RN-BC**

*Psychiatric Nurse, University of North Carolina at Chapel Hill*

**Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN**

### Abstract

Mental health disparities are a major problem in U.S. society because they adversely affect quality of life and longevity. Women of color are at higher risk for particular mental health conditions as a result of exposure to social determinants of health, including chronic stress. Anxiety disorders are common across all groups of adults, but more conversations are needed to help women of color understand anxiety, symptoms associated with anxiety diagnosis, and strategies for treating and living with anxiety.

### Participants Will

- Learn common myths and stigma related to anxiety.
- Learn the signs and symptoms of anxiety disorders.
- Learn strategies for treating anxiety with medications.
- Learn strategies for treating anxiety with psychotherapy.
- Understand holistic and self-care strategies for treating anxiety.
- Be given tips for finding mental health professionals who can treat anxiety.





# **Women's Health Awareness 2019**

Research Study Booths

## Research Study Booths

### National Institute of Environmental Health Sciences Clinical Research Program

The National Institute of Environmental Health Sciences (NIEHS) is located in Research Triangle Park, North Carolina, and is one of the National Institutes of Health (NIH), the nation's premier biomedical research agency. The mission of NIEHS is to reduce the burden of human illness and disability by understanding how the environment influences the development and progression of disease. To help fulfill the mission of NIEHS, a new Clinical Research Unit was opened in 2009.

The NIEHS Clinical Research Branch strives to:

- Translate basic laboratory findings to advances in human health.
- Study interactions between genetics and environmental factors in the development of human diseases.
- Identify populations at increased risk, and develop novel preventative and therapeutic strategies to combat human diseases.
- Protect the rights, welfare, and well-being of human research participants recruited to participate in research conducted or supported by NIEHS.

The Clinical Research Unit at NIEHS is currently recruiting for the following ongoing research studies at Women's Health Awareness 2019:

- Body Weight and Puberty Study
- Environmental Polymorphisms Registry

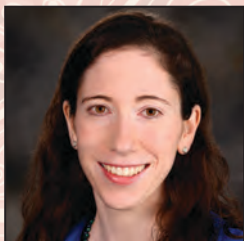
### Body Weight and Puberty Study

**Girls grow into women.**

**Does body weight say when?**

Calling all healthy girls, 8-14 years old, who live in and around Raleigh, Durham, or Chapel Hill, North Carolina, to join this important study. We want to find out if body weight affects when a girl starts puberty.

**For more information about this study, parents may**



- Call 1-855-MYNIEHS
- Email [puberty@nih.gov](mailto:puberty@nih.gov)
- Visit us online at <https://bodyweightandpuberty.niehs.nih.gov>

**Lead Researcher:** Natalie Shaw, MD



## Research Study Booths

### National Institute of Environmental Health Sciences Clinical Research Program

#### NHALES Study

The main purpose of the NHALES study is to collect samples and medical information from people who have moderate to severe asthma. The samples and medical information are used to help scientists understand how bacteria and other things in the environment can affect asthma in people. Another purpose of the NHALES study is to provide free doctor visits and asthma medications to people who

do not currently have a good way to get treatment for their asthma in an asthma clinic that we established at the NIEHS Clinical Research Unit.

**For more information about this study, contact**

Kim Downey, 984-287-4448, kimberly.downey@nih.gov

**Principal Investigator:** Stavros Garantziotis, MD, Medical Director, Clinical Research Branch, 984-287-4412, garantziotis@niehs.nih.gov



#### Environmental Polymorphisms Registry

The Environmental Polymorphisms Registry (EPR) is a long-term research initiative to collect and store DNA from up to 20,000 individuals in a biobank. These DNA samples will be used to examine risk factors for common health conditions, such as heart disease, cancer, diabetes, asthma, and Alzheimer's disease.

The EPR is designed to help researchers develop new and better ways of diagnosing, preventing, and treating common diseases both in individual patients and whole populations.

**For general information about the EPR, contact**

Shepherd H. Schurman, MD

**For more information about this study, contact**

Emily Learner, 919-287-4353, elearner@s-3.com

Nicole P. Edwards, 919-316-4976, nicole.edwards@nih.gov



## Research Study Booths

### National Institute of Environmental Health Sciences Office of Human Research Compliance

The overall mission of the Office of Human Research Compliance (OHRC) is to manage a comprehensive Human Research Protection Program at the National Institute of Environmental Health Sciences (NIEHS).

*Helping to protect the rights, welfare, and well-being of human research participants recruited to participate in research conducted or supported by NIEHS*



**For general information about OHRC, contact**

Joan P. Packenham, PhD, Director, Office of Human Research Compliance

Telephone: 919-541-0766

Administrative Line: 919-541-9844

Email: [packenhm@niehs.nih.gov](mailto:packenhm@niehs.nih.gov)

### North Carolina Agricultural and Technical State University Center for Outreach in Alzheimer's Aging and Community Health

**Our Mission**

The mission of Center for Outreach in Alzheimer's Aging and Community Health (COAACH) is to improve the health and well-being of communities by providing education, community empowerment, and evidence-based research so that individuals, particularly the most vulnerable, can live life with quality, dignity, and independence.



**Center for Outreach in Alzheimer's, Aging, and Community Health**

Goldie Byrd, COAACH Founding Director and Professor of Biology,  
North Carolina A&T State University, 2105 Yanceyville Street, Greensboro, NC 27405

**For more information about this study, contact**

Takiyah D. Starks, MS, Clinical Research Coordinator, 336-285-2172, [tdstarks@ncat.edu](mailto:tdstarks@ncat.edu)



# **Women's Health Awareness 2019**

## Speaker Biographies

## Speaker Biographies



**Willa Y. Robinson Allen, MPH, MAED, MCHES**

*Program Manager, Health Promotion and Wellness, Health Education Division, Durham County Department of Public Health*

**Willa Robinson Allen** manages chronic disease education, injury prevention, and outreach programs for adults in Durham County. Many of these programs focus on healthier lifestyle changes to reduce the risks of developing conditions such as diabetes, heart disease, and cancer.

She is a proud graduate of North Carolina Central University with a Bachelor of Science in health education with a concentration in community health. She has a MAED in adult education from the University of Phoenix, and a master's in public health from the University of North Carolina at Greensboro. She is also a certified childbirth instructor at Rex Birthing Center in Raleigh, North Carolina, a CPR instructor, and a certified group fitness and licensed Zumba instructor.

Willa served 20 years in the armed forces, and retired as a E7/SFC (sergeant first class) in the U.S. Army Reserves. She was trained as an operating room technician, an EMT-B, and a licensed practical nurse.

Her passions include working with faith-based organizations, cooking, and crafting (sewing and scrapbooking).



**Sireatta Atwater, RPh**

*Staff Pharmacist, CVS Pharmacy District 2003*

**Sireatta Atwater** has been a retail pharmacist for more than 27 years. After graduating from the University of North Carolina at Chapel Hill in 1991 with a Bachelor of Science in pharmacy, she began her career as a pharmacy manager for Eckerd Drugs in the Charlotte, North Carolina, market. In 1993, she left Eckerd Drug Corporation and joined Revco Drugs as a pharmacy manager, which became CVS Pharmacy in 1997. To establish a more positive work/life balance, she decided to take on the role of a full-time district relief pharmacist for CVS. This change enabled her to be more hands on with her children, while still living out her passion of caring for her patients in the retail setting. She has continued in that role up to the present.



**Kareemah Abdusamad**

*Certified Master Gardener*

**Kareemah Abdusamad** initially began her journey into gardening to enhance the well-being of villagers in her adopted home of Senegal, West Africa. She studied the value of gardening to reduce health disparities. In Durham, North Carolina, she has shared her love of gardening with students at East Way Elementary School. Students proudly display items grown in the garden and encourage their families to participate in patio or small space gardening. While homeschooling her five children, gardening served as the foundation for many academic lessons, including math, science, and economics. Currently, her garden provides nearly 40 percent of the vegetables and herbs used by her family. In addition to gardening, she is a beekeeper and sold honey to finance homeschool adventures. Certified as master gardener by the Durham County Department of Agricultural Extension, she works at SEEDS, a local nonprofit organization that educates urban youth about gardening, marketing, and community gardening.

## Speaker Biographies



### **Nadine J. Barrett, PhD, MA, MS**

*Assistant Professor, Department of Community and Family Medicine, Duke School of Medicine; Associate Director, Community Engagement and Stakeholder Strategy, Duke Cancer Institute and Duke Clinical Translational Science Institute*

**Dr. Nadine Barrett** is an assistant professor in the Department of Community and Family Medicine, and associate director of Community Engagement and Stakeholder Strategy at the Duke Cancer Institute (DCI) and the Duke Clinical Translational Science Institute. Dr. Barrett has devoted her career to reducing health disparities and increasing access to care and research, particularly among historically underrepresented populations. For more than six years as inaugural director, she has led the Office of Health Equity at the Duke Cancer Institute. Dr. Barrett developed a program entitled "Just Ask," an initiative to increase diversity in clinical research and trials, and is the principal investigator for Project PLACE, a population level approach to cancer elimination. Dr. Barrett's overarching goal is to improve population health through innovative programs and research, and developing strategic partnerships and collaborations. She is a member of several boards, the PCORI Health Disparities and Health Services Advisory Panel, and the American Association of Community Cancer Centers. She has received several national, regional, and community awards for her work. Her awards and honors include an NIH Postdoctoral Fellowship at the University of North Carolina in Chapel Hill, the 2017 Association of Community Cancer Centers Innovator Award for Community Engagement, the Michelle Winn Inclusion Excellence Award from Duke University School of Medicine, and an NAACP Drum Major Justice Award in Community Health.



### **Tanya Bass, MEd, MS, CHES**

*Founder, North Carolina Sexual Health Conference*

**Tanya Bass** has several years of experience in reproductive and sexual health. She is an alumna of North Carolina Central University's (NCCU) Department of Public Health Education, where she has served as an adjunct instructor for the past 15 years. Tanya has a Master of Science in health promotion from NCCU, and a Master of Education in human sexuality education from Widener University.

Tanya is the founder of the North Carolina Sexual Health Conference, which connects sexual health professionals from around the state to share information, efforts, and best practices around sexual health across the lifespan. Tanya is completing her doctoral requirements in education with a focus on human sexuality studies at Widener University. Tanya is also a member of the Women of Color Sexual Health Network; the Association of Black Sexologist and Clinicians; the American Association of Sexuality Educators, Counselors, and Therapists; and the North Carolina Society for Public Health Education. She serves as a board member of Youth Empowered Solutions in Raleigh, North Carolina, and is a trainer for the North Carolina School Health Training Center and the Center for Sex Education.

## Speaker Biographies



**Khyati Baxi, MD**

*Cardiologist, Duke Health Heritage Cardiology*

**Khyati Baxi** is a native of South Carolina, and completed her undergraduate training at Furman University, and medical school training at the University of South Carolina School of Medicine. She completed her internal medicine residency at the University of South Florida, and a cardiovascular fellowship at the University of Florida. During her free time, she enjoys spending time with her 18-month-old son, cooking, and indoor cycling.



**Sharon D. Beard, MS**

*Industrial Hygienist, Worker Education and Training Branch, National Institute of Environmental Health Sciences (NIEHS), National Institutes of Health*

**Sharon D. Beard** is an industrial hygienist primarily responsible for coordinating, evaluating, and improving the nationwide Worker Training Program, especially in the area of the Environmental Career Worker Training Program initiative. She facilitates and coordinates translational research, education, and training through the NIEHS Partnership for Environmental Public Health program and environmental justice activities. Beard holds a master's in environmental science and engineering from Tufts University in Medford, Massachusetts, where she received the prestigious Environmental Science and Management Fellowship from the National Urban Fellows, Inc. She also holds a bachelor's in biology, with a minor in business, from Western Carolina University. In 2013, Beard received the prestigious American Public Health Association Lorin Kerr Award from the Occupational Health and Safety Section for her 19 years of leadership establishing high-impact safety and health training programs and her dedication to serving low-income workers in highly hazardous occupations.

Beard is the emergency coordinator for the Durham Alumnae Chapter of Delta Sigma Theta Sorority, Inc., and is past chair of the Durham (North Carolina) City-County Environmental Affairs Board.



## Speaker Biographies



### **Bruce Blumberg, PhD**

*Professor of Developmental and Cell Biology, Pharmaceutical Sciences, and Biomedical Engineering, University of California, Irvine*

**Bruce Blumberg** received his PhD from UCLA in 1987, studying the molecular biology and biochemistry of the extracellular matrix. He trained in molecular embryology of vertebrate development as a postdoc with Eddy De Robertis at UCLA from 1988-1992. Dr. Blumberg trained in molecular endocrinology in the Gene Expression Laboratory of Professor Ronald M. Evans as a Staff Scientist at the Salk Institute from 1992-1998. There, he led efforts to identify new hormones that act through orphan nuclear receptors. Dr. Blumberg joined the faculty at the University of California, Irvine, in 1998, and is Professor of Developmental and Cell Biology, Pharmaceutical Sciences, and Biomedical Engineering.

Blumberg studies the biology of nuclear hormone receptors in development, physiology, and disease. Their goal is to understand how physiological, pharmaceutical, and environmental nuclear receptor ligands pattern the vertebrate embryo, and how exposure to such chemicals leads to the development of obesity and cancer. He proposed the obesogen hypothesis, which holds that exposure to chemical "obesogens" can predispose individuals to weight gain and obesity. His laboratory showed that exposure to obesogenic chemicals leads to increased adiposity in vivo, and that the effects of prenatal obesogen exposure are transgenerationally inherited through at least four subsequent generations, predisposing descendants of exposed individuals to obesity by modifying their response to dietary fat. Dr. Blumberg was elected as a fellow of the American Association for the Advancement of Science in 2012. He published a book in 2018, "The Obesogen Effect," that explains how obesogens can derail our efforts toward maintaining normal weight.



### **Jada L. Brooks, PhD, MPH**

*Principal Investigator, University of North Carolina at Chapel Hill School of Nursing*

**Dr. Jada L. Brooks** is an enrolled member of the Lumbee Tribe of North Carolina, and assistant professor at the University of North Carolina (UNC) at Chapel Hill School of Nursing. Dr. Brooks holds a Bachelor of Science in biology and chemistry from UNC Pembroke, and a Master of Science in public health in epidemiology from the UNC Chapel Hill School of Public Health. She earned both a bachelor's and doctoral degree in nursing from Duke University, and completed her postdoctoral training at the UNC Chapel Hill School of Nursing. Her research focuses on describing the intersection of environmental pollutants, psychological well-being, and markers of stress related to cardiovascular risk among American Indian women. Employing a community-engaged approach, Dr. Brooks' research goal is to identify and develop culturally-based behavioral interventions that will improve the health and well-being of American Indian women.

## Speaker Biographies



**Ava Brownlee, BS**  
*Agency Owner, Allstate Insurance*

**Ava Alston Brownlee** is a Durham native, graduate of Hillside High School, and a 1977 graduate of the Boston University School of Management.

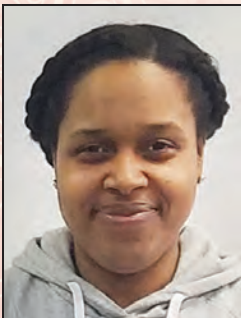
Since 1988, Ava has been an agency owner with Allstate; she currently has two locations in Durham. Prior to being an agency owner, she was employed by Allstate as a claim representative and a market sales manager from 1978 to 1998.

She supports her community by providing sponsorships to Find a Kid Jr. Golf Club, the St. Paul Village Scholarship Program in Chapel Hill, North Carolina, the Triangle Chapter of the M.S. Society Annual Walk, the Holt Foundation, and the Mary Chambers Cancer Foundation. Her awards and honors include numerous awards from Allstate Insurance Company, 2012 honoree for the National Council of Negro Women, 2018 honoree for the Ebonettes Service Club, Inc., and 2018 honoree of Salute to Champions.

She is currently a board member of the West End Community Foundation, and has served on the boards of the National Association of Students Against Violence Everywhere, and Women and Mathematics Mentoring Program.

She is a 43-year member of Delta Sigma Theta Sorority, Inc. She is a current member of First Calvary Baptist Church, and a prior member of St. Joseph AME Church for 37 years.

Ava loves her family, friends, customers, and especially the Lord!



**Britany Burch**  
*Fitness Instructor*

**Brittany Burch** is a professional dancer and group fitness instructor. Ms. Burch specializes in weight loss regimens. She is also the creator of "Reggae-Tone," where she uses a combination of her fitness and dance training to focus on client-specific goals in an enthusiastic and outgoing atmosphere.



**Michele Burgess, PhD, CNHP, CHNP**  
*Founder, Grounded Wellness*

**Michele Burgess** is the founder of Grounded Wellness, a health and wellness practice based on the principles of natural holistic health and nutrition. She has studied alternatives to health and wellness for more than 35 years. She also combines the grounding principles of the ancient Chinese art of Feng Shui with holistic approaches to wellness to create a healthy, grounded, well-balanced life and lifestyle for her clients.

Dr. Burgess holds a doctorate in holistic natural health and nutrition from the University of Natural Health, Indianapolis, Indiana. She also is a certified natural health practitioner and certified holistic nutrition practitioner.

She lives in Durham, North Carolina, and enjoys reading, yoga, Tai Chi, and Feng Shui.

## Speaker Biographies



### **Awanya Caesar RN, BSN**

*Nursing Program Manager, Lincoln Community Health Center*

**Awanya Caesar**, a Durham native, is a 30-year employee of Lincoln Community Health Center. She has dedicated her career to helping the women and men of the community get the best health care possible, regardless of their ability to pay. Most days are spent offering breast health education and outreach to the community. Since 2013, Awanya has been manager of the Breast and Cervical Cancer Control and Susan G. Komen grant programs, which provide breast and cervical screenings for free, or at a reduced cost, to the uninsured and underinsured population. She helps patients navigate the entire health process from screening to post-treatment support. In 2013, she received the Spirit to Impact award from Susan G. Komen, which is given to a community organizer who is making an impact in their community by being a catalyst for change and sharing the Komen message. Awanya facilitates breast cancer and prostate survivor support groups, and collaborates with Duke Health's annual Men's Health Initiative program. Awanya understands knowledge is power, and is dedicated to making sure the community has the information needed to make the right health choices.

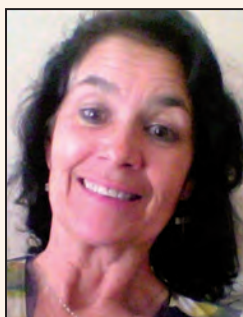


### **Patrice Carr, MS, RD, LDN**

*Nutrition Specialist, Durham County Department of Public Health*

**Patrice Carr** is a registered dietitian with a master's in foods and nutrition from North Carolina Central University. She earned a Bachelor of Science in restaurant and institution management from the University of North Carolina at Greensboro. She later completed a second degree in food and nutrition from North Carolina Central University. She has been a registered and licensed dietitian since 2007. Patrice has worked in all aspects (food service, community, and clinical) of the nutrition field for more than 22 years.

Prior to joining the Durham County Department of Public Health, Patrice worked as a nutrition program consultant for the Child and Adult Care Food Program, and as a regional dietitian for the North Carolina Department of Public Safety. In her spare time, she is a member of a dance group, and enjoys being a cheer mom for her daughter. Patrice has a passion for motivating and teaching people to eat healthier, enjoy their food, and eat in moderation.



### **Angie Ceroli, MS**

*Independent Distributor, doTERRA*

**Angie Ceroli** has a background in chemistry, and has more than 10 years in both environmental consulting and pharmaceutical sales. Her love for our gifts of the earth is what has led her on this journey of exploring and understanding better how our natural resources can benefit us. Angie and her team provide educational workshops in the Carolinas for hospitals, businesses, and individuals, empowering them with knowledge so healthier, natural choices are made that lead to optimal living. GreenHealthFirst.com unites her product offerings, demonstrating how a variety of natural options are explored to address health issues of concern, and has been a resource for more than 5 years in essential oils wellness..

## Speaker Biographies



**MargEva Morris Cole, MD**

*Assistant Professor, Obstetrics and Gynecology, Duke University Medical Center*

**MargEva Morris Cole** has special interests in integrative medicine, alternatives to hysterectomy, minimally invasive gynecological surgery, in-office procedures, and menopausal management. In 2008, she completed a two-year associate fellowship program in integrative medicine at the University of Arizona, directed by Dr. Andrew Weil. She serves as chair of the Department of Obstetrics and Gynecology at Durham Regional Hospital, and assistant clinical professor of Obstetrics and Gynecology at Duke University Medical Center.

Dr. Cole was a John Motley Morehead Scholar at the University of North Carolina at Chapel Hill. She has practiced with Durham Obstetrics and Gynecology since 1997.



**Kathy Cunha, RN, BSN, PCCN**

*Independent Distributor, doTERRA*

**Kathy Cunha** is a wife, mom of four, and nana of two. She serves on a step down telemetry unit at the Durham VA Medical Center. Kathy team-teaches preceptorship classes, and participates on the aromatherapy wellness team at the hospital. She is an aromatherapist certified candidate. She has been a wellness advocate for more than four years, and loves sharing how essential oils can support our body's systems to live better.

**Noor Dasouki Abu-Alnadi, MD**

*Minimally Invasive Gynecologic Surgery, Department of OBGYN, University of North Carolina at Chapel Hill*

**Noor Dasouki Abu-Alnadi**, or Dr. Noor, as many of her patients call her, is a minimally invasive surgeon at the University of North Carolina at Chapel Hill who specializes in endometriosis and chronic pelvic pain. She is personally interested in empowering her patients to advocate for their gynecologic health during medical experiences, and has extended her efforts internationally to include gynecologic health initiatives for refugee populations.

## Speaker Biographies

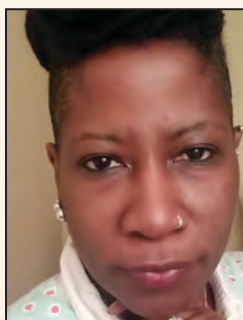


### **Cherrelle Davis, LMFT**

*Marriage and Family Therapist, Veritas Collaborative*

**Cherrelle Davis** is a licensed marriage and family therapist with a decade of experience working in the mental health field. She earned a bachelor's in psychology from the University of North Carolina at Chapel Hill, and a graduate degree in marriage and family therapy from Pfeiffer University. She began her career conducting research on children's memory, and very quickly immersed herself in working with children with developmental disabilities. While working with children, Cherrelle found appreciation for the impact of childhood experiences on adult development. She is invested in helping people make meaning out of their experiences and the world around them.

Cherrelle is also invested in the treatment of eating disorders. She has worked with eating disorders for the last six years, and has more recently served as the clinical director of Veritas Collaborative. She has experience supervising therapists and interns, as well as speaking on topics such as multiculturalism and eating disorders. Cherrelle is particularly interested in the treatment of eating disorders in underserved populations.



### **Rachell Davis, MSN, PMHNP-BC**

*Owner and Operator, Rejuvenated Minds, PLLC*

**Rachell Davis** is the owner and operator of Rejuvenated Minds, PLLC. Rachell received a Master of Science in nursing, as well as advanced practice training at the University of North Carolina at Chapel Hill. As a psychiatric mental health nurse practitioner, she is nationally certified by the American Nurses Credentialing Center to provide both counseling and medication management. Ms. Davis is jointly licensed by the North Carolina Medical Board and the North Carolina Board of Nursing.

Nurse Practitioner Davis' approach to therapy is integrative, evidence based, and individualized. Various techniques and approaches are utilized from therapeutic philosophies, such as cognitive behavioral therapy, dialectical behavioral therapy, acceptance commitment therapy, motivational interviewing, mindfulness-based therapy practices, and interpersonal therapy. Trained as a family psychiatric nurse practitioner, Davis works with both adolescents and adults. Davis also has clinical experience and background in family practice, acute care, critical care, long-term care, and community mental health settings. She prefers to limit her focus of practice to specialize specifically on mental health and wellness issues.

## Speaker Biographies



**Amber Esters, BS**

*Intern, Office of Student Affairs and Office of Diversity and Inclusion, North Carolina Central University*

**Amber Esters** is a 2014 graduate of the Department of Public Health Education at North Carolina Central University (NCCU). Upon earning her degree, Ms. Esters began her lifetime commitment to working with marginalized populations by taking on the role of community health worker at a nonprofit organization, Partners in Caring, in Durham, North Carolina.

Currently, Ms. Esters is an intern with the Office of Student Affairs and the Office of Diversity and Inclusion on NCCU's campus. While at the LGBT Center, she co-facilitates various programs and events related to sexuality, mental, and emotional health. This spring, she will graduate from the University of North Carolina at Greensboro with a master's in women's and gender studies. Ms. Esters aspires to continue her work as an advocate for marginalized bodies.



**Oluwadamilola "Lola" Fayanju, MD, MA, MPHS**

*Assistant Professor of Surgery, Duke University School of Medicine; Director, Breast Clinic, Durham VA Medical Center*

Dr. Oluwadamilola "Lola" Fayanju joined the Department of Surgery at Duke University as an assistant professor in 2016, when she also became the director of the Breast Clinic at the Durham VA Medical Center. She received both her undergraduate degree in history and science, and a master's in comparative literature from Harvard University. She received her medical degree, and a Master of Population Health Sciences, from Washington University in St. Louis, where she also completed her residency in general surgery. She completed fellowship training in breast surgical oncology at The University of Texas MD Anderson Cancer Center in Houston.

Dr. Fayanju has a strong and long-standing commitment to promoting the equity and efficacy with which breast cancer patients are treated, and a guiding principle that is reflected in her clinical practice and research endeavors. She is an academic breast surgeon who conducts health services research focused on addressing disparities in breast cancer outcome and treatment, as well as improving the quality and efficiency of breast cancer care delivery using the principles of value-based health care. A member of the Duke Cancer Institute, her work has been recognized with two Conquer Cancer Merit Awards from the American Society of Clinical Oncology, and she has been published in a variety of journals, including *Annals of Surgery*, *JAMA Surgery*, and *Annals of Surgical Oncology*.



**Kristalyn Gallagher, DO**

*Chief, Breast Surgery; Surgical Director, Breast Care Program; Assistant Professor, Surgery, University of North Carolina at Chapel Hill School of Medicine*

**Dr. Kristalyn Gallagher** is a breast surgical oncologist at the University of North Carolina at Chapel Hill (UNC). She serves as the chief of breast surgery at UNC, and director of the UNC surgical breast care program. She specializes in the surgical management and treatment of breast cancer. Her research interests include clinical trials, developing new innovative surgical techniques, and personalizing breast cancer treatment options. She is dedicated to caring for patients and helping them understand their diagnosis and treatment options.

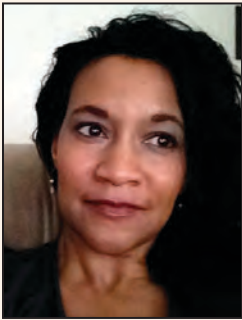
## Speaker Biographies



### **Jennifer Garst, MD**

*Chairman, Lung Cancer Initiative of North Carolina; Professor of Medicine, Duke Thoracic Oncology Program; Director of Oncology Clinical Research, Duke Cancer Center Raleigh*

**Dr. Jennifer Garst** is director of oncology clinical research for the Duke Thoracic Oncology Program at the Duke Cancer Center Raleigh. Dr. Garst attended medical school at the Medical College of Georgia, and completed her residency in medicine at the University of Texas Southwestern Medical Center, and a fellowship in hematology and oncology at Duke University Medical Center. Dr. Garst is one of the founding members of the North Carolina Lung Cancer Partnership (NCLCP), and has served as board chairman of the NCLCP since 2007. She lives in Durham with her husband and two children.



### **Natalie Gidney-Cole, MSW, LCSW**

*Clinician, Armstrong Center for Hope*

**Natalie Gidney-Cole** is a North Carolina Certification and Licensure Board licensed clinical social worker with more than 25 years of professional experience working with individuals, children, adolescents and families. She has practiced social work in social service agencies, schools, universities, and hospitals, including the Duke UMC Child Protection Team (later, Center for Child and Family Health). Currently, Natalie is a clinician at the Armstrong Center for Hope, and works full time for the Durham Public School System. Natalie's theoretical base is integrative – drawing clinical techniques from cognitive behavioral therapy, family (systems) therapy, and psychodynamic psychotherapy.

Natalie is particularly interested in the promotion of mental health wellness through counseling that includes healthy lifestyle practices, mindfulness (brain awareness), and spirituality. She is the mother of a wonderful 18-year-old son, Chris.



### **Marvis Henderson-Daye**

*Owner, M. E. Henderson, Inc.*

**Marvis Henderson-Daye's** college degrees did not prepare her for the biggest challenges of her life. Since 2002, she has suffered with fibromyalgia. In 2014, she did not have the energy to take her child to school. In less than six months, he would be entering college. She knew she had to change her lifestyle. First, she changed her diet and became gluten-, yeast-, and caffeine-free. It was not enough. She unsuccessfully tried water therapy, yoga, and the gym. She finally started to participate in a line dance class. This low-impact exercise worked for her three years later, and she is line dancing almost five days per week. She is teaching line dance classes and throwing parties.

She still suffers from fibromyalgia, but with diet and exercise, she has improved her health and is living as well as she can.

## Speaker Biographies



### **Alecia L. Holloman, BS**

*Social Science Research Associate, North Carolina Central University*

**Alecia Holloman** is a public health educator with more than 15 years of experience in bridging those in need to community resources.

She currently works as a social science research associate at North Carolina Central University (NCCU) in the Julius L. Chambers Biomedical/Biotechnology Research Institute (BBRI). Her position supports faculty researchers by assisting with design and logistics for outreach initiatives, participant recruitment, and building strategic community partnerships. She is passionate about working with adolescents, teens, young adults, and women with children. Alecia is also the 2018 Raleigh City Delegate for the North Carolina Black Women's Roundtable. She attained her Bachelor of Science in public health education from NCCU.



### **Iris R. Hooper-Owens, Licensure in Life and Health**

*Customer Service Associate, Concierge Program, Patient Engagement Center, Patient Revenue Management Organization, Duke University Health System*

**Mrs. Iris Hooper-Owens** is a customer service and billing representative at the Duke University Patient Revenue Management Organization in Durham, North Carolina. She found out that she had lymphoma after trying to conceive a second child with infertility specialists. While experiencing complications with conceiving, she received abnormal labs. Mrs. Owens was diagnosed with lymphoma and received care in 2010. Currently, she is an elected member to the Duke Cancer Institute's Office of Health Equity's Community Advisory Council as a patient advocate and survivor. Mrs. Owens takes pride in providing financial navigation and counseling to cancer patients, which includes assisting with billing issues. She loves sharing her story with cancer patients to let them know that they are not alone in their journey, and to give them a sense of hope while they are facing a devastating diagnosis. Mrs. Owens has a level of kindness, care, and empathy for people who are distressed, sick, and require time, as well as attention, to their needs. As a cancer survivor, she truly believes that access to quality health care is of paramount importance to survivorship after diagnosis, as well as a high quality of life.



### **E. Shelley Hwang, MD, MPH**

*Professor of Surgical Oncology and Radiology, Chief of Breast Surgery, Vice Chair of Research, Duke Comprehensive Cancer Center*

**Dr. Shelley Hwang** is professor of surgical oncology and radiology, chief of breast surgery, and vice-chair of Research for the Duke Department of Surgery and the Duke University Comprehensive Cancer Center, where she co-leads the Women's Cancer Program. Her national leadership roles include membership on the National Cancer Institute Breast Cancer Steering Committee, the National Comprehensive Cancer Network Screening Guidelines Committee, and she has also participated on national guidelines panels for ductal carcinoma in situ (DCIS) and node-positive breast cancer. Her research focus includes breast cancer prevention, identifying less invasive treatments for early stage breast cancers, including DCIS, and understanding the genetic and stromal determinants of cancer progression. Her collaborations also include studies related immune approaches to breast cancer treatment, and her team has been funded to study PVSRIPO vaccine therapy for advanced breast cancer. Dr. Hwang is an experienced clinical trialist with a 20-year interest in both the biology and treatment of early stage breast cancer. She is the principal investigator (PI) of numerous grant awards.



## Speaker Biographies



### **Tara Ilsley, MPH**

*Research Program Leader, Office of Health Equity, Duke Cancer Institute*

**Tara Ilsley** has more than 10 years of maternal health and public health experience, both in North Carolina and globally in Malawi, Argentina, and Honduras. Tara has worked in direct patient care, and specifically with low-income individuals, families, and immigrant populations. Tara received her master's in public health from the UNC Gillings School of Global Public Health, specifically with a concentration in maternal and child health. In 2012, Tara began working at Duke University in the Community and Family Medicine department, and continues to work with the undeserved and uninsured community of Durham and, specifically, with the growing Latino population in North Carolina. Tara is a Doula of North America certified birth doula, birth educator, and facilitator for centering pregnancy classes. She is also co-chair of the communications committee at the Partnership for a Healthy Durham, and an alumnus of the New Leaders Council.

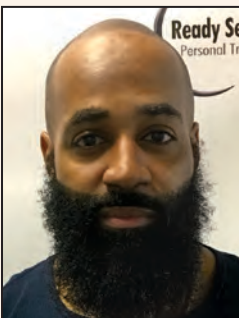


### **Kearston L. Ingraham, MPH**

*Research Program Leader, Office of Health Equity, Duke Cancer Institute*

**Kearston L. Ingraham** is a research program leader in the Office of Health Equity at the Duke Cancer Institute. She is responsible for implementing and evaluating health educational outreach and cancer screening endeavors for the office. She is a public health practitioner and certified patient navigator.

Ms. Ingraham received her Master of Public Health in international health and human development, with a concentration in monitoring and evaluation from Tulane University, and her Bachelor of Science in biobehavioral health with minors in health policy administration, African-American studies, and African studies from Pennsylvania State University. In addition, she is a University of California, San Francisco, Minority Training Program in Cancer Control Research Fellow. Her areas of interest include health disparities, clinical trial participation from diverse populations, monitoring and evaluation, bioinformatics, and behavioral cultural assessments. She is committed to building long-lasting relationships with stakeholders from diverse health-focused communities.



### **Anthony Jones**

*Owner and Operator, Ready Set Fitness Personal Training Studio*

**Anthony Jones** is an American Council on Exercise certified personal trainer, group fitness instructor, peer support specialist, and life and health coach with more than 15 years of experience working with kids, adults, and the disabled. Anthony is most known for his great energy and ability to train, educate, and motivate individuals with fun fitness, and dance. His specialty is working in a private one-on-one setting or with small groups to get the best results needed to assist individuals with creating a healthier lifestyle through nutrition, dance, and fitness. Anthony is very passionate and dedicated to serving his community.

## Speaker Biographies



### **Harold G. Koenig, MD**

*Professor, Psychiatry and Behavioral Sciences, Duke University Medical Center*

**Dr. Harold Koenig** completed his undergraduate education at Stanford University; medical school training at the University of California, San Francisco; and geriatric medicine and psychiatry training, as well as his master's in health sciences, at Duke University. He is board certified in general psychiatry, and formerly in family medicine, geriatric medicine, and geriatric psychiatry. He is on the faculty at Duke University Medical Center as professor of psychiatry and associate professor of Medicine. Dr. Koenig is also an adjunct professor in the Department of Medicine at King Abdulaziz University, Jeddah, Saudi Arabia, and in the School of Public Health at Ningxia Medical University, Yinchuan, People's Republic of China, where he teaches and conducts research. Dr. Koenig is the director of Duke's Center for Spirituality, Theology, and Health, and has published extensively in the fields of religion, spirituality, and health, with nearly 500 scientific peer-reviewed academic publications, 100 book chapters, and more than 50 books. His research on religion and health has been featured on many national and international TV news programs (including ABC's World News Tonight, The Today Show, two episodes of Good Morning America, The Dr. Oz Show, and NBC Nightly News) and hundreds of national and international radio programs, newspapers, and magazines (including The New York Times, Reader's Digest, Parade Magazine, Newsweek, Time, and Guidepost). Dr. Koenig has given testimony before the U.S. Senate (1998) and U.S. House of Representatives (2008) concerning the benefits of religion and spirituality on public health. He is the recipient of the 2012 Oskar Pfister Award from the American Psychiatric Association, and the 2013 Gary Collins Award from the American Association of Christian Counselors.



### **Coleman Lowe Jr.**

**Coleman Lowe Jr.** is fun and energetic, and brings that to his classes. He absolutely loves Zumba. He has taken classes for a few years, but enjoys teaching it more. As a guy, he knows he is a minority in this Zumba game, but his class is in no way inferior to others, so check it out!



### **Varnell D. McDonald-Fletcher, EdD, PA-C**

*Certified Physician Assistant, Department of Surgery, Durham VA Health Care System*

**Dr. Varnell McDonald-Fletcher** has been a certified physician assistant for 25 years. During her career, she has been employed in neurosurgery, neuro-oncology, orthopedics, general surgery, and is currently employed at the Durham Veterans Affairs Health Care System in colorectal surgery and surgical administration. She has served the medical profession as a member of the Medical Education Committee of the North Carolina Medical Society, a former board member of the National Commission on Certification of Physician Assistants, and presently is a member of the North Carolina Medical Board. In addition, she has been invited to speak for medical professional organizations, and served on community and professional committees to improve medical education in her community.

## Speaker Biographies



### **Lynn J. McKinley-Grant MD, MA, FAAD**

*Associate Professor, Howard University College of Medicine*

**Dr. Lynn McKinley-Grant** obtained her Doctor of Medicine from Harvard Medical School in 1980. She completed her primary care medicine residency at Boston Medical Center, and completed her dermatology residency at New York University. She is board certified in internal medicine and dermatology. She was a molecular biotechnology fellow at the National Institutes of Health before going into academic medicine at George Washington, Duke, and Howard universities. She is co-founder of the Insight Institute, a nonprofit that develops curriculum in the arts for medical education, law enforcement, and the military. Having more than 25 years of experience, she uses her training in medicine and the arts to take a holistic approach to patient care and treat the whole patient and the family. She serves the community through her church, mentoring youth, the Links Inc., Jack and Jill of America.



### **Rhea S. Mitchell, BSN, RN-BC**

*Psychiatric Nurse, University of North Carolina at Chapel Hill*

**Rhea Mitchell** is a psychiatric nurse and graduate student in the psychiatric mental health nurse practitioner program at the University of North Carolina at Chapel Hill. She has worked with adult and geriatric patients with dual diagnoses and substance abuse/chemical dependency on inpatient units and adult facility-based crisis. Her clinical experience includes working with patients with major depressive disorder, anxiety disorders, schizophrenia, bipolar disorder, and borderline personality disorder. She has demonstrated her ability to provide safe effective care to patients in various clinical settings. Rhea also enjoys working with children in school-based settings, with a particular emphasis on those who are working to recover from the experience of trauma. Rhea has a passion for helping individuals with mental health and substance abuse disorders. Her goals include instilling hope by providing therapeutic care and support, eliminating stigma through advocacy and awareness, and breaking down barriers to treatment.



### **Roszetta Pringle**

*Founder, Still You Hair Replacements*

**Roszetta Pringle** is a certified hair loss expert whose daily passion is to provide support to women and teenage girls as they travel through life-changing journeys. One of the most devastating of these life journeys is thinning or total hair loss.

Through her business, Still You Hair Replacements, Roszetta addresses these challenges by customizing hair and scalp care regimens for beautiful hair results. For those with different levels of hair loss as a result of medical conditions, customized hair prostheses are designed to accommodate their specific lifestyle and activities. She feels the spirit of each client is unique, and finds pleasure in helping each one to feel beautiful, confident, and happy.

Roszetta has enjoyed a strong presence in hair care throughout the Triangle for more than 25 years. Her accomplishments include being a salon owner, an advanced stylist trainer, hair care product designer, certified in medical hair replacement for women, certified ambassador and affiliate partner for Wigs for Kids, Hair Loss University platinum coach, and graduate of a strategies incubator on business education.

## Speaker Biographies



### **Maryssa Sadler, MPA**

*Positive Parenting Program Coordinator, Cumberland County Department of Public Health*

**Maryssa Sadler** has been in the field of public health for more than 5 years. Maryssa began her work as a preconception peer educator at North Carolina Central University (NCCU), where she worked with females to educate on preconception, pregnancy, and parenting programs to address disparities, minority health, and maternal and child health. Her commitment to health education has led her to empower teens and young adults through comprehensive and evidence-based curriculums so they are able to make safe, healthy, and informed decisions. Through this, she has flourished as a teen and young adult health educator advocate, who works one-on-one with teens to answer sexual health questions to increase communication skills. Maryssa is a double graduate from NCCU, where she received her Bachelor of Science in public health education in 2015, and her Master of Public Administration in 2018. Maryssa is currently serving as the positive parenting program coordinator in Cumberland County, North Carolina.



### **Carmen D. Samuel-Hodge, PhD, MS, RD, LDN**

*Research Assistant Professor, Department of Nutrition, University of North Carolina Gillings School of Global Public Health, and School of Medicine*

**Dr. Carmen Samuel-Hodge** is a research assistant professor in the Department of Nutrition at the University of North Carolina (UNC) Gillings School of Global Public Health and School of Medicine. She is also evaluation core director at the UNC Center for Health Promotion and Disease Prevention, and an adjunct assistant professor at Duke University's School of Medicine.

Her research has focused on chronic diseases that disproportionately affect African-Americans and other minority populations. In particular, her research focuses on clinical and community-based diabetes self-management training programs for African-Americans with type 2 diabetes, behavioral weight loss programs for low income women (adapted from evidence-based programs like the Diabetes Prevention Program), and heart disease prevention programs that teach participants how to change their eating habits and physical activity behaviors to reduce their risk of cardiovascular disease. Recently, she expanded her interests to include research on ways to have African-American families play a more positive role in helping family members take better care of their diabetes.



### **Robert M. Sargis, MD, PhD**

*Assistant Professor, Division of Endocrinology, Diabetes, and Metabolism, Department of Medicine, University of Illinois at Chicago*

**Dr. Robert Sargis** has had a lifelong interest in the impact of human activity on the environment. In addition to his work as a practicing clinical endocrinologist caring for patients with diabetes and lipid disorders, Dr. Sargis has an active research program examining the means by which environmental toxicants promote the development of metabolic diseases, such as obesity and diabetes. Recently, an emerging focus of Dr. Sargis' work moves beyond studies in cells and animals to explore how environmental injustice contributes to higher rates of diabetes among African-Americans, Latinos, those with low incomes, and other groups. The goal of this work is to translate basic science into meaningful interventions to eliminate the devastating burden of diabetes in vulnerable communities.

## Speaker Biographies



### **Tara Owens Shuler, MEd**

*Perinatal Health Unit Manager, Women's Health Branch, N.C. Division of Public Health, N.C. Department of Health and Human Services*

**Tara Owens Shuler** has more than 26 years of public health experience, working with programs focused largely on improving maternal and child health outcomes. Tara is a Lamaze certified childbirth educator, and a Doula of North America certified birth doula, spending the past 24 years helping women gain knowledge and skills to make informed decisions during their labor and birth. As a birth doula, Tara has provided continuous doula support for more than 80 women and their partners. Tara is the co-program director for the N.C. Perinatal Association Lamaze Childbirth Educator program, and has trained hundreds of individuals across the U.S. and internationally to teach Lamaze-evidenced informed childbirth education. Tara is a member of the Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc., and serves as the co-chair for health awareness committee, and chair of the international awareness committee. She is a leader and advocate for women being informed, educated, and supported before, during, and after birth!



### **Susan Spratt, MD**

*Associate Professor of Medicine, Department of Medicine, Division of Endocrinology, Metabolism, and Nutrition; Assistant Professor, Department of Community and Family Medicine, Duke School of Medicine*

**Dr. Susan Spratt** completed her medical residency at the Boston Children's Hospital, and her medical degree at Harvard University. She is the diabetes medical adviser for DukeWell. She also runs a weekly free diabetes education and support group at Healing for CAARE, Inc., located in downtown Durham (214 Broadway St., Durham, N.C.), where all patients with diabetes are welcome to attend without a referral. She is also a physician champion for Maestro Care.

Her recent projects include adding questions regarding social drivers of health to the social history section within the electronic health record (EHR), designing tools to reduce harm when providers prescribe chronic opioid therapy, and designing a thyroid data mart. Her research interests include using data already in the EHR to address gaps in care for patients with diabetes. Her hobbies include dance, singing, and creating crafts of all types. She is thrilled to share her knowledge and passion on improving health.

## Speaker Biographies



### **Marvaretta M. Stevenson, MD**

*Assistant Professor, Department of Medical Oncology, Duke University Medical Center;  
Medical Oncologist, Duke Cancer Network*

**Dr. Marvaretta Stevenson** is from Marion, South Carolina, and received her undergraduate degree in medical technology from Clemson University. In 2004, she completed medical school at the Medical University of South Carolina in Charleston, South Carolina, and then attended the Duke University School of Medicine for her internal medicine residency. She then remained at Duke as a hematology and oncology fellow. Dr. Stevenson has been in practice for more than 14 years, and has been on Duke's faculty since 2010. Most of her time at Duke focuses on patient care and research in urban and rural communities. She applied her expertise through the Duke Cancer Network serving outreach cancer clinics in eastern North Carolina for 10 years, and currently sees patients at Duke Cancer Center Raleigh. Her practice sees various hematology and oncology patients with a focus on lung, head and neck, and GI cancers. Her research broadly examines a variety of areas, including using genomic strategies to assess lung cancer phenotypes, the use of palliative care for patients with chronic disease, and improving cancer care in community cancer centers. Dr. Stevenson serves on several boards where she applies her community and patient care expertise to drive practice and policy on a national level. For example, she is a current member on the National Comprehensive Cancer Network Occult Primary Cancer Panel, and a two-time recipient of the American Society of Clinical Oncology Cancer Foundation Merit Award.



### **Shirrell L. Thomas**

*Community Outreach Coordinator, Durham Crisis Response Center*

**Shirrell Thomas** is a native New Yorker, but calls North Carolina home. Her mother and father are from North Carolina, and she has lived here for 30 years. She is the proud mother of two sons, and grandmother of eight grandsons. Her passion is her love for travel, which evolved during her work as an Eastern Airlines flight attendant for 25 years. Thomas' favorite Scripture is King James Version, Micah 6:8, "He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God."



### **Veronica Wetzel, RN**

*Registered Nurse, Durham VA Medical Center*

**Veronica Wetzel** is a registered nurse working in the medical, surgical and telemetry ward. She has been serving the veterans since 1998 at the Durham VA Medical Center. Prior to that, she served in the U.S. Navy as a corpsman for five years, specializing in the ear, nose, and throat. She has been a wellness advocate for three years, and shares the benefits of essential oils with others.

## Speaker Biographies



### **Nsedu Obot Witherspoon, MPH**

*Executive Director, Children's Environmental Health Networks*

**Nsedu Witherspoon** serves as the executive director for the Children's Environmental Health Network (CEHN), where her responsibilities include successfully organizing, leading, and managing policy, education, training, and science-related programs. For the past 19 years, she has served as a key spokesperson for children's vulnerabilities and the need for their protection, conducting presentations and lectures across the country.

She is a leader in the field of children's environmental health, serving as a member of the NIH Council of Councils, the Science Advisory Board for the Centers for Disease Control and Prevention, and the External Science Board for the Environmental Influences on Child Health Outcomes (ECHO) NIH Research work. She is a co-leader for advancing the science and health initiative of the National Collaborative on a Cancer Free Economy. Ms. Witherspoon is also a board member for the Pesticide Action Network of North America, the Environmental Integrity Project, and serves on the Maryland Children's Environmental Health Advisory Council.

Ms. Witherspoon has held past appointments on the Children's Health Protection Advisory Committee for the U.S. Environmental Protection Agency, and the Board for the American Public Health Association. She is a past member of the National Association of Environmental Health Sciences Council, and the Institute of Medicine's Environmental Health Sciences Roundtable. Ms. Witherspoon has a variety of publications, and has the distinct honor of having one of CEHN's leadership awards, the Nsedu Obot Witherspoon (NOW) Youth Leadership Award, named in her honor. She is also the recent recipient of the William R. Reilly Award in Environmental Leadership from the Center for Environmental Policy at American University, and the Snowy Egret Award from the Eastern Queens Alliance.

Ms. Witherspoon has a Bachelor of Science in biology pre-med from Siena College, and a Master of Public Health in maternal and child health from the George Washington University School of Public Health and Health Services. She is a proud mom to four children!

## Speaker Biographies



### **Cheryl L. Woods Giscombe, PhD, RN, PMHNP-BC, FAAN**

*Melissa and Harry Levine Family Professor of Quality of Life, Health Promotion, and Wellness, University of North Carolina at Chapel Hill*

**Dr. Cheryl Woods Giscombe's** program of research focuses on understanding and reducing stress-related health disparities among African-Americans. She has a particular interest in the potential for integrative approaches to reduce mental health-related disparities among African-Americans. Dr. Woods Giscombe is dually trained in nursing and psychology. She completed a Bachelor of Arts in psychology from North Carolina Central University, and a Bachelor of Science in nursing from Stony Brook University in New York. She earned a Master of Arts, doctorate degree, and PhD degrees in social and health psychology from Stony Brook University, and a Master of Science in nursing from the Psychiatric-Mental Health Nurse Practitioner and Clinical Nurse Specialist Program at the University of North Carolina (UNC) at Chapel Hill. Dr. Woods Giscombe completed certification in holistic health from the Institute of Integrative Nutrition in Manhattan, New York. In addition, she completed postdoctoral training at UNC Chapel Hill on interventions to prevent and manage chronic illness, which was funded by the National Institute of Nursing Research and the Substance Abuse and Mental Health Services Administration Minority Fellowship Program, in collaboration with the American Nurses Association. In 2007, Dr. Woods Giscombe was selected as a leader in the field by the American Psychological Association when she was awarded the Carolyn Payton Early Career Award. She is particularly grateful for her immediate family (husband, Kessonga, and two daughters, Zuri and Zola), her extended family, friends, and mentors who support and inspire her both professionally and personally.



### **Valarie Worthy, MSN, RN**

*Patient Navigator Manager, Duke Cancer Institute*

**Valarie Clark Worthy** has been a registered nurse for more than 33 years, and has been employed by Duke University Health System for 13 years.

Valarie, a 16-year breast cancer survivor, understands the importance of good health, and has a passion for getting the word out to the community about early detection and good health practices. She is one of the founders of the local chapter of Sisters Network, Inc., a survivorship organization for African-American women with breast cancer. Her breast cancer survivor story is featured on the Blue Cross and Blue Shield of North Carolina Foundation educational kiosk. This exhibit travels throughout North Carolina. A recipient of numerous awards, Valarie received the American Cancer Society's 2012 Lane Adams Quality of Life Award, which recognizes the unsung heroes of cancer care and are referred to as the "warm hand of service."

Valarie is active in health ministry both in Durham and her hometown.



### **Aya Zaghloul, BS**

**Aya Zaghloul** graduated from North Carolina State University with a computer science degree, and worked as a developer for IBM for 10 years. She and her husband have four kids, and after having their last, she decided to stay home and take a break. All her life, she has had a passion for dance. She started taking Zumba classes in 2009 and was hooked! The rhythms, the beats, the moves, and the people equal therapy! Zumba is for any age and any experience level. So, come check out her Zumba class! Because after all, "Dance is a way to find yourself and lose yourself...all at the same time!"





# **Women's Health Awareness 2019**

Corporate and Business Partners



## Corporate Partner

**A Special "THANK YOU" to Duke Health  
for their generous contribution to Women's Health Awareness 2019**



# Women's Health Awareness Day 2019

**We support you.**

Duke University Hospital proudly supports all women — our mothers, daughters, sisters and friends for the critical role they play in the health and wellness of our communities.



## Corporate Partner

### A Special "THANK YOU" to Cancer Prevention and Control Branch of the North Carolina Department of Health and Human Services for their generous contribution to Women's Health Awareness 2019

The Cancer Prevention and Control Branch, North Carolina Department of Health and Human Services, is honored and thrilled to support Women's Health Awareness Day. The Cancer Branch works to ease the burden of cancer through education, information, screenings, resources, and opportunities that promote healthy lifestyles.

The North Carolina Breast and Cervical Cancer Control Program (BCCCP) exists to reduce mortality and morbidity from breast and cervical cancers in low-income, uninsured, and underinsured North Carolina women. BCCCP's screening services are available statewide in local health departments, federally qualified health centers, community health centers, and hospitals statewide.

**Take care of your health, so you will be there for your family.**  
 Are you up to date on your health screenings? Early detection can help reduce your risk of getting a chronic disease, like heart disease, diabetes or cancer. It can reduce your risk of complications and even save your life. Today, take a moment to take control of your health to make sure you're there for the big moments. Learn more at [preventchronicdisease.nc.com](http://preventchronicdisease.nc.com).

- track health numbers
- get mammogram and pap smear
- have colorectal cancer screening
- see son graduate

- registrar sus números indicadores de salud
- hacerse el mamograma y el papanicolaou
- hacerse la prueba de cáncer colorectal
- ver a su hija graduarse

**Cuide su salud para que esté ahí para su familia.**  
 ¿Está al día con sus exámenes de salud? La detección temprana puede ayudar a reducir su riesgo de adquirir una enfermedad crónica, como enfermedad del corazón, diabetes o cáncer. Esto cuida, puede reducir su riesgo a tener complicaciones e incluso salvar su vida. Tome tiempo hoy para tomar control de su salud y asegurarse de que estará ahí para los grandes momentos. Aprenda más en [preventchronicdisease.nc.com](http://preventchronicdisease.nc.com).

At each screening location, our Breast and Cervical Cancer Control Program navigators consistently provide high-quality care and health screenings, recognize and manage patient barriers, and identify clinical and community resources to help women access and receive health screenings.

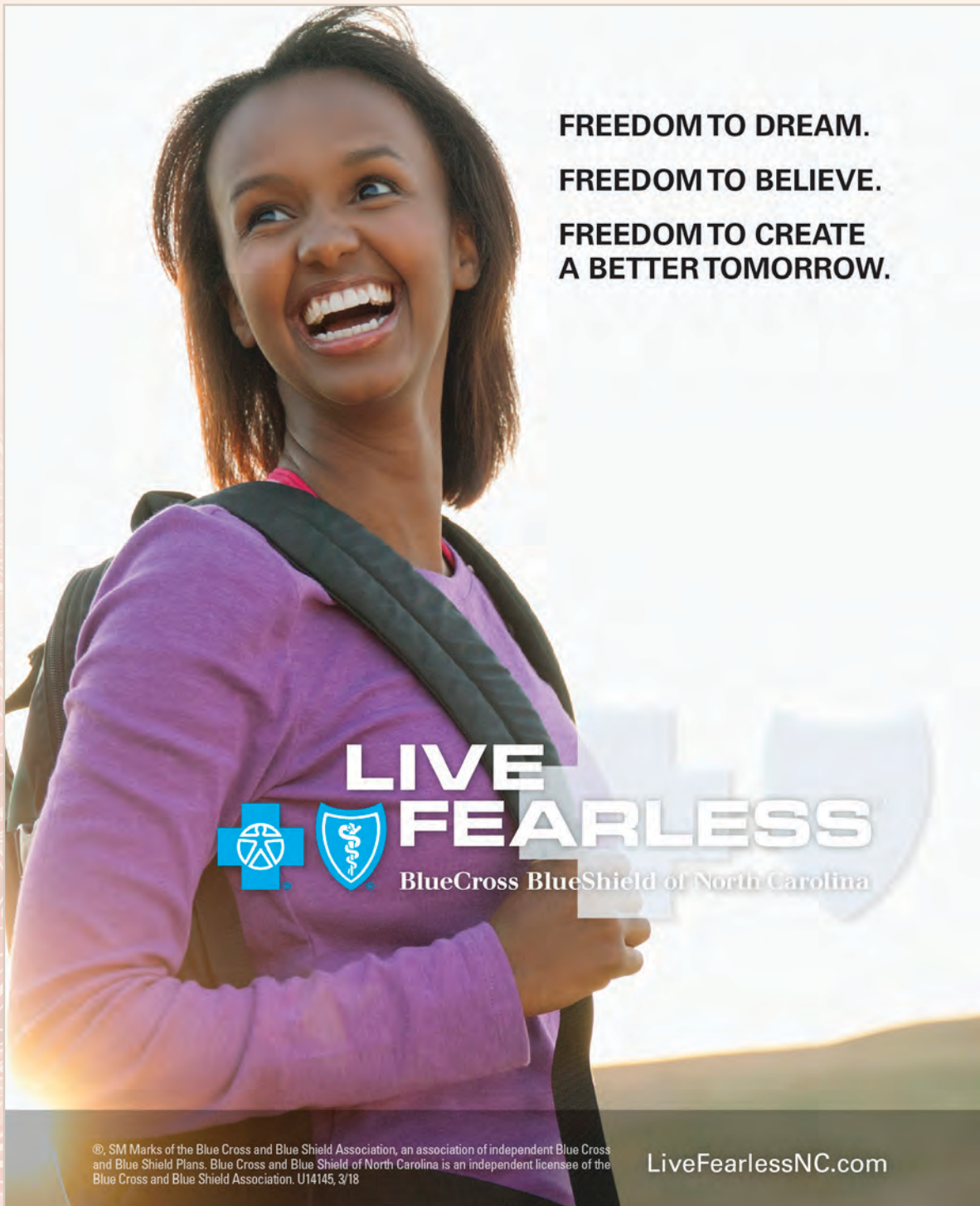
We hope to see you at our mammogram and cervical cancer screening room located in room 2226.





## Corporate Partner

**A Special "THANK YOU" to Blue Cross and Blue Shield of NC  
for their generous contribution to Women's Health Awareness 2019**



**FREEDOM TO DREAM.  
FREEDOM TO BELIEVE.  
FREEDOM TO CREATE  
A BETTER TOMORROW.**

**LIVE  
FEARLESS**  
BlueCross BlueShield of North Carolina



## Corporate Partner

**A Special "THANK YOU" to Duke Cancer Institute  
for their generous contribution to Women's Health Awareness 2019**



## Duke Cancer Institute thanks our community partners

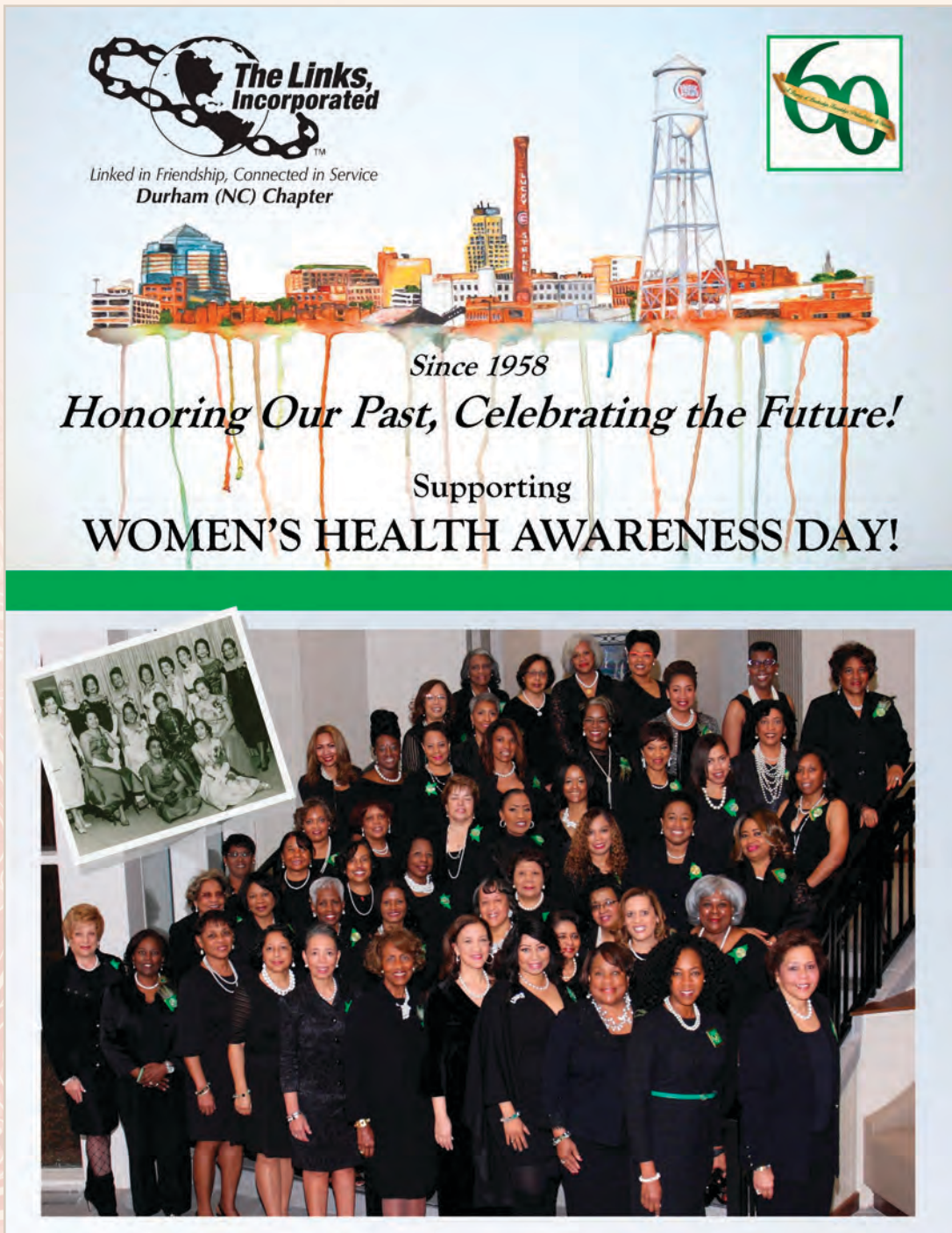
Duke Cancer Institute is proud to serve as a Corporate Partner for the 2019 Women's Health Awareness Day Cancer Track. Our community partnerships are critically important to us and we are committed to providing cancer outreach, education, screenings and valuable services to those in our communities.

To find our more about these services, please call our office at 919-684-0409 or visit [dukecancerinstitute.org/ohed](http://dukecancerinstitute.org/ohed).



## Corporate Partner

**A Special "THANK YOU" to the Durham (NC) Chapter of The Links, Inc. for their generous contribution to Women's Health Awareness 2019**





## Corporate Partner

**A Special "THANK YOU" to Duke Heart Center  
for their generous contribution to Women's Health Awareness 2019**



# Caring for the Hearts of Women

Duke Heart Center supports the women of our community—on Women's Health Awareness Day and every day. Our researchers and care providers are dedicated to better understanding women's unique heart-health needs, providing expert care and offering guidance in leading healthy lifestyles.



## Corporate Partner

**A Special "THANK YOU" to the Triangle Park Chapter of The Links, Inc. for their generous contribution to Women's Health Awareness 2019**



*"Communities and countries and ultimately the world are only as strong as the health of their women."*

- Michelle Obama

The Triangle Park Chapter (NC) of The Links, Incorporated proudly supports the 5th Annual Women's Health Awareness Day

We, too, are actively dedicated to "Transforming Communities by Enhancing Women's Health"

Link DJuana McDougal  
PRESIDENT



Linked in Friendship, Connected in Service  
Triangle Park (NC) Chapter



## Business Partners

A Special **"THANK YOU"** to our Business Partners  
for their contributions to Women's Health Awareness 2019



### Joyce's Specialties

Contact: Joyce Siler, Owner

Telephone: 919-477-0182

Email: [joycesspecialties@gmail.com](mailto:joycesspecialties@gmail.com)

[www.joycesspecialties.com](http://www.joycesspecialties.com)



### Spectacular Magazine

Contact: Phyllis Coley, CEO and Publisher

Telephone: 919-697-0328

Email: [pcoley@spectacularmag.com](mailto:pcoley@spectacularmag.com)

[www.spectacularmag.com](http://www.spectacularmag.com)



### Durham Coca-Cola Bottling Co.

Contact : Ricky Eubanks, Special Events Manager

Telephone: 919-266-1528

Email: [rickye@durhamcoke.com](mailto:ricky@durhamcoke.com)

3214 Hillsborough Road, Durham, NC 27705

**A Special "THANK YOU" to our Local Business Partners  
for their support and generous contributions**

	Organization	Contact Information
	<b>Athleta</b>	Store Manager: Melissa Fitzgerald The Streets at Southpoint 6910 Fayetteville Road, Durham, NC 27713 Telephone: 919-248-0578
	<b>By Donna</b>	Contact: Donna M. Parker, Owner and Designer Forestview Heights, Durham, N.C. Email: bydonna@frontier.com Telephone: 919-686-0219, Cell: 919-622-2508
	<b>Home Depot</b>	Home Depot (Durham #3620) Store Manager: Jonathan Pritchett 3701 Mt. Moriah Road, Durham, NC 27707 Telephone: 919-419-0208
	<b>L'Occitane</b>	Store Manager: Judy Daley The Streets at Southpoint 6910 Fayetteville Road, Suite #138, Durham, NC 27713 Telephone: 919-484-2890
	<b>Sephora</b>	Store Manager: Lynda Wilks The Streets at Southpoint 6910 Fayetteville Road, Suite #600, Durham, NC 27713 Telephone: 919-806-3682
	<b>Starbucks</b>	Store Manager: Adam Mason The Streets at Southpoint 6910 Fayetteville Road, Suite #156, Durham, NC 27713 Telephone: 984-260-8151

**Gift Card Contributors**

\$10 - \$50



\$100





# **Women's Health Awareness 2019**

Exhibitors and Community Partners

## Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
	<b>2 Cups Green Tea Hawaii</b>	Contact: Angie Ceroli Telephone: 919-656-0963 Email: angceroli@gmail.com www.2cupsgreenteahawaii.com	★
	<b>Alliance Behavioral Healthcare</b>	4600 Emperor Blvd., Durham, NC 27703 Telephone: 919-651-8401	★
	<b>Arbonne International</b>	Independent Distributor: Cheryl Godwin 3117 Waterford Ridge Lane, Wake Forest, NC 27587 Telephone: 919-539-3633 Email: cgodwin.envp@gmail.com www.arbonne.com/pws/cherylgodwin/tabs/about-me.aspx	★
	<b>Behavioral Health and Wellness Clinic at North Carolina Central University</b>	Miller-Morgan Health Sciences Building 500 Nelson St., Room 208, P.O. Box 230-C, Durham, NC 27707 Telephone: 919-530-6891 Email: CBSSwellnessclinic@ncsu.edu www.ncsu.edu/behavioral-health-and-wellness-clinic	★
	<b>Blacks In Government</b>	Raleigh-Durham Chapter P.O. Box 13173, Durham, NC 27709-3173	
	<b>Bull City Family Chiropractic</b>	Contact: Dr. Rachel Sorg 6104 Fayetteville Road, Suite 102, Durham, NC 27713 Telephone: 919-973-3320 Email: info@bullcityfamilychiropractic.com www.bullcityfamilychiropractic.com	★
	<b>Center for Health and Emotional Wellness, PLLC</b>	Contact: LeKisha Alesii, PhD 4819 Emperor Blvd., Suite 400, Durham, NC 27703 Telephone: 919-589-3550 Email: info@wellnessdurham.com www.wellnessdurham.com	★
	<b>Community Health Coalition, Inc.</b>	P.O. Box 15176, 407 Crutchfield St., Durham, NC 27704 Telephone: 919-470-8680 Email: healthcoali@gmail.com www.chealthc.org	★
	<b>Commissioned Corps of the U.S. Public Health Service</b>	Telephone: 1-800-279-1605 Email: corpsrecruitment@hhs.gov www.usphs.gov	★
	<b>Delta Research and Education Foundation</b>	Contacts: Maria S. Dixon, PhD, Research Matters for All of Us Ambassador; Carolyn E. Lewis, Board President; Patricia W. Lattimore, CEO 1703 New Hampshire Ave., NW, Washington, DC 20009 Telephone: 202-347-1337 Email: info@deltafoundation.net www.deltafoundation.net	★
	<b>doTERRA International</b>	Contact: Veronica Wetzel 1114 Shady Lane, Durham, NC 27712 Telephone: 919-818-5520 Email: pulsgl63@yahoo.com	★

## Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
	<b>Duke Ophthalmology</b> <b>Duke University</b> <b>School of Medicine</b>	Contact: Deborah Smith, COMT, BSBA, Coordinator of Education and Training Program Director Telephone: 919-681-9157 Email: deborah.smith1@dm.duke.edu	★
	<b>Duke University</b> <b>Center for the</b> <b>Study of Aging and</b> <b>Human Development</b>	Contact: Jamie Rincker, MS, RD, LDN Telephone: 406-360-3996 Email: jamie.rincker@duke.edu	★
	<b>Durham County</b> <b>Department of</b> <b>Public Health</b>  <b>Improving Community</b> <b>Outcomes for Maternal</b> <b>and Child Health</b>	Contact: Aubrey Delaney 414 East Main St., Durham, NC 27701 Telephone: 919-560-7180 Email: health@dconc.gov www.dconc.gov	★
	<b>Durham Crisis</b> <b>Response Center</b>	Contact: Aurelia Sands Belle, Executive Director 206 N. Dillard St., Durham, NC 27701 Telephone: 919-403-9425 Email: crisisline@durhamcrisisresponse.org www.durhamcrisisresponse.org	★
	<b>Hope for Hair</b> <b>with Elegance</b> <b>Foundation</b>	Contact: Tangie Warren Owens 2223 E. NC 54, Suite K, Durham, NC 27713 Telephone: 919-806-8300 or 919-824-6393 Email: hopeforhair2009@gmail.com	★
	<b>Joseph &amp; Kathleen Bryan</b> <b>Alzheimer's Disease</b> <b>Research Center</b>	Contact: Henry Edmonds 2200 W. Main St., Suite A-200, Durham, NC 27705 Telephone: 919-668-2676	★
	<b>LisaP Foundation</b>	Contact: LaManda Pryor, President Telephone: 614-547-2712 www.lisapangels.com	★
	<b>Mount Level Missionary</b> <b>Baptist Church</b>	316 Hebron Road, Durham, NC 27704 Telephone: 919-477-3893	
	<b>Durham Chapter of the</b> <b>National Epicureans, Inc.</b>	Email: webmaster@nationalepicureans.com	
	<b>National Eye Health</b> <b>Education Program and</b> <b>Duke Eye Center/</b> <b>Duke University</b> <b>School of Medicine</b> <b>Duke Ophthalmology</b>	Contact: Jullia Rosdahl, MD, PhD, Assistant Professor, Ophthalmology-General Duke Eye Center, 2351 Erwin Road, Durham, NC 27705 Telephone: 919-684-8850 Email: jullia.rosdahl@duke.edu	★

## Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
 National Institute of Environmental Health Sciences	<b>National Institute of Environmental Health Sciences Library</b>	Library Manager: Erin N. Knight, MSLS Telephone: 984-287-3606 Email: erin.knight2@nih.gov	★
 NC DEPARTMENT OF HEALTH AND HUMAN SERVICES	<b>North Carolina Department of Health and Human Services</b>	<b>Division of Aging and Adult Services</b> Contact: Joyce Massey-Smith, MPA Telephone: 919-855-3401 Email: joyce.massey-smith@dhhs.nc.gov  <b>Division of Health Service Regulation, North Carolina Radon Program, Radiation Protection Section</b> 1645 Mail Service Center, Raleigh, NC 27699-1645 Telephone: 828-712-0972 www.ncradon.org  <b>Division of Public Health</b> <i>Immunization Branch</i> Contact: Sandy R. Allen Telephone: 919-707-5550 Email: sandy.allen@dhhs.nc.gov  <i>Cancer Prevention and Control Branch</i> Contact: Debi Nelson Telephone: 919-707-5300 Email: debi.nelson@dhhs.nc.gov  <b>Division of Services for the Deaf and the Hard of Hearing</b> Contact: Darian J. Burwell Telephone: 919-859-8526 Email: darian.burwell@dhhs.nc.gov  <b>Office of Minority Health and Health Disparities</b> Contact: Cornell P. Wright, MPA, Executive Director Telephone: 919-707-5034 Email: cornell.wright@dhhs.nc.gov	★
	<b>North Carolina Department of Public Safety</b>  <b>Emergency Management</b>	Contact: Samantha Royster Telephone: 919-825-2500 Email: cert@ncdps.gov	★
	<b>Pi Chapter of Chi Eta Phi Sorority, Inc. Professional Nursing Organization</b>	Contact: Riley Walters, BSN, RN P.O. Box 61085, Durham, NC 27712 www.chietaphi.com	
	<b>Alice Aycock Poe Center for Health Education</b>	Contact: Tamika Gilchrist, BS 224 Sunnybrook Road, Raleigh, NC 27610 Telephone: 919-231-4006 Email: t.gilchrist@poehealth.org	★
	<b>Ready Set Fitness</b>	Contact: Anthony Jones, Owner 2945 S. Miami Blvd., Durham, NC 27703 Telephone: 919-477-7509 www.readysetfitness.net	★

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	Organization	Contact Information	Exhibitor
	<b>Sisters Network of Triangle NC</b>	Contact: Valarie Worthy P.O. Box 51592, Durham, NC 27717-1592 Telephone: 919-490-1571 Email: trianglenc@sistersnetworkinc.org	★
	<b>Still You Hair Replacements</b>	Contact: Roszetta Pringle, Hair Loss Expert 214 W. Millbrook Road, Suite 101A, Raleigh, NC 27609 Telephone: 919-844-7769 Email: roszettacp@gmail.com www.stillyouhairreplacements.com	★
	<b>Spectacular Magazine</b>	Contact: Phyllis Coley, CEO and Publisher Telephone: 919-916-1640 www.spectacularmag.com	★
	<b>Synergy Fitness for Her</b>	Contact: Kat Reher 1125 W. NC 54, Suite 404, Durham, NC 27707 Telephone: 919-402-0888 Email: info@synergyfitnessforher.com www.synergyfitnessforher.com	★
	<b>Take Off Pounds Sensibly</b>	Contact: Laura Wickwar, MEd, North Carolina TOPS Coordinator #695 P.O. Box 99015, Raleigh, NC 27624 Telephone: 919-621-3613 Email: laurasgw@gmail.com www.tops.org or www.southeasterntops.org/north-carolina	★
	<b>Talk Health with Frankie</b>	Contact: Fransine Sanchez Durham, N.C. Telephone: 919-525-1399 Email: frankie@mycoachfrankie.org www.mycoachfrankie.org	★
	<b>Tennis for Life Raleigh/Cary Area</b>	Contact: Alexis Johnson, Coordinator 1249 Kildaire Farm Road, #144, Cary, NC 27511 Email: info@tennisforlifenc.org www.tennisforlifenc.org	★
	<b>UNC School of Dentistry Dental Hygiene Program</b>	Contact: Jennie Brame, RDH, MS, Director, Dental Hygiene Programs 3221 First Dental Building, CB #7450, Chapel Hill, NC 27599 Telephone: 919-537-3464 Email: jennifer_brame@unc.edu	★
	<b>UNC School of Medicine Division of Nephrology and Hypertension, UNC Kidney Center</b>	UNC Kidney Center and Division of Nephrology and Hypertension 7024 Burnett-Womack, CB #7155, Chapel Hill, NC 27599 Telephone: 919-966-2561	★
	<b>Vitamin Shoppe</b>	Contact: Ryan Holt, Store Manager 6917 Fayetteville Road, Durham, NC 27713 Telephone: 919-572-1754 www.vitaminshoppe.com	★
	<b>Volunteer Doula Program, UNC Birth Partners, N.C. Women's Hospital</b>	Contact: Joy Lampkin Foster 101 Manning Drive, Chapel Hill, NC 27514 Telephone: 984-974-8033 Email: doula@unchealth.unc.edu www.unccmedicalcenter.org/doulas	★
	<b>Women's Birth and Wellness Center</b>	Contact: Tori Hinde 930 Martin Luther King Jr. Blvd., Suite 202, Chapel Hill, NC 27514 Telephone: 919-933-3301	★

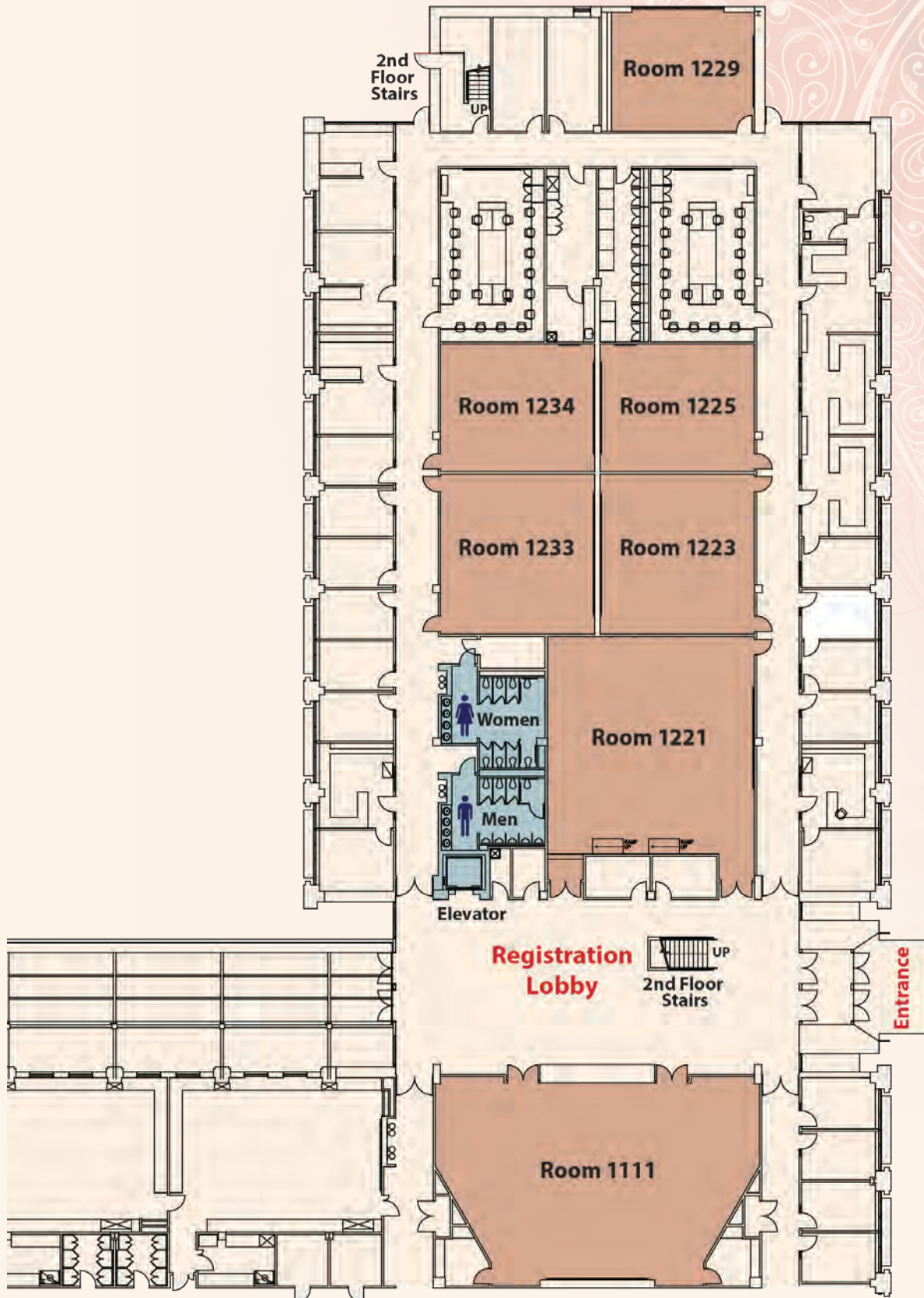


# **Women's Health Awareness 2019**

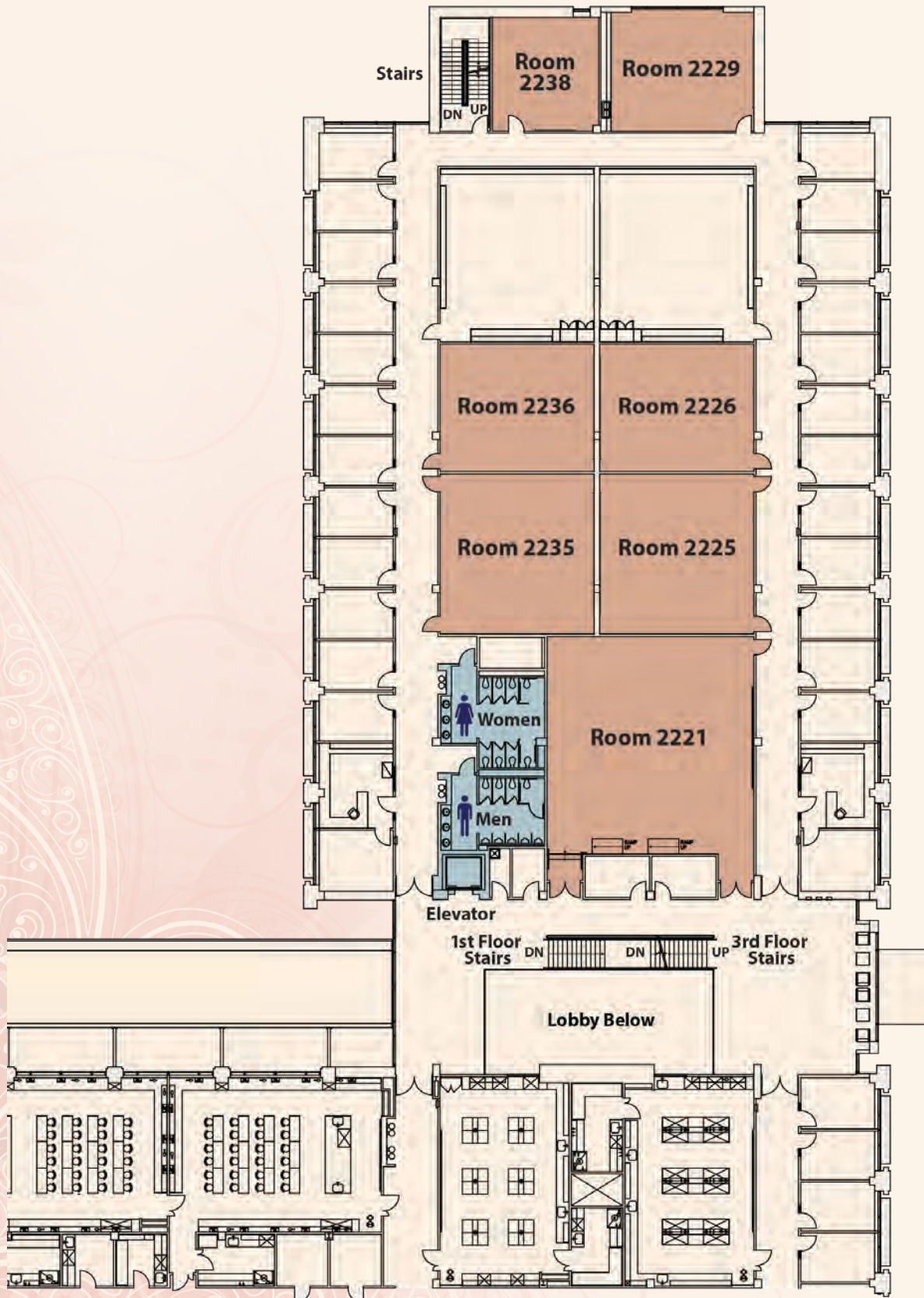
Building Maps



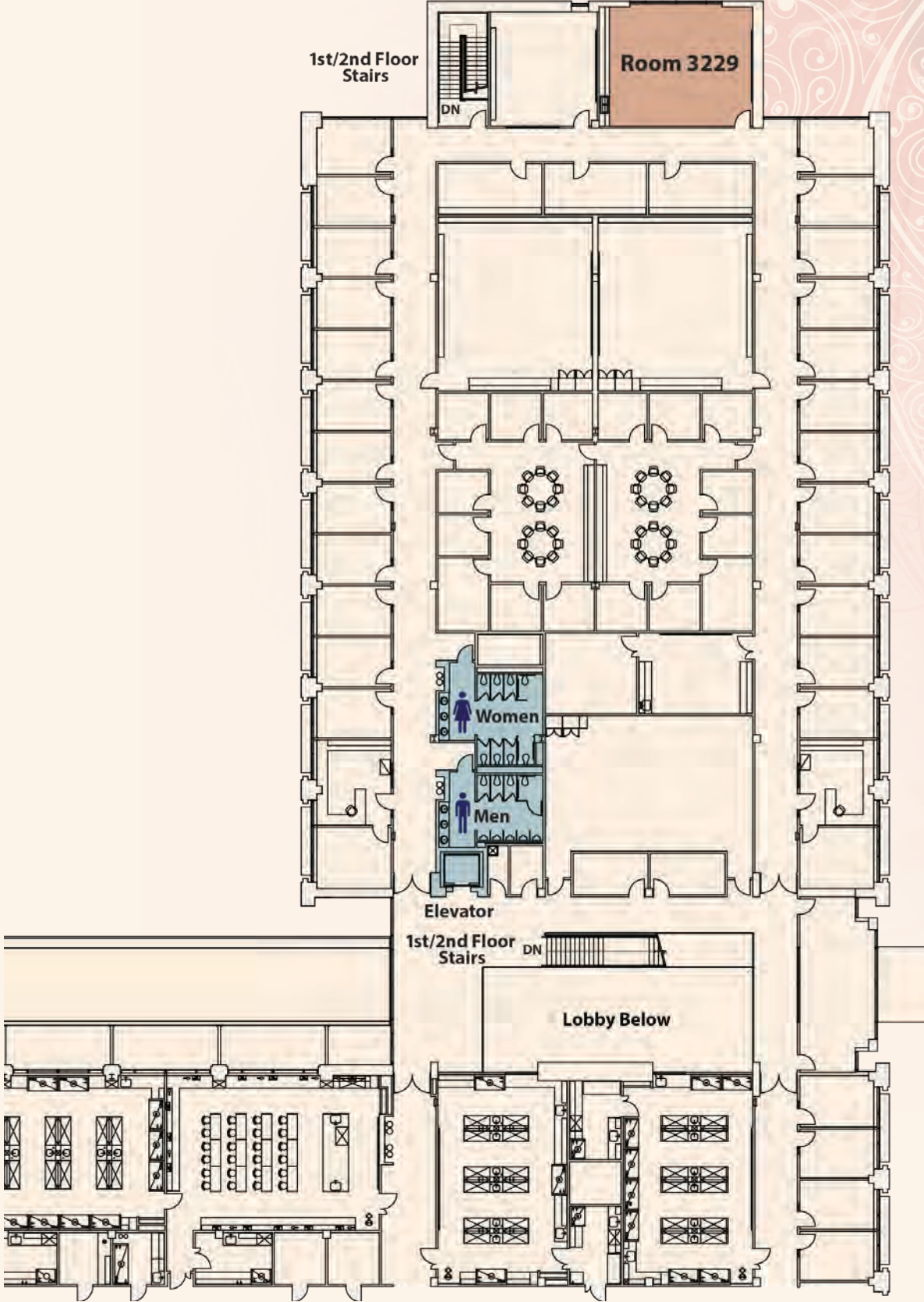
# Mary Townes Science Building – 1st Floor Map –



## Mary Townes Science Building - 2nd Floor Map -



# Mary Townes Science Building – 3rd Floor Map –











**Women's Health Awareness 2019**  
**Transforming Communities by Enhancing Women's Health**

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