



Women's Health Awareness

Virtual Series: "RealTalk With the Experts"

This virtual series provides a unique opportunity for you to gain state-of-the-art health knowledge and ask specific questions to world-renowned experts.

Understanding and Reversing Diabetes, Heart Disease, and Most Chronic Illnesses

Thursday, January 14, 2021
6:30 - 7:45 p.m.



This session explains what causes diabetes, heart disease, and many other chronic diseases that plague our society. It will describe lifestyle changes that can reverse diabetes, heart disease, and most chronic illnesses.

Participants will be able to:

1. Explain what causes diabetes, heart disease, and many other chronic conditions that are the leading causes of sickness and death.
2. Identify the key components of a healthy diet, healthy exercise program, stress management program, and emotional support program.

Webinar Goal: To learn if you can make lifestyle changes to prevent and/or reverse many chronic diseases.

Registration is free and opens at 3:00 p.m. on **Monday, December 7, 2020**, and closes at 5:00 p.m. on **Wednesday, January 13, 2021**. Register at <https://niehs.nih.gov/whad>. Zoom link will be provided prior to webinar.



Session Chair

Joyce Page, MPH, MSPH

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

Allan Hatch, M.D.

*Medical Director, Cardiologist, Saline Heart Group
Cardiology Director, Saline Memorial Hospital
Benton, Arkansas*

For additional information, call the Office of Human Research and Community Engagement at 984-287-4414 or email whad@niehs.nih.gov.

Individuals with disabilities who need accommodation to participate in this event should contact the Office of Human Research and Community Engagement at 984-287-4414 or whad@niehs.nih.gov. TTY users should contact the Federal TTY Relay Service at 800-877-8339. Requests should be made at least 5 business days in advance of the event.

Lead Sponsor: National Institute of Environmental Health Sciences (NIEHS), Clinical Research Branch, Office of Human Research and Community Engagement

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