

Women's Health Awareness Day 2016

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



Saturday, April 2, 2016

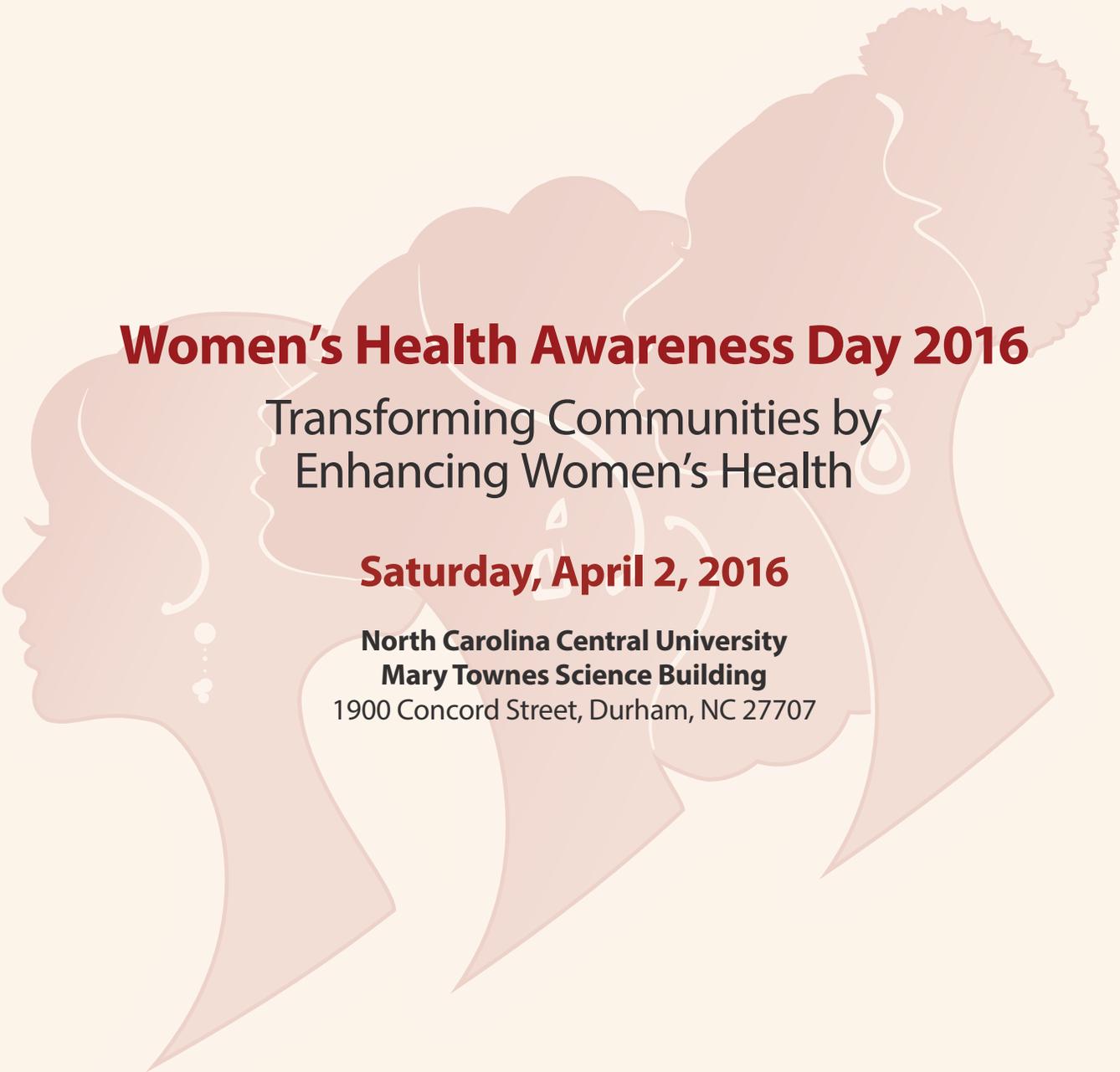
**North Carolina Central University
Mary Townes Science Building
1900 Concord Street, Durham, NC 27707**

Sponsor: National Institute of Environmental Health Sciences (NIEHS)

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

“Women often say ‘I don’t have time!’ but we need to love and respect ourselves enough to take care of our God-given bodies.”

~ Nancy D. O’Reilly



Women's Health Awareness Day 2016

Transforming Communities by
Enhancing Women's Health

Saturday, April 2, 2016

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

Women's Health Awareness Day 2016

Steering and Planning Committee

Joan Packenham, PhD

Chair, Event Steering and Planning Committee
Program Lead, NIEHS Women's Health Awareness & Community Outreach Initiative

Director, Office of Human Research Compliance,
Clinical Research Branch, National Institute of
Environmental Health Sciences (NIEHS)/
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, CHES

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

Monica Barnes, BA

WTVD 11, An ABC Owned Station
Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Nadine Barrett, PhD, MA, MS

Director, Office of Health Equity and Disparities,
Duke Cancer Institute
Director, Duke Community Connections Core,
Center for Community and Population Health Improvement,
Duke CTSA
Faculty, Department of Community and Family Medicine,
Duke School of Medicine

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

Cleta Davis, BS, ASQ, CQA

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

Irene Godínez, MIS

United Way of the Greater Triangle
Latinas Promoviendo Comunidad/Lambda Pi Chi
Sorority, Inc.

Michelle Graham-Freeman, BA

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

Reverend Trish Harleston, BSBA, MACC, CCCC

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

Deloris Harris, BS, MA

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

Leatrice Martin, CHES

Director, Duke Heart Center Community Outreach and
Education Program

Christine Philput, PhD

President, Applied Human Research Protections, Inc.

Betty Reed, RN, BSN

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

Annette Rice, BS

Clinical Research Branch, NIEHS/NIH

Miranda Ruddick, CIP

Applied Human Research Protections, Inc.

Tara Owens Shuler, MEd

First Vice President, Durham Alumnae Chapter,
Delta Sigma Theta Sorority, Inc.

Lynae Thomas, BS

NIEHS/NIH

Sandra White-Olden, PhD

Professor (Retired)
Director, Center for Science, Math and Technology
Education, North Carolina Central University,
Health Awareness Committee, Durham Alumnae Chapter,
Delta Sigma Theta Sorority, Inc.

Women's Health Awareness Day 2016

Sub-Committees

Administrative Support

Ethel Benkin, Executive Assistant, College of Arts and Sciences, North Carolina Central University

AV and IT Support

Joe Schuch, North Carolina Central University
Joe Sanders, North Carolina Central University
Anthony Glenn, North Carolina Central University
Jack Field, NIEHS

Catering

Dee Jackson, Sodexo Catering, North Carolina Central University
Derrick McCorkle, Chef, North Carolina Central University

Customer Service Volunteers

Myra Westmoreland, NIEHS
Darlene Dixon, NIEHS
Valeria Shropshire, NIEHS
Margaret George, NIEHS
Jamie Marshbine, NIEHS
Pikney Wilder, NIEHS
Veronica Robinson, NIEHS
Kimberly Peterson, NIEHS
Jenee Foushee, NIEHS
Ruby Haynes, NIEHS
Amanda Green, NIEHS
Janze Taylor, Social and Scientific Systems
Barbara Lyons, NCCU
Shellyane Wilder
Skye Badgett, The Arc of the Triangle, Inc.
Lydia Greaves

Facilities

Phillip Powell, North Carolina Central University
Lucretia Pinckney, North Carolina Central University

First Aid Room

Angeline Baker, RN, BSN, MHA, MBA
Clinical Learning Resource Center Coordinator,
Eagle General Hospital at North Carolina Central University
Nurses and Nursing Students from North Carolina Central University Nursing Department
RN Volunteers:
Faye Tate Williams, RN
Eboni Quick, RN
Robbie Hill, RN
Tia Applewhite, RN
Gloria McNeil

Graphic Design

Paul Cacioppo, Image Associates

Institutional Officials

Linda Birnbaum, PhD, Director, NIEHS, NTP
Arvis Bridges-Epps, MBA, President, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.
Janet Hall, MD, Clinical Director, NIEHS
Stavros Garantziotis, MD, Medical Director, NIEHS
Debra Parker, PhD, Dean College of Behavioral and Social Science, North Carolina Central University
Seronda Robinson, PhD, Chair, Department of Public Health Education, North Carolina Central University

Interpreters

Nouria Belmouloud, Duke International Patient Services
Victoria Samayoa, BA, victoriasamayoa@yahoo.com
Carmen Alvarez, cgalvarezm99@yahoo.com

Logistics and Implementation Committee

Edith Lee, NIEHS
Jane Lambert, NIEHS
Craig Wladyka, NIEHS
Kimberly Burtnette-Hoke, NIEHS

Mammography Coordinators

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Awanya Caesar, RN, BSN, Lincoln Community Health Center
Tia Willis, Lincoln Community Health Center
Maritza Chirinos, El Centro Hispano
Stephanie Riley, Healing With CAARE, Inc.

Media and Publicity

Robin Arnette, NIEHS
Chonna Campbell, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.
Christine Flowers, NIEHS
Renee Elder, University Relations, North Carolina Central University
Robin Mackar, NIEHS

Photography

Steven McCaw, Image Associates

Women's Health Awareness Day 2016

Sub-Committees

Planning Volunteers

Elaine Hart-Brothers, MD, MPH, Community Health Coalition, Inc.
Joyce Page, Durham County Health Department
Khadijah Salaam, North Carolina Central University
Carmelita Spicer, Community Health Coalition, Inc.
Kearston Ingraham, Duke Cancer Institute, Office of Health Equity and Disparities
Tracey Hawkins, Duke Cancer Institute, Office of Health Equity and Disparities
Miriam McIntosh, DDS, Durham County Department of Public Health
Caitlin Eckenrode, MyEyeDr.
Shanon Mitchell, Dental Hygiene Program, University of North Carolina at Chapel Hill School of Dentistry
Duke Heart Center Outreach Volunteers
Ashley Love, National Kidney Foundation
Wayne Hughes, NIEHS

North Carolina Central University Student Interns

Brianah Williams, Public Health Education Associate
Peyton Northern, Junior Public Health Education Major
Jocelyn McCoy, Junior Public Health Education Major
Karla Rivera, Junior Public Health Education Major
James Yarbough, Junior Public Health Education Major

Security

Odetta Johnson, Chief, North Carolina Central University
Sergeant Robert McLaughlin, North Carolina Central University
Lieutenant Sammy Williams, North Carolina Central University
Students and staff from the North Carolina Central University Community Emergency Response Team

Translational Services

Rey Ramirez, NIEHS
Vanessa Flores, MD, NIEHS

Veteran Services

Kelly Baretto, Department of Military and Veterans Affairs
Joan Galbraith, Durham VA Medical Center
Shenekia Williams Johnson, Durham VA Medical Center
Moses Gloria, U.S. Department of Veterans Affairs

Volunteer Organizations

Students of Delta Gems and Delta Academy
Members of Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.
Employees of NIEHS
Employees of NCCU
Raleigh-Durham Area Chapter of Blacks in Government
High School Students – City of Medicine Academy
Latinas Promoviendo Comunidad/Lambda Pi Chi Sorority, Inc.
Members from various student organizations – North Carolina Central University

- Tau Psi Chapter of Omega Psi Phi Fraternity, Inc.
- Men In Action For Public Health
- Public Health Education Majors
- NCCU Students

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Welcome

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Greetings Conference Participants,

On behalf of the National Institute of Environmental Health Sciences (NIEHS), Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc., and the Public Health Education Department, North Carolina Central University (NCCU), it is a pleasure for us to welcome you to the second Women's Health Awareness Day.

The theme of this women's health conference is "Transforming Communities by Enhancing Women's Health." It is no secret that women in general are the caregivers of their family and their communities. 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, thereby, producing a healthier community, state, and nation. The purpose of this health conference

is to promote awareness and to inform women to take greater responsibility for their health, to understand their health options, and to identify services and products to best help them in reducing health issues and receiving equal access to health resources. Additionally, this year we have added environmental health awareness to our conference model. Awareness of how the environment impacts our health is important for successful healthy living. Therefore, through this conference we focus on promoting healthier lives through disease prevention, control, and management. What you will learn at this health conference may help you to have a better quality of life.

No event of this magnitude and scope can be organized without teamwork and partnerships. We would like to take this opportunity to recognize and introduce the team and our partners. Again this year, thanks go to the event steering and planning committee members and the sub-committee members for their support and dedicated service in the planning and implementation of this day. Without them, this event would not exist.

Secondly, we thank and introduce our corporate and state partners: Duke University Hospital, North Carolina Cancer Prevention and Control Branch (North Carolina Health and Human Services), Duke Cancer Institute, the Duke Heart Center, and Sodexo Catering at North Carolina Central University. Thank you for your support through generous contributions and service. In addition, we thank our business and local community partners for the donations and services they bring to this event. The monetary and in-kind support of all our partners makes it possible to offer this health event free for our community.

Once again, we have an impressive group of faculty and service providers supporting this event. The 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 and sincerely thank each of them for agreeing to participate and helping to make Women's Health Awareness Day 2016 a success.

To our volunteers, we thank you for your tireless service. We treasure your support and time given to make this event a success.

Lastly, we are honored that **YOU**, the women of the Triangle and surrounding counties, have chosen to participate in this exciting health conference. We hope that 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 that you are here!! Please let us know how we can make your experience more comfortable and pleasant.

Best Wishes,

Joan Pakenham, PhD

Chair, Event Steering and Planning Committee; Program Lead, NIEHS Women's Health Awareness and Community Outreach Initiative; Director, Office of Human Research Compliances, National Institute of Environmental Health Sciences/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.

NIEHS Celebrates 50 Years of Environmental Health Research

On November 1, 2016, the National Institute of Environmental Health Sciences (NIEHS) will celebrate its 50th anniversary, five decades after the U.S. Surgeon General announced the establishment of the Division of Environmental Health Sciences at the National Institutes of Health (NIH). Today, from its home in Research Triangle Park, North Carolina, NIEHS funds more than \$760 million in research each year to discover how the environment influences human health and disease.

The Women's Health Awareness Day 2016 conference is one of NIEHS's signature programs during this year of celebration. It is a privilege to support Dr. Packenham and her team of co-sponsors, committee members, partners, medical experts, public health experts, volunteers, and NIEHS staff members in bringing this important health conference to the women and families of the Triangle community.

NIEHS has always been a great supporter of community engagement, community outreach, community-based participatory research, and environmental justice. We have realized for decades that to understand the impact of the environment on our health, it is necessary to build solid relationships and collaborative partnerships with our community. We have listened to our communities about their environmental concerns at town hall meetings. We have brought our community partners to the table following the aftermath of some of the largest natural and manmade disasters in the U.S. to study and address environmental health concerns of the community. In addition, we realize that in order to create healthy habits and behavioral changes regarding our health, it is important for NIEHS to bring environmental awareness to the community since where we live, work, play, and worship can have a significant impact on our health.

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 may occur in many ways, from decreasing her ability to carry a baby full-term to increasing her risk for cancer, pulmonary disorders, obesity, cardiovascular disease, and other diseases.

Women's Health Awareness Day 2016 has been designed to promote healthier lives through disease prevention, control, and management. We hope that bringing health education and environmental health awareness and literacy to women of the Triangle will help develop healthier families, environmentally safer homes, and communities.

Thank you for being here and enjoy your day.



Linda Birnbaum, PhD
Director, National Institute of Environmental Health Sciences,
National Toxicology Program

Discovering how the environment affects people in order to promote healthier lives.



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 first floor near the "Registration Desk," 9:30 a.m. – 5:00 p.m.

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 1203** in the Screening Hallway of the Mary Townes Building.

Speaker Support and Hospitality Room

All speakers please report to the "Speaker Support Room," located in **room 3001**, 15-30 minutes prior to your presentation.

Noticias y Avisos

Centro de Servicio al Cliente

¿Perdió 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 primer piso cerca de 'la Mesa de Registro.'

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 1203** en el pasillo de cribado.

Sala de Apoyo y Hospitalidad para Oradores

Todos los oradores reporten a la "Sala de Apoyo a Oradores", ubicada en la **sala 3001**, de 15 a 30 minutos antes de su presentación.

“ The most common way people give up their power is by thinking they don’t have any. ”

~ Alice Walker



Women's Health Awareness Day 2016
Conference Agenda

Agenda for Women's Health Awareness Day – April 2, 2016

All sessions in Mary Townes Building unless otherwise indicated.

Time	Session	Room
8:30 a.m.	On-Site Registration Begins	Lobby
Health Information Tracks		
9:00 – 10:30 a.m.	Getting to the Heart of Cardiovascular Disease Track Chair: Leatrice Martin, Duke Heart Center, Community Outreach and Education Program	Room 1111
	Living Well With Diabetes Track Chairs: Willa Robinson Allen, Durham County Health Department, and Lisa Davis, PhD, Durham Diabetes Coalition	Room 1221
	Critical Conversations: Having the Talk on Reproductive and Maternal Health Issues Track Chair: Tara Owens Shuler, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.	Room 2221
Breakout Sessions		
9:00 – 9:30 a.m.	Basic First Aid Skills for the Layperson Speakers: Valeria Shropshire, NIEHS, and Harold Morcombe, Health and Safety Consultants of N.C.	Room 2226
9:30 – 10:00 a.m.	Protecting Women's Preventative Health Services Under the Affordable Care Act Speaker: Pamela Bivens-Pippin, Duke University Health System	Room 2236
	You Served, You Deserve the Best Care Anywhere: Healthcare Services, Challenges, and Improvements for Women Veterans Speaker: Shenekia Williams-Johnson, RN, BSN, MAOM, Department of Veterans Affairs	Room 2225
10:00 – 10:30 a.m.	Line Dancing for Fitness and Fun Instructor: Shawn Jeter, National Institute of Environmental Health Sciences	BRITE Pathway
	Is Your Home Making You Sick? How to Make Your Home Environmentally Safe Speaker: Neasha Graves, Community Outreach and Education Manager, UNC Institute for the Environment, Environmental Resource Program	Room 2235
10:30 – 10:40 a.m.	Break	Tent

Agenda for Women's Health Awareness Day – April 2, 2016

All sessions in Mary Townes Building unless otherwise indicated.

Time	Session	Room
10:45 a.m. – 12:30 p.m.	Greeting and Keynote B.N. Duke Auditorium	
	Let's Move Shawnta Wright, MA, LPCS, LPC, NCC Mindful Bodies LLC, Owner	
	Welcome and Introduction of Mistress of Ceremonies Joan Packenham, PhD Chair, Event Steering and Planning Committee Program Lead, NIEHS Women's Health Awareness and Community Outreach Initiative Director, Office of Human Research Compliance, Clinical Research Branch, National Institute of Environmental Health Sciences/ National Institutes of Health Chair, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc. Mistress of Ceremonies LuAnn Edmonds-Harris Assistant Athletic Director for Marketing, North Carolina Central University; Delta Sigma Theta Sorority, Inc.	
	Greetings Debra Saunders-White, EdD Chancellor, North Carolina Central University	
	Linda Birnbaum, PhD Director, National Institute of Environmental Health Sciences, National Toxicology Program/National Institutes of Health	
	Cora Cole-McFadden Mayor Pro Tempore, The City of Durham	
	Gayle Harris Public Health Director, Durham County Department of Public Health	
	Regina Petteway Director, Wake County Human Services	
	Arvis Bridges-Epps President, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.	
	Keynote Address Haywood Brown, MD Chair, Obstetrics and Gynecology Duke University School of Medicine	
	The Spoken Word Nia Sutton Public Health Education Specialist	
12:30 – 1:30 p.m.	Lunch	Tent

Agenda for Women's Health Awareness Day – April 2, 2016

All sessions in Mary Townes Building unless otherwise indicated.

Time	Session	Room
Health Information Tracks		
1:45 – 3:15 p.m.	Keeping It Real: What You Want and Need to Know About Cancer and Reducing Your Risk Track Chair: Nadine Barrett, PhD, Duke Cancer Institute, Office of Health Equity and Disparities	Room 1111
	Breathe Easy and Sleep Tight: Protect Your Lung Health in Everyday Life Track Chair: Stavros Garantziotis, MD, National Institute of Environmental Health Sciences	Room 1221
	Human Sexuality: Permission SLIPPS (Sexuality, Love, Intimacy, Pleasure, Power, and Spirituality) Track Chairs: Tanya Bass and La Verne Reid, PhD, North Carolina Central University, Department of Public Health Education	Room 2221
Breakout Sessions		
1:45 – 2:15 p.m.	Container Gardening for a Healthy Diet Master Gardener: Kareemah Abdusamad	Tent
	Basic First Aid Skills for the Layperson Speakers: Valeria Shropshire, National Institute of Environmental Health Sciences, and Harold Morcombe, Health and Safety Consultants of N.C.	Room 2226
2:15 – 2:45 p.m.	Myths and Realities of Organ Donation Film Viewing Facilitator: Carmelita Spicer, Community Health Coalition, Inc.	Room 2236
	Zumba® for Fitness and Fun Instructor: Vanessa Flores, National Institute of Environmental Health Sciences	BRITE Pathway
2:45 – 3:15 p.m.	Healthy Cooking Demonstration Executive Chef: Derrick McCorkle, Sodexo Catering, North Carolina Central University	Tent
3:15 – 3:25 p.m.	Break	Tent

Agenda for Women's Health Awareness Day – April 2, 2016

All sessions in Mary Townes Building unless otherwise indicated.

Time	Session	Room
Health Workshops		
3:30 – 4:30 p.m.	Your Grandmother's Remedies Were Not A Bad Idea: Integrative Approaches That May Reduce Your Risk for Heart Disease and Cancer Facilitator: Rushad Shroff, MB, Duke Primary Care	Room 1111
	Citizen Emergency Response Training: How to Prepare Yourself, Your Family, and Your Community for a Natural or Man-Made Disaster Facilitator: Sharon Beard, National Institute of Environmental Health Sciences	Room 1221
	Superwoman Complex: The Impact of Doing It All Facilitators: Deborah Breese and Reverend Trish Harleston, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.	Room 2221
Breakout Sessions		
3:30 – 4:10 p.m.	Healthy Cooking Demonstration Executive Chef: Derrick McCorkle, Sodexo Catering, North Carolina Central University	Tent
	Financial Awareness for a Better Quality of Life Speaker: Joyce Siler, Joyce's Specialties, Former Executive Director of the Women's Business of N.C., Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.	Room 2236
	When Loving You Is Wrong: Red Flags of an Unhealthy Relationship Speaker: Aurelia Sands Belle, Durham Crisis Response Center	Room 2235
	Is Your Home Making You Sick? How to Make Your Home Environmentally Safe Speaker: Neasha Graves, Community Outreach and Education Manager, UNC Institute for the Environment, Environmental Resource Program	Room 2225

Agenda for Women's Health Awareness Day – April 2, 2016

All sessions in Mary Townes Building unless otherwise indicated.

Time	Session	Room
Breakout Sessions		
4:15 – 4:55 p.m.	You Served, You Deserve the Best Care Anywhere: Healthcare Services, Challenges, and Improvements for Women Veterans Speaker: Shenekia Williams-Johnson, RN, BSN, MAOM, Department of Veterans Affairs	Room 2225
	A Journey to Breast Awareness From Screening to Treatment Speakers: Valerie Clark Worthy, Duke Cancer Institute, and Stephanie Riley, Healing With CAARE, Inc.	Room 2235
	Container Gardening for a Healthy Diet Master Gardener: Kareemah Abdusamad	Tent
	Feng Shui for Stress-Free Living Speaker: Michele Burgess, PhD, Grounded Wellness LLC	Room 2236
	Empowering Women Through Self-Defense Techniques Facilitators: Sergeant Robert McLaughlin, North Carolina Central University	Lawn between MTB and BRITE
4:55 – 5:00 p.m.	Raffle and Closing	

All Day Screenings and Services (9:00 a.m. – 5:00 p.m.)

All screenings and services in Mary Townes Building unless otherwise indicated.

Health Screening	Room Number	Sponsor
On-Site Breast Mammography Screening for Those Who Qualify (pre-event registration required) **	OUTSIDE, Concord Street	UNC REX Mobile Mammography
Mobile Veterans Health Center (for women veterans ONLY)	OUTSIDE, Concord Street	U.S. Department of Veterans Affairs
Cardiovascular Screening That Includes Lipid Panel (Cholesterol, LDL, HDL). Requires No Food 8-10 Hours Prior to Test **	Room 1229	Duke Heart Center
Bone Marrow Registry	Screening Hallway	Be the Match® On Campus, NCCU Chapter
Diabetes Screenings **	Room 1225	Durham Diabetes Coalition National Institute of Environmental Health Sciences
Dental Screenings **	Room 1223-B	UNC-CH School of Dentistry, UNC-CH Dental Hygiene Program Miriam McIntosh, DDS Vanessa Thomas, DDS Vincent Allison, DDS
HIV Screenings and Counseling **	BRITE Room 1008 and 1009	Department of Student Health and Counseling, NCCU
Organ Donation Registry	Screening Hallway	Community Health Coalition, Inc.
Kidney Function Testing **	Room 1233	National Kidney Foundation
Lung Capacity Testing **	Room 2229	National Institute of Environmental Health Sciences
Lung Cancer Screening **	Room 1234	Duke Cancer Institute
Thyroid Cancer Screening **	Room 1234	Duke Cancer Institute
Vision Screening **	Room 1223-A	MyEyeDr.
Physician Counseling Services	MTB Room 1204 and 1205	Durham Diabetes Coalition and Duke Heart Center
Radon Home Screening and Education	Screening Hallway	NC Department of Health and Human Services NC Division of Health Service Regulation Radiation Protection Section
Therapeutic Chair Massage **	MTB Room 3238	James Yarbough
Express Checks		
Blood Pressure and Glucose Checks	Screening Hallway	Community Health Coalition, Inc.

** denotes appointment is required

Programa de Concienciación Sobre el Día de Salud de las Mujeres

Todas las sesiones en Mary Townes edificio a menos que se indique lo contrario.

Tiempo	Sesiones	Numero de Habitación
8:30 a.m.	Registro Del Evento	Lobby
Seminarios Informativos de Salud		
9:00 – 10:30 a.m.	Llegando al Corazón de la Enfermedad Cardiovascular Presentador: Leatrice Martin Short, Duke Heart Center, Community Outreach y Education Program	Salón 1111
	Vivir Bien con Diabetes Presentadores: Willa Robinson, Durham County Health Department; Lisa Davis, PhD Durham Diabetes Coalition	Salón 1221
	Tengamos Una Plática: Charla sobre Problemas de Salud Materna y Reproductiva Presentador: Tara Shuler, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.	Salón 2221
Sesiones Informativas		
9:00 – 9:30 a.m.	Guía Básica de Primeros Auxilios en Caso de Emergencias Presentadores: Valeria Shropshire, NIEHS and Harold Morcombe, Health and Safety Consultants of N.C.	Salón 2226
9:30 – 10:00 a.m.	Protegiendo los Servicios Preventivos de Salud de la Mujer Mediante la Ley de Cuidado de Salud Asequible (Affordable Care Act) Presentador: Pamela Bivens Pippin, Duke University Health System	Salón 2236
	Usted Sirvió a la Patria, Se Merece el Mejor Cuidado Dondequiera: Servicios de Salud, Obstáculos y Mejora de Servicios para las Mujeres Veteranas Presentador: Shenekia Williams-Johnson, RN, BSN, MAOM Departamento de Asuntos de los Veteranos	Salón 2225
10:00 – 10:30 a.m.	"Line Dancing" como Ejercicio y Diversión Instructor: Shawn Jeter, National Institute of Environmental Health Sciences (NIEHS)	Pathway
	¿Su casa la está enfermando? Cómo hacer que el medio ambiente de su casa sea seguro Presentador: Neasha Graves, Programa de Recurso Ambiental, UNC Institute for the Environment	Salón 2235
10:30 – 10:40 a.m.	Receso	Carpa

Programa de Concienciación Sobre el Día de Salud de las Mujeres

Todas las sesiones en Mary Townes edificio a menos que se indique lo contrario.

Tiempo	Sesiones	Numero de Habitación
10:45 a.m. – 12:30 p.m.	Bienvenida y Orador Principal B.N. Duke Auditorium	
	Let's Move (A Movernos) Shawnta Wright, MA, LPCS, LPC, NCC Mindful Bodies LLC, Propietaria	
	Bienvenida y Presentación de la Maestra de Ceremonias Joan Packenham, PhD Chair, Event Steering and Planning Committee Program Lead, NIEHS Women's Health Awareness and Community Outreach Initiative Director, Office of Human Research Compliance, Clinical Research Branch, Instituto Nacional de las Ciencias de Salud Ambiental (NIEHS)/National Institutes of Health (NIH) Chair, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc. Maestra de Ceremonias LuAnn Edmonds-Harris Asistente de Marketing Director atlético, La Universidad Central de Carolina del Norte; Delta Sigma Theta Sorority, Inc.	
	Saludos Debra Saunders-White, EdD Rectora, North Carolina Central University	
	Linda Birnbaum, PhD Director, Instituto Nacional de las Ciencias de Salud Ambiental (NIEHS)/Programa Nacional de Toxicología (NTP)	
	Cora Cole-McFadden Alcalde Interino, The City of Durham	
	Gayle Harris Directora de Salud Pública, Departamento de Salud Pública del Condado de Durham	
	Regina Petteway Director, Wake County Human Services	
	Arvis Bridges-Epps Presidente, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.	
	Orador Principal Haywood Brown, MD Director, Obstetricia y Ginecología Facultad de Medicina de la Universidad de Duke	
	The Spoken Word (La Palabra Hablada) Nia Sutton Especialista en Educación de Salud Pública	
12:30 – 1:30 p.m.	Almuerzo	Carpa

Programa de Concienciación Sobre el Día de Salud de las Mujeres

Todas las sesiones en Mary Townes edificio a menos que se indique lo contrario.

Tiempo	Sesiones	Numero de Habitación
Sesiones Informativas de Salud		
1:45 – 3:15 p.m.	Seamos Realistas: Lo que Usted Quiere y Necesita Saber Sobre el Cáncer y Cómo Reducir su Riesgo Presentador: Nadine Barrett, PhD, Duke Cancer Institute, Office of Health Equity y Diversity	Salón 1111
	Respire Bien y Duerma Tranquila: Proteja su Salud Pulmonar en la Vida Cotidiana Presentador: Stavros Garantziotis, MD, Instituto Nacional de las Ciencias de Salud Ambiental (NIEHS)	Salón 1221
	Sexualidad Humana: Aflojando sus propias reglas. "Permission SLIPPS" Sexuality/Sexualidad, Love/Amor, Intimacy/Intimidad, Pleasure/ Placer, Power/Poder y Spirituality/Espiritualidad) Presentadores: Tanya Bass, Departamento de Educación de Salud Pública, North Carolina Central University; La Verne Reid, PhD, North Carolina Central University	Salón 2221
Sesiones Informativas		
1:45 – 2:15 p.m.	Jardinería en Contenedores para una Dieta Saludable Maestro Jardinero: Kareemah Abdusamad	Carpa
	Guía Básica de Primeros Auxilios en Caso de Emergencias Presentadores: Valeria Shropshire, Instituto Nacional de las Ciencias de Salud Ambiental (NIEHS) y Harold Morcombe, Health and Safety Consultants of N.C.	Salón 2226
2:15 – 2:45 p.m.	Mitos y Realidades Sobre la Donación de Órganos (se mostrará película) Presentador: Carmelita Spicer, Community Health Coalition, Inc.	Salón 2236
	Zumba® for Fitness and Fun Instructora: Instituto Nacional de las Ciencias de Salud Ambiental (NIEHS)	BRITE Pathway
2:45 – 3:15 p.m.	Demostración de Cocina Saludable Chef Ejecutivo: Derrick McCorkle, Sodexo Catering, North Carolina Central University	Carpa
3:15 – 3:25 p.m.	Receso	Carpa

Programa de Concienciación Sobre el Día de Salud de las Mujeres

Todas las sesiones en Mary Townes edificio a menos que se indique lo contrario.

Tiempo	Sesiones	Numero de Habitación
Talleres de Salud		
3:30 – 4:30 p.m.	Los Remedios de la Abuela no eran Mala Idea: Métodos de Salud Complementaria que Pueden Reducir su Riesgo de Enfermedades del Corazón y el Cáncer Facilitador: Rushad Shroff, MBBS, Duke Primary Care	Salón 1111
	Entrenamiento para Ciudadanos en Respuesta a Emergencias (Citizen Emergency Response Training): Cómo Prepararlo a usted, su Familia y su Comunidad para un Desastre Natural o Provocado por el Hombre Facilitador: Sharon Beard, Instituto Nacional de las Ciencias de Salud Ambiental (NIEHS)	Salón 1221
	Complejo de la Mujer Maravilla: El Impacto de Hacerlo Todo Facilitadores: Deborah Breese y Reverend Trish Harleston, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.	Salón 2221
Sesiones Informativas		
3:30 – 4:10 p.m.	Demostración de Cocina Saludable Chef Ejecutivo: Derrick McCorkle, Sodexo Catering, North Carolina Central University	Carpa
	El Conocimiento Financiero para una Mejor Calidad de Vida Presentador: Joyce Siler, Joyce's Specialties, Ex-Directora Ejecutiva del Women's Business of N.C.	Salón 2236
	Cuando Amarte es Dañino: las Señales de una Relación que no es Saludable Presentador: Aurelia Sands Belle, Durham Crisis Response Center	Salón 2235
	¿Su casa la está enfermando? Cómo hacer que el medio ambiente de su casa sea seguro Presentador: Neasha Graves, Programa de Recurso Ambiental, UNC Institute for the Environment	Salón 2225

Programa de Concienciación Sobre el Día de Salud de las Mujeres

Todas las sesiones en Mary Townes edificio a menos que se indique lo contrario.

Tiempo	Sesiones	Numero de Habitación
Sesiones Informativas		
4:15 – 4:55 p.m.	Usted Sirvió a la Patria, Se Merece el Mejor Cuidado Dondequiera: Servicios de Salud, Obstáculos y Mejora de Servicios para las Mujeres Veteranas Presentador: Shenekia Williams-Johnson, RN, BSN, MAOM, Departamento de Asuntos de los Veteranos	Salón 2225
	Llegando a Tomar Conciencia del Cáncer de Mama: Desde el Diagnóstico hasta el Tratamiento Presentadores: Valerie Clark Worthy, Duke Cancer Institute y Stephanie Riley, Healing With CAARE, Inc.	Salón 2235
	Jardinería en Contenedores para una Dieta Saludable Maestro Jardinero: Kareemah Abdusamad	Carpa
	Feng Shui Para Una Vida Libre de Estrés Presentador: Michele Burgess, PhD, Grounded Wellness LLC	Salón 2236
4:55 – 5:00 p.m.	Empoderamiento de la Mujer a través de Técnicas de Autodefensa Facilitadores: Sergeant Robert McLaughlin, North Carolina Central University	Lawn between MTB and BRITE
	Rifa y Cierre del Evento	

Servicios y Exámenes de Salud Durante Todo el Día (9:00 a.m. – 5:00 p.m.)

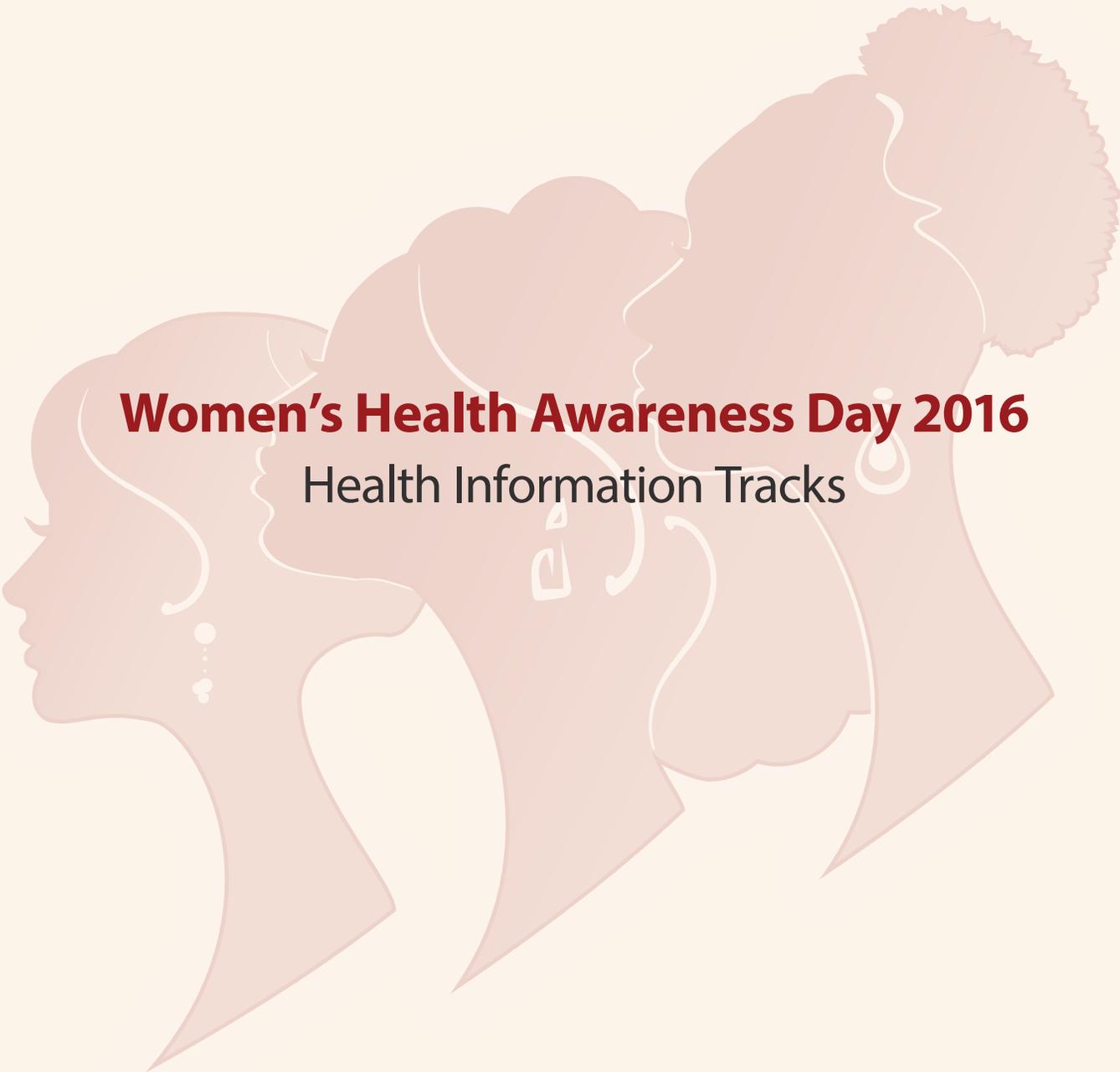
Todas las sesiones en Mary Townes edificio a menos que se indique lo contrario.

Prueba de Detección	Número de Salón	Patrocinador
Mamografías para aquellas que calificaron (se pre-registraron antes de la fecha límite) **	AFUERA, Calle Concord	Mamografía Móvil de UNC REX
Centro Clínico Móvil para Veteranos (veteranas de guerra SOLAMENTE)	AFUERA, Calle Concord	Departamento de Asuntos de los Veteranos
Examen Cardiovascular que incluye Panel de Lípidos (Colesterol, LDL, HDL). Debe ayunar de 8 a 10 horas antes de hacerse la prueba **	Salón 1229	Duke Heart Center
Registro de Donantes de Médula Ósea	Exámenes de Salud Pasillo	Be the Match® On Campus, NCCU Chapter
Detección de Diabetes **	Salón 1225	Durham Diabetes Coalition Instituto Nacional de las Ciencias de Salud Ambiental (NIEHS)
Examen Dental **	Salón 1223–B	Facultad de Odontología y Programa de Higiene Dental de UNC-CH Miriam McIntosh, DDS Vanessa Thomas, DDS Vincent Allison, DDS
Detección de VIH (SIDA) **	BRITE Salón 1008 y 1009	Departamento de Salud y Consejería Estudiantil, NCCU
Registro para Donación de Órganos	Exámenes de Salud Pasillo	Community Health Coalition, Inc.
Pruebas de la Función Renal **	Salón 1233	National Kidney Foundation
Pruebas de la Función Pulmonar **	Salón 2229	Instituto Nacional de las Ciencias de Salud Ambiental (NIEHS)
Detección de Cáncer de Pulmón **	Salón 1234	Duke Cancer Institute
Detección de Cáncer de Tiroides **	Salón 1234	Duke Cancer Institute
Examen de la Vista **	Salón 1223–A	MyEyeDr.
Consultas Médicas	Salón 1204 y 1205	Durham Diabetes Coalition Duke Heart Center
El Radón Screening Hogar y Educación	Exámenes de Salud Pasillo	NC Department of Health and Human Services NC Division of Health Service Regulation Radiation Protection Section
Masaje de Silla **	Salón 3238	James Yarbough
Pruebas Express		
Presión Arterial y Glucosa (Azúcar)	exámenes de salud pasillo	Community Health Coalition, Inc.

** requiere cita previa

“Each person must live their life as a model for others.”

~ Rosa Parks



Women's Health Awareness Day 2016

Health Information Tracks

Health Information Track

9:00 – 10:30 a.m., Mary Townes Building, Room 1111

Getting to the Heart of Cardiovascular Disease

Track Chair: Leatrice Martin, CHES

*Director, Duke Heart Center;
Community Outreach and Education Program;
Duke University School of Medicine*

Speakers: Kevin Thomas, MD, *Assistant Professor of Medicine, Duke Clinical Research Institute, Department of Medicine, Duke University School of Medicine*

Tesca Kinard, *Survivor*

Sylvie Hill, MHS, MS, PA-C, *Physician Assistant, Duke Cardiology, Duke University Health System*

Heather Forrest, BSN, RN, SCRNP, *Nurse Clinician, Duke University Health System*



Abstract

Cardiovascular disease is a national tragedy 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.

During this panel discussion you will hear a personal testimonial of surviving heart disease, living with a heart transplant, and the social implications that impact women faced with the diagnosis. Panelists will also discuss the recognition of warning signs of a heart attack and how to alert the 911 response system should the warning sign be present. Along with the warning signs of a heart attack, you will learn the FAST signs of stroke, how to alert the 911 response system, and key lifestyle modifications that reduce one's risk of a stroke.

Renowned cardiologists and clinical experts will discuss heart arrhythmias, and the management of key risk factors such as diabetes, high blood pressure, high cholesterol, obesity, and poor dietary habits. Recommendations for prevention and control initiatives will be shared that emphasize the increasing number of Americans that will die or live with diagnosed cardiovascular diseases. Risk reduction and disease control will reduce heart attack and stroke. Each presenter will review key prevention strategy opportunities, such as controlling high blood pressure, high cholesterol, recognition of signs and symptoms, ways to improve the emergency response, being your own health advocate, preventive care, and means to eliminate disparities of race and gender.

Objectives

- Discuss pregnancy complications associated with heart disease.
- Describe the impact of stress on the cardiovascular system.
- Describe the warning signs of a heart attack.
- Note the differences between sudden cardiac arrest and a heart attack.
- Discuss the impact of high blood pressure, diabetes, and high cholesterol on heart health outcomes.



This session is brought to you by Duke Heart Center, Community Outreach and Education Program,
Duke University School of Medicine

Health Information Track

9:00 – 10:30 a.m., Mary Townes Building, Room 1221

Living Well With Diabetes



Track Chairs: **Willa Robinson Allen, MPH, MAED, CHES**
Program Manager, Health Promotion & Wellness of the Health Education Division at Durham County Department of Public Health

Lisa Pullen Davis, PhD, MSPH
Senior Project Manager, BMS Foundation Durham Diabetes Coalition Project; Duke Translational Medicine Institute, Duke University

Speakers: **Bradi Granger, PhD, RN, FAHA, FAAN**, *Associate Professor, Duke University School of Nursing; Director, Duke Heart Center Nursing Research Program*



Diana McNeill, MD, *Professor of Medicine, Duke University School of Medicine; Director, Duke Academy for Health Professions Education and Academic Development (AHEAD)*

Jullia Rosdahl, MD, PhD, *Assistant Professor of Ophthalmology, Duke Ophthalmology, Duke University School of Medicine*

Crystal Tyson, MD, *Medical Instructor in the Department of Medicine; Medical Instructor in the Department of Psychiatry and Behavioral Medicine*

Abstract

It is possible to live healthy with diabetes. Many people spend years working to understand this complex condition. Working with a great team of health providers is key to helping manage and control diabetes. Your health care team helps you manage your diabetes and maintain good health. Sessions today will include firsthand knowledge from an endocrinologist, nephrologist, ophthalmologist, and a nurse specializing in the area of diabetes.

You may have heard that diabetes causes eye problems that can lead to blindness. Learn from an ophthalmologist (eye doctor) how to take care of the eyes and key management recommendations to prevent damage to the eyes. Since diabetes is a complex condition, there is so much more to it than keeping your blood sugar at a healthy level. Along with your general practitioner, endocrinologists specialize in diabetes and other conditions that affect your glands, hormones, and endocrine system. This session will help you understand how diabetes impacts the entire body. A nephrologist (kidney doctor) will help you understand how to take care of your kidneys to avoid damage and potentially kidney failure by focusing on managing blood pressure levels, and a nurse specializing in diabetes will provide practical information to help you deal with the day-to-day aspects of diabetes self-management and highlight local resources available for you to live well with diabetes.

Objectives

- Receive new and up-to-date information from medical specialists who assist their patients to control and manage their diabetes.
- Understand the impact of environmental, nutritional, and mental health on successful diabetes self-management.
- Have an opportunity to ask questions and receive feedback related to diabetes.



Health Information Track

9:00 – 10:30 a.m., Mary Townes Building, Room 2221

Critical Conversations: Having the Talk on Reproductive and Maternal Health Issues



Track Chair: Tara Owens Shuler, MEd, LCCE, FACCE

Director, Continuing Education for the Duke Area Health Education Center (AHEC) Program Office, Duke University

Speakers: Nancy Albrecht, MA, BSN, RN, IBCLC, Director of Clinical Nursing Services and Certified Lactation Consultant, Women's Birth & Wellness Center

Sheila Allison, MD, Founder and Director, Southpoint Medicine and Women's Health Associates; General Gynecologist

Elizabeth Johnson, MA, Trauma-Informed Health Educator, Outside the Mom Box

Rev. Darryl Owens, MDiv, BCC, CT, CPLC, Women's Services Chaplain/Grief Counselor, Department of Pastoral Care, UNC Hospitals

Belinda Pettiford, MPH, Branch Head, Women's Health Branch, Division of Public Health, NC Department of Health and Human Services

Abstract

Planning a pregnancy or trying to get pregnant can present a mix of emotions for women. This session will invite attendees to join in critical conversations with local experts in preconception health, infertility, and maternal mental health. These are topics that women and their families do not usually discuss, and women may not know how important preconception health is to getting pregnant. Attendees will leave knowing what resources or services are available if a family experiences a perinatal loss; understand the effects of past abuse on childbearing women; and how to identify or prevent perinatal mood disorders after the birth of a baby.

Objectives

- Learn how to discuss strategies that can enhance healthy behaviors to promote and preserve the health of your future family.
- Understand the impact of medical conditions and/or environmental exposures that threaten fertility.
- Understand how and why past sexual abuse might surface during pregnancy.
- Identify community resources when a family experiences a pregnancy loss.
- Identify ways to prevent and treat perinatal mood disorders.



Health Information Track

1:45 – 3:15 p.m., Mary Townes Building, Room 1111

Keeping It Real: What You Want and Need to Know About Cancer and Reducing Your Risk



Track Chair: Nadine Barrett, PhD, MA, MS

*Director, Office of Health Equity and Disparities, Duke Cancer Institute;
Director, Duke Community Connections Core, Center for Community and Population
Health Improvement, Duke CTSA;
Faculty, Department of Community and Family Medicine, Duke School of Medicine*

Speakers: 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*

Monica Jones, MD, Assistant Professor, Gynecologic Oncology,
Duke Cancer Center, Duke University Health System

Abstract

Facilitated by three local doctors, joined by a variety of women from all generations, this interactive and dynamic session is an open and candid conversation about what you should and need to know about cancer, and key ways to reduce your risk and promote wholeness and wellbeing. We will discuss facts and myths associated with cancer risks, screenings, and prevention, such as:

1. Should I be screened for cancer? Top 10 cancer screenings – from teenagers to seniors.
2. Does stress or alcohol increase my risk for cancer? How much?
3. HPV, cervical cancer, and the vaccine. Should I take it and why?
4. What is thyroid cancer and how do I know if I am at risk?
5. Does the environment in my home put me at risk for cancer?
6. Should I get genetic testing?
7. How can I get lung cancer if I don't smoke? Radon exposure: the silent killer.
8. What can I do to reduce my risk of cancer and when should I start?

Prepare to leave with practical tips on how to reduce your risk for cancer and other chronic diseases, and promote good health and wellness in your daily life!

Objectives

- Learn some of the least known facts about cancer and what they mean to you.
- Understand the facts and dispel the myths about cancer.
- Understand the environmental, genetic, behavioral, and psychosocial factors that increase your risk of getting cancer.
- Discover what cancer risks mean for women of all generations!
- Assess your cancer risk and practical methods to reduce them.



Health Information Track

1:45 – 3:15 p.m., Mary Townes Building, Room 1221

Breathe Easy and Sleep Tight: Protect Your Lung Health in Everyday Life



Track Chair: **Stavros Garantziotis, MD**

Medical Director, Clinical Research Unit, Clinical Research Branch, National Institute of Environmental Health Sciences, National Institutes of Health, U.S. Department of Health and Human Services; Adjunct Associate Professor of Medicine, Duke; and Adjunct Assistant Professor of Medicine, UNC

Speakers: **Neasha Graves, MPA**, *Community Outreach and Education Manager, UNC Institute for the Environment, Environmental Resource Program*

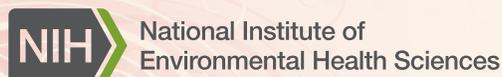
Steven Taxman, PA-C, *Physician Assistant, Sleep Medicine, Pediatric Allergy and Immunology, Duke Asthma, Allergy, and Airway Center, Duke University School of Medicine*

Abstract

This interactive session will offer a lot of fun activities and very little dry talk! During this time we will demonstrate how our environment and our life habits may impact air quality in our homes, and show simple, affordable, practical steps that we can take to improve the air we breathe in our homes. We will also talk about snoring and sleep apnea, how sleep and lung health are closely connected, and suggest tell-tale signs that could alert you that you, or a loved one, has a sleep-related breathing disorder.

Objectives

- Simple steps that will help clean the air in your home and environment.
- Ways to keep yourself and loved ones with asthma safe from asthma flare-ups.
- Why snoring may not be just annoying, but a sign of lung disease.
- How diet, exercise, and life habits can take our breath away – and what we can do to catch our breath again!



This session is brought to you by the Clinical Research Branch, Division of Intramural Research and Training, National Institute of Environmental Health Sciences

Health Information Track

1:45 – 3:15 p.m., Mary Townes Building, Room 2221

Human Sexuality: Permission SLIPPS (Sexuality, Love, Intimacy, Pleasure, Power, and Spirituality)



Track Chairs: **Tanya Bass, MS, CHES**

Lead Instructor, Human Sexuality, Department of Public Health Education, North Carolina Central University

La Verne Reid, PhD

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

Speakers: **Alicia Andrews**, Graduate Student, Widener University

Nakisha Floyd, MA, CHES, RHed, Doctoral Student, Widener University

Ja'Nell Henry, BA, Master of Arts candidate of Health Education and Promotion, College of Health and Human Performance, East Carolina University

Caressa White, MA, Director, Office of Community Outreach, Dissemination and Educations, UNC Center for AIDS Research (CFAR)



Abstract

During this workshop, a panel of local female sexologists and sexuality educators representing various age groups will discuss how girls that do not learn about sexuality mature into adult women that still do not know about their sexuality. Shame, stigma, trauma, and sexualization inhibit many women, and they become adults who ascribe to superstitions, who trust their fears and phobias, and who need to have permission or feel powerless regarding issues related to sex.

In this talk, the panel will discuss information that young women and adults need to know to function sexually. We will discuss sexual dimensions, sexual "dysfunction," aging, pleasure, inhibitions around communication, and desire for the creation of meaningful sexual experiences.

This workshop seeks to provide ways to deconstruct traditional teachings and present spiritually based principles that are pleasure-centered. It will also explore ideas of how mainstream sexuality has continuously been contextualized and negatively impacted black female sexuality.

Objectives

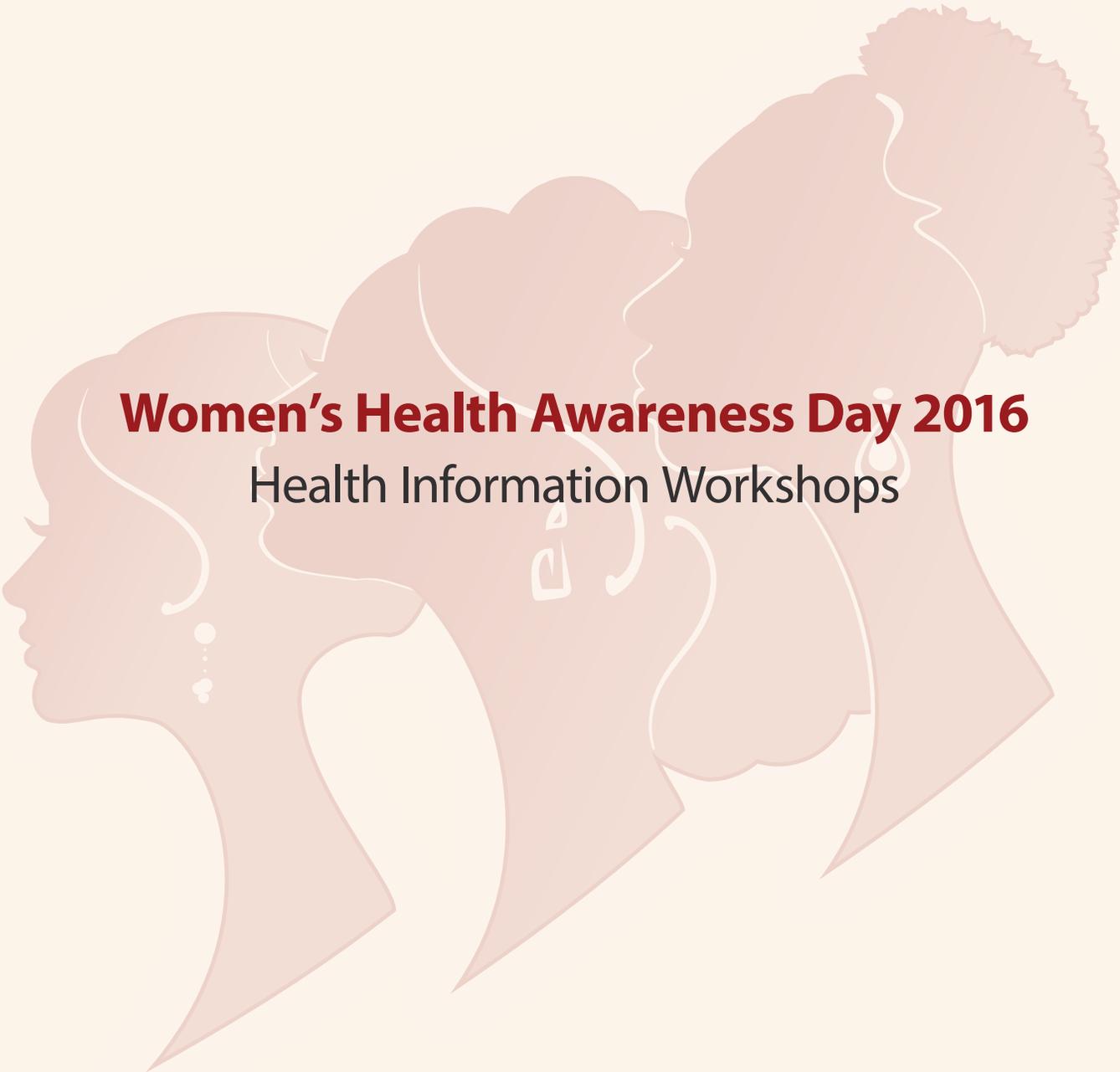
- To synthesize and navigate the standards of the mainstream, upper-class, thin, able-bodied, Christian/faith-centered framework of sexuality and accept what is relevant personally and reject what is not.
- The various challenges and strategies to manage sexual "dysfunction" and changes in the female body due to aging and trauma.
- To identify spiritually-based principles that are pleasure centered.



“ There is benefit in seeing lives change. I do believe that we are all change agents and so we have to use our gifts to help make that change come about. ”

~ Sharon Elliott-Bynum

*(In loving memory of a dear friend and great supporter of women and
The Women's Health Awareness Day Initiative)*



Women's Health Awareness Day 2016

Health Information Workshops

Health Information Track

3:30 – 4:30 p.m., Mary Townes Building, Room 1111

Your Grandmother's Remedies Were Not a Bad Idea: Integrative Approaches That May Reduce Your Risk for Heart Disease and Cancer



Workshop Facilitator: Rushad Shroff, MD, FACP

*Geriatrician, Duke Primary Care Harps Mill Internal Medicine;
Consulting Associate, Department of Medicine, Duke University
School of Medicine*

Objectives

- Prevention and management of cardiovascular disease and cancer through diet, exercise, and lifestyle modification.
- A practical guide on the dietary links to cardiovascular disease and cancer.
- Suggestions on how to lower the risk of cardiovascular disease and cancer.



This session is brought to you by the Duke Heart Center, Community Outreach and Education Program,
Duke University School of Medicine

Health Information Track

3:30 – 4:30 p.m., Mary Townes Building, Room 1221

Community Emergency Response Training: How to Prepare Yourself, Your Family, and Your Community for a Natural or Man-Made Disaster



Workshop Facilitator: Sharon Beard, MS

Industrial Hygienist, Worker Education and Training Branch, Division of Extramural Research and Training, National Institute of Environmental Health Sciences, National Institutes of Health, U.S. Department of Health of Human Services

Speakers: J. David Marsee II, BS, *Emergency Management Coordinator, Durham County Fire Marshal and Emergency Management*

Sgt. Robert McLaughlin Jr., *Emergency Management Coordinator, North Carolina Central University Police/Emergency Management*

Abstract

During this session, there will be two presentations that will focus on preparing yourself and the community to respond to all types of emergency events. The first presentation will be conducted by Mr. Bob McLaughlin, NCCU, and David Marsee, Durham County, and it will provide an overview of the Community Emergency Response Training (CERT) and the types of resources and training they provide. In the second presentation, Sharon Beard, representing NIEHS and Durham Alumnae Chapter (DAC) of Delta Sigma Theta Sorority, Inc. (DST), will provide a hands-on training activity on developing an emergency family plan and will share various NIEHS Worker Training and DST emergency response resources.

Objectives

This session will describe and share:

- The goals and objectives of CERT and how best to engage in these training activities in Durham.
- How a resident can prepare themselves for any emergency that might threaten their home or community.
- How to find resources and tools from ready.gov, readync.gov, and niehs.nih.gov to help individuals safely respond to different emergency situations including floods, debris removal, hurricanes, etc.
- How to effectively engage your family in establishing a plan of action for emergencies that might occur and how to exercise this plan within your community.



This session is brought to you by the NIEHS Worker Education & Training Branch, Division of Extramural Research and Training and the DAC of DST, Inc.

Health Information Track

3:30 – 4:30 p.m., Mary Townes Building, Room 2221

Superwoman Complex: The Impact of Doing It All



Workshop Facilitators:

Deborah Breese, MS, LPC, LCAS, CRC

Licensed Clinician, Access & Information Center, Alliance Behavioral Healthcare

Reverend Trish Harleston, MACC, CCCC (Certified Christian Counselor)

Executive Pastor, Orange Grove Missionary Baptist Church

Speakers: **Jennifer Rounds-Bryant, PhD**, *Licensed Clinical Psychologist, Executive Director, Teen Fest Foundation; Faculty, Capella University and University of Phoenix*

C. Nicole Swiner, MD, *Family Practitioner, Durham Family Medicine; Contributor, The Triangle Tribune, Author of "How to Avoid the Superwoman Complex"*

Cheryl Woods-Giscombe, PhD, RN, PMHNP-BC, *Melissa and Harry Levine Family Professor of Quality of Life, Health Promotion and Wellness, University of North Carolina at Chapel Hill*

Abstract

This panel discussion will offer you the opportunity to interact with three dynamic women who are experts in the health field. They will openly discuss the reality of the phenomenon known as the "Superwoman Complex" and how this manner of lifestyle impacts our mental and physical health.

Women all too often must wear multiple hats in order to maintain balance when bringing home the bacon, cooking it, and then serving it. This observable fact can be described as a consequence of the illusion created when women tell themselves "we should do, we can do, and we must do everything on our path and more."

Women lose themselves attempting to gain a distorted version of society's misleading trophy and coveted prize, do everything and you win. Women may ignore the subtle sounds of their bodies desperately needing us to pay it some attention. We may deny ourselves the necessary life/work balance, trying to do it all.

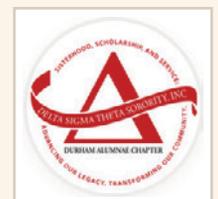
This workshop will present an opportunity of self-acknowledgement and enlightenment surrounding the desire of being a superwoman, how stress can make us sick, and how we can avoid this complex. This session will be impactful, lively, conversational, and sometimes unpleasantly honest; yet will be packed with information that can change your perspective.

Objectives

- Identify hidden mental and physical health challenges harnessed within this complex.
- Discover alternate approaches to "having it all," which includes self-awareness.
- Become willing to care for yourself.
- Use these abilities of action to embrace the power to change our choices and our lives.

Bonus!

Participants will have an opportunity to purchase additional resources published by these experts that will assist in making life altering decisions to Have It All without the stress of Doing It All!



Dr. Nicole Swiner's Top Tips on How to Avoid the Superwoman Complex

1. Give yourself permission to be imperfect.

Don't allow yourself to feel like you have to be perfect all of the time and live up to these standards. Most of these standards we've created ourselves. So give yourself permission to not be perfect and be the best way you can be.

2. Go to bed.

If I could list sleep as a hobby, I would. Going to bed on time and having a good seven or eight hours of rest for me is paramount. On the weekends I nap. It's more important to people's health than they realize.

3. Relax.

Find things that you like to do for rest, emotional rest, and mental rest. I like to get massages and have date night every week with my husband. Find some hobbies that help you to relax and do this often.

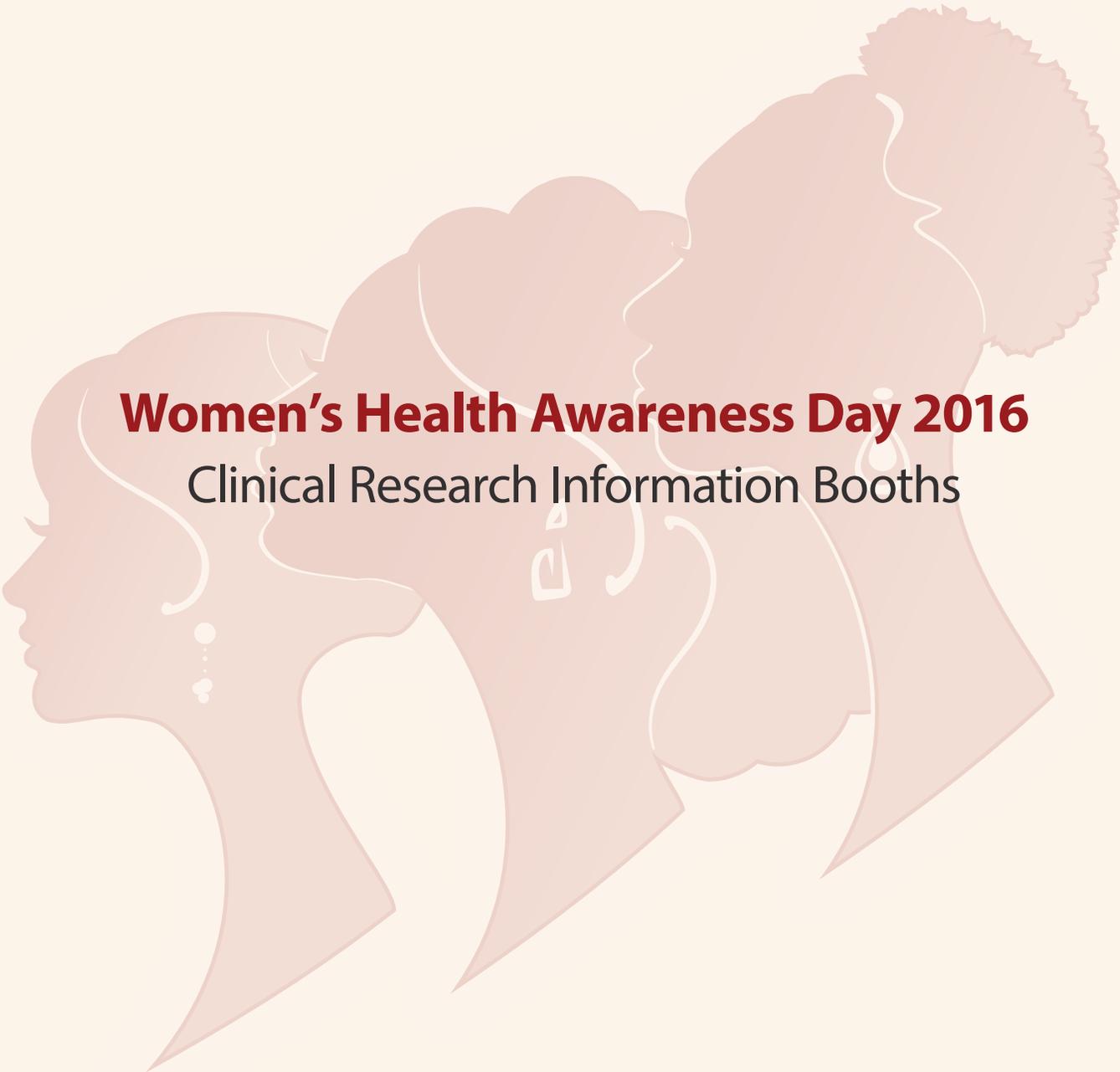
4. Find your passion.

Writing, speaking and social media postings energize me. It doesn't feel like work. When you're passionate about your work, you can do it all day long and not tire.

Dr. Swiner is author of the book *"How to Avoid The Superwoman Complex"*

*“To keep the body in good health is a duty,
otherwise we shall not be able to keep our
mind strong and clear.”*

~ Buddha



Women's Health Awareness Day 2016

Clinical Research Information Booths

Clinical Research Information Booths

Located on the 2nd Floor Hallway

All Day Services

(9:00 a.m. – 5:00 p.m.)

Sponsored By:

N.C. A & T State University

University of N.C. at Chapel Hill

National Institute of Environmental Health Sciences/NIH

Clinical Research Information Booths

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



COAACH is a fountain of scholarly knowledge, empowering resources, and brimming hope that advances healthy aging in all communities. COAACH promotes the science and the application of healthy aging through research, education, capacity building, and empowerment so that individuals, particularly the most vulnerable, can live life with quality, dignity, and independence.

COAACH faculty and students are engaged in research on how to conduct community outreach that leads to improvements in healthy aging. Our research utilizes an interdisciplinary approach that includes the following areas:

- Biology
- Social Work
- Psychology
- Agricultural Science
- Engineering
- Nursing
- Visual and Performance Arts
- And Several Others

Research is conducted by faculty, graduate students, and undergraduate students dedicated to improving healthy aging.

Contact Person: Goldie Byrd, PhD, Professor and Dean, College of Arts and Sciences, North Carolina Agricultural and Technical State University; Principal Investigator; (336) 334-7806; gsbyrd@ncat.edu.

Alternate Contact Person: Takiya Starks, Clinical Coordinator; (336) 285-2172; tdstarks@ncat.edu.

Clinical Research Information Booths



UNC
THE NORTH CAROLINA
TRANSLATIONAL & CLINICAL
SCIENCES INSTITUTE

The North Carolina Translational & Clinical Sciences Institute

The mission of the North Carolina Translational & Clinical Sciences Institute (CTCSI) is to accelerate clinical and translational research from health science to discovery to dissemination to patients and communities.

The integrated hub of the Clinical and Translational Science Awards (CTSA) Program at UNC combines the research strengths, resources, and opportunities of the UNC-Chapel Hill campus, partner institution RTI International (RTI) in the Research Triangle Park and planning partner North Carolina Agricultural and Technical State University in Greensboro.

Together we are strategically designed to overcome barriers which historically have been responsible for fragmenting and delaying research efforts. Faculty and staff experts across NC TraCS offer targeted, comprehensive, and interdisciplinary solutions to investigators in the area of clinical and translational science; and we serve as the sole, centralized portal through which researchers may gain access to the resources and services.

Contacts: Zoe Enga, Evaluation and Data Coordinator, NC TraCS Institute, University of North Carolina at Chapel Hill; 919-843-4604; zoe_enga@med.unc.edu.

Adina Black, Research Assistant, NC TraCS Institute, University of North Carolina at Chapel Hill; BlackGirlsBlu, Inc.; 919-843-9214; asblack@email.unc.edu.

Website: <https://tracs.unc.edu>

Join the Conquest

Researchers at the University of North Carolina and associated research centers are working very hard on new ways to conquer disease. They can't do it alone! For example, it takes the help of over 5,000 study volunteers to compile enough data to get just a single new drug approved. When you Join the Conquest, you will become part of a larger community of volunteers contributing to discoveries that may improve health care for you, your family, and your community. Volunteers that Join the Conquest help turn scientific discoveries into medical reality.

Contact: Carol Breland, Research Recruitment Director; NC TraCS Institute, University of North Carolina at Chapel Hill; 919-966-6274; brelandc@email.unc.edu.

Website: <https://jointheconquest.org>

Clinical Research Information Booths



UNC
CENTER FOR HEALTH
EQUITY RESEARCH

The North Carolina Translational & Clinical Sciences Institute

ENLaCE – Expanding Networks for Latinos through Community Engagement

North Carolina has one of the nation's fastest growing Latino populations. Latinos face many barriers to health care and are disproportionately affected by numerous health problems. Engaging Latino populations presents many challenges for clinicians and translational researchers. Our goal is to enhance and promote translational research in Latino communities. Through community, clinician, and investigator engagements, ENLaCE provides consultative services and referrals that help move science forward and ultimately improve Latino health.

ENLaCE services include:

- Providing research support for grants that target Latino populations
- Facilitating data collection in Latino communities
- Building research capacity to facilitate translational research in Latino communities

Contacts: Daniel Reuland, MD, MPH; ENLaCE Director, NC TraCS Institute, University of North Carolina at Chapel Hill; 919-966-7666; dreuland@med.unc.edu.

Ginny Lewis, MSW, ENLaCE Community Coordinator, NC TraCS Institute, University of North Carolina at Chapel Hill; 919-843-5649; virginia_lewis@med.unc.edu.

Website: tracs.unc.edu/enlace

Clinical Research Information Booths



UNC
CENTER FOR HEALTH
EQUITY RESEARCH

The Center for Health Equity Research Mission

The Center for Health Equity Research (CHER) brings together collaborative, multidisciplinary teams of scholars and community members to improve health in underserved communities through a shared commitment to health equity, innovation, and translational research.

- Create and maintain cross-disciplinary synergy: The combination of individual perspectives, resources, and skills creates a “whole that is greater than the sum of its parts” and results in research collaborations with increased creativity and more comprehensive solutions to complex problems.
- Advance research methods: New methods and new application of methods from other fields are required for continued progress in the field. Methods routinely used in health disparities research do not meet the methodological needs of complex problems or take advantage of cross-disciplinary collaborations.
- Effective translation of discoveries: Deliberate, strategic investments in translational collaborations in key conditions or areas can catalyze new discoveries and create models and an infrastructure that transcends bottlenecks.
- Conduct research that addresses patient and community centered outcomes: Research that is more relevant to stakeholders is more likely to lead to organizational and public policy change that leads to improved health.
- Equity in health care is an issue of quality: Equity is one of the six quality aims defined by the Institute of Medicine in their 2001 report, “Crossing the Quality Chasm.” Addressing equity offers great opportunities for profound improvement for both individual patients and society as a whole.

Contact Person: Rachel Quinto, Center Administrator; 919-843-8271; rachel_quinto@med.unc.edu.

Principal Investigator: Giselle Corbie-Smith, MD, MS, Professor of Social Medicine and Professor in the Department of Medicine; Director, Program on Health Disparities at the Cecil G. Sheps Center for Health Services Research, University of North Carolina at Chapel Hill.

Website: <http://cher.unc.edu>

Clinical Research Information Booths



UNC
CENTER FOR HEALTH
EQUITY RESEARCH

The Center for Health Equity Research Mission



Comparing Options for Management: Patient-Centered Results for Uterine Fibroids

Purpose: The overall goal of this project is to better enable patients with uterine fibroids to make informed decisions about treatment options by leveraging the highest possible evidence of health care quality. The foundation of this project will be a multi-site, prospective registry of a diverse group of women who have undergone either medical or surgical treatment for uterine fibroids.

UNC researchers are working with others at nine sites across the United States to recruit women who have been diagnosed with uterine fibroids to complete a study on symptoms before and after treatment for their fibroids. The objective of the study is to determine the best management options for treatment of uterine fibroids.

Background and Significance: Uterine fibroids are one of the leading causes of morbidity among reproductive age women. By age 50, almost 70% of Caucasians and 80% of African Americans experience at least one detected by imaging. When symptomatic, uterine fibroids can cause heavy menstrual bleeding and significant pain, thus impacting quality of life and lost work. This diagnosis is the most common reason for a gynecologic hospitalization in the U.S. Notably, uterine fibroids among African American women occurs more frequently at younger ages, is more symptomatic, and is more disabling.

You are eligible if you:

- Have a recent diagnosis of uterine fibroids by a healthcare provider
- Are English speaking
- Are between 18 to 54 years of age
- Are willing to be contacted yearly until the end of the study

Contact Person: La-Shell Johnson, Study Project Manager; 919-843-6611; compare-uf@unc.edu.

Principal Investigators: At UNC, Dr. Wanda Nicholson is the site Principal Investigator. Duke Clinical Research Institute (DCRI) is the coordinating center for COMPARE-UF with Dr. Evan Myers as the Principal Investigator.

Website: <http://www.compare-uf.org>

Federal Research Funding: This project is funded by the Agency for Healthcare Research and Quality (AHRQ) in collaboration with the Patient-Centered Outcomes Research Institute (PCORI).

Clinical Research Information Booths



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 Program 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 the NIEHS



Clinical Research Information Booths

National Institute of Environmental Health Sciences Clinical Research Program



Help Us Improve Human Health by Participating in a Clinical Research Study

The Clinical Research Unit at NIEHS is currently recruiting asthmatics and healthy volunteers for ongoing research studies.

Studies may involve the collection of:

- Blood
- Urine
- Household Dust
- Skin
- Sperm
- Pulmonary Function Test

Qualified participants will be reimbursed for their time and effort. Participants must provide their own transportation.

Clinical Research Unit, 111 T.W. Alexander Drive, RTP, NC 27709, USA

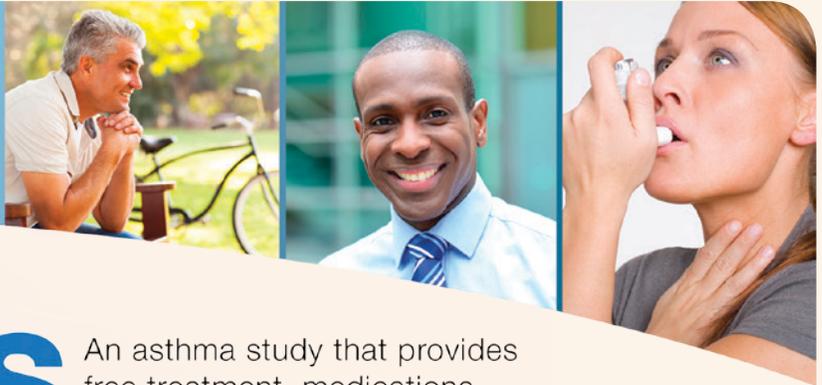
Contact Person: Nicole Edwards, Study Coordinator; 919-316-4976.

Website: <http://www.niehs.nih.gov/research/clinical/>

Clinical Research Information Booths



National Institute of
Environmental Health Sciences
Clinical Research Unit



Join
NHALES An asthma study that provides
free treatment, medications
and compensation
And Get Your Asthma Under Control

National Institute of Environmental Health Sciences The Natural History of Asthma With Longitudinal Environmental Sampling (NHALES)

The main purpose of the NHALES study is to collect samples and medical information from people who have moderate to severe asthma, as well as from people who do not have asthma for comparison. The samples and medical information will be used in the future 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 set up an asthma clinic at NIH's National Institute of Environmental Health Sciences (NIEHS) Clinical Research Unit (CRU). This clinic will provide free doctor visits and asthma medications to people who do not currently have a good way to get treatment for their asthma.

Contact Person: Chloe Katz, Study Coordinator, Social and Scientific Systems; 919-957-6711; ckatz@s-3.com.

Principal Investigator: Stavros Garantziotis, MD, Acting Chief, Clinical Research Branch; 919-541-9859; garantziotis@niehs.nih.gov.

Clinical Research Information Booths



National Institute of Environmental Health Sciences The Environmental Polymorphisms Registry

The Environmental Polymorphisms Registry, or "EPR," is a long-term initiative to collect approximately 20,000 DNA samples from individuals ages 8 and older. These DNA samples will be used to examine risk factors for common diseases such as heart disease, cancer, diabetes, asthma, Alzheimer's, and other health conditions. Genetic data, along with health data (e.g., family or personal history of disease, environmental exposure, socioeconomic status, and lifestyle data) will be used to select participants for voluntary studies to help researchers diagnose, prevent, and treat common health conditions both in individual patients and whole populations.

The EPR is unique in that it is a "linked" DNA registry. DNA samples are coded with personal identification numbers (PINs) that are linked back to registrants' identities and contact information. This gives scientists the ability to ask enrollees to come back and participate in a wide variety of studies based on their genetic profiles and/or health and exposure history.

Contact Person: Shepherd Schurman, MD, NIEHS, Associate Medical Director, Clinical Research Unit (CRU); Principal Investigator, EPR; 919-541-7736; shepherd.schurman@nih.gov.

Alternate Contact Person: Nicole Edwards, NIEHS, EPR Study Coordinator, CRU; 919-316-4976; nicole.edwards@nih.gov.

Clinical Research Information Booths

National Institute of Environmental Health Sciences Clinical Research Program

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.

Who is running the study?

Pediatricians at the National Institute of Environmental Health Sciences (NIEHS), a part of the National Institutes of Health (NIH)

What's Required?

- A parent must give permission and come with his or her daughter to all study visits
- Two to four study visits within a six month time frame to the NIEHS Clinical Research Unit in Research Triangle Park and a nearby Wake Radiology center
- Physical exam, blood and urine tests, an ultrasound, and X-ray of the hand
- Participants will receive compensation for their time and travel costs

Who Can Participate?

- Healthy girls aged 8-14
- Some breast development
- Have not had their first period

The definition of healthy for this study means that you feel well and can perform normal activities.

For more information about this study, parents may:

- Call 1-855-MYNIEHS
- Email puberty@nih.gov
- Visit us online at <http://www.bodyweightandpuberty.niehs.nih.gov>

Lead Researcher: Natalie Shaw, MD, National Institute of Environmental Health Sciences, Research Triangle Park, North Carolina.



Clinical Research Information Booths

National Institute of Environmental Health Sciences Clinical Research Program

Do You Use Black Cohosh?

If you are a woman living in the Raleigh-Durham-Chapel Hill area and take black cohosh for hot flashes, cramps, or other symptoms, please join an important study on the health effects of black cohosh being conducted by the National Institute of Environmental Health Sciences (NIEHS).

What's Required?

- Only one visit to donate a blood sample
- Volunteers will be compensated up to \$50
- Blood sample will be drawn at the NIEHS Clinical Research Unit in Research Triangle Park, North Carolina

Who Can Participate?

- Healthy women, aged 18 years and older
- Not pregnant or breastfeeding

For more information about the Black Cohosh Study, call 919-316-4976

Lead Researcher: Stavros Garantziotis, MD, Acting Chief, Clinical Research Branch; 919-541-9859; garantziotis@niehs.nih.gov.



Clinical Research Information Booths

National Institute of Environmental Health Sciences Clinical Research Program

Do you smoke cigarettes or use e-cigarettes?

If you are a man or woman, 18-55 years old, living in the Raleigh-Durham-Chapel Hill area, and smoke cigarettes or use an electronic nicotine delivery system (e-cigarette), please join an important study on smokers being conducted by the National Institute of Environmental Health Sciences (NIEHS).

What's Required?

- One visit to donate blood, urine, and saliva samples
- Samples will be collected at the NIEHS Clinical Research Unit in Research Triangle Park, North Carolina
- Volunteers will be compensated up to \$60

Who Can Participate?

- Healthy men and women aged 18-55
- Current cigarette smokers or users of nicotine-containing e-cigarettes (can be using both)

The definition of healthy for this study means that you feel well and can perform normal activities. If you have a chronic condition, such as high blood pressure, healthy can also mean that you are being treated and the condition is under control.

For more information about this study, call 919-316-4976

Lead Researcher: Stavros Garantziotis, MD, Acting Chief, Clinical Research Branch; 919-541-9859; garantziotis@niehs.nih.gov.





National Institute of
Environmental Health Sciences

Office of Human Research Compliance Helping to Protect the Rights of Research Participants

Our mission is to manage a comprehensive Human Research Protection Program at the National Institute of Environmental Health Sciences.

The goal of this office is to provide ethical and regulatory oversight of research that involves human subjects by:

- Protecting the rights, welfare, and well-being of human research participants recruited to participate in research conducted or supported by NIEHS
- Ensuring compliance with relevant local, state, and federal laws and regulations
- Ensuring compliance with NIEHS and NIH policies and guidance
- Employing the highest ethical standards for human research protections in all human subjects research by adhering to the ethical principles outlined in the Belmont Report
- Providing guidance to ensure sound research design, scientific integrity, and determining if the research contributes to generalizable knowledge and is worth exposing subjects to risk



For information contact the Office of Human Research Compliance at:

Telephone: 919-541-3852

Fax: 919-541-3845

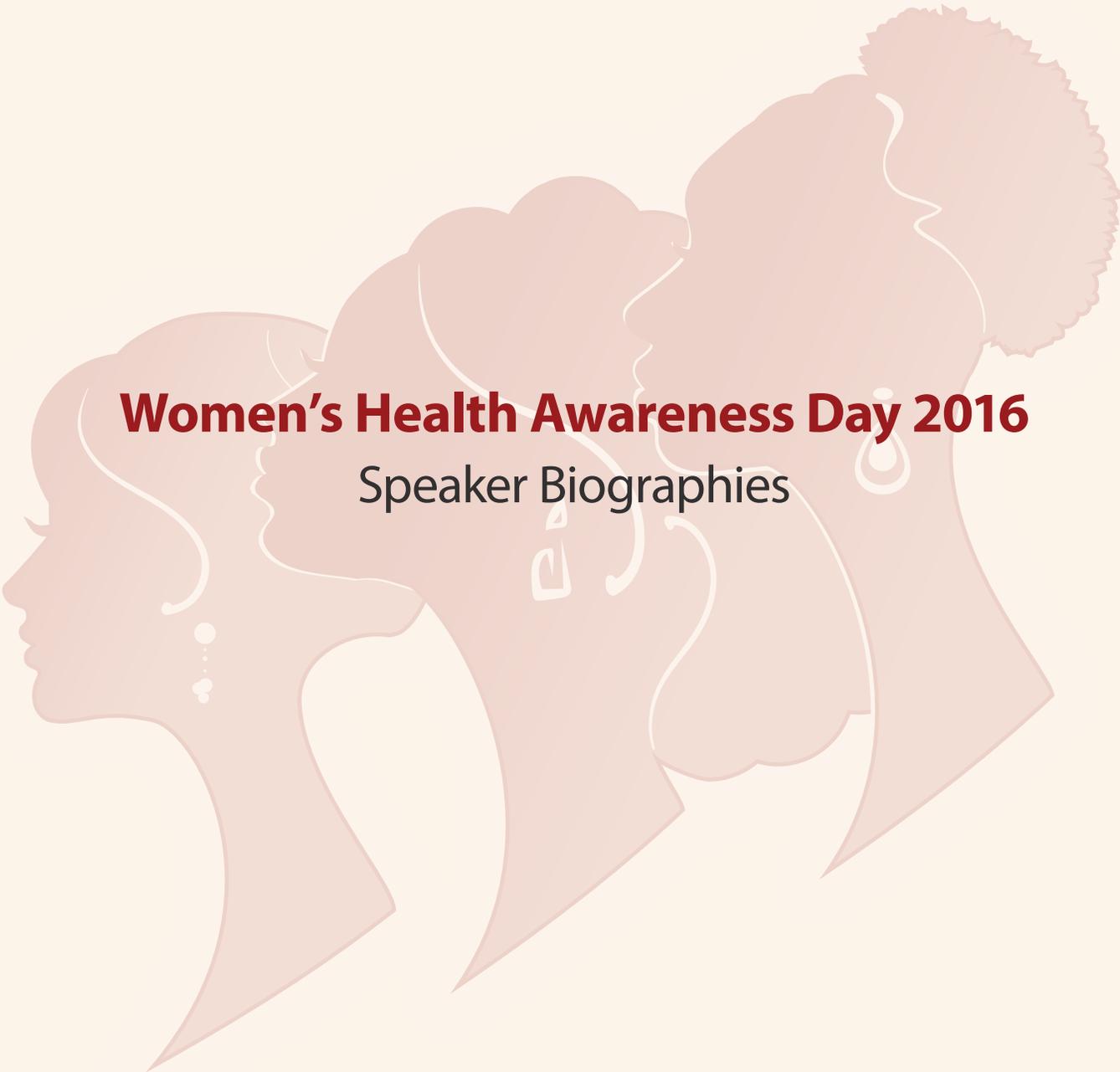
E-mail: niehs-officeofhrc@niehs.nih.gov

Director: Joan Packenham, PhD

E-mail: packenhm@niehs.nih.gov

“ Loving yourself has nothing to do with being selfish, self-centered or self-engrossed. It means that you accept yourself for what you are. Loving yourself means that you accept responsibility for your own development, growth and happiness.”

~ Iyanla Vanzant



Women's Health Awareness Day 2016

Speaker Biographies

Speaker Biographies



Kareemah Abdusamad
Master Gardener

Kareemah Abdusamad initially began her journey into gardening as a way to enhance the wellbeing 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% 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 volunteers with SEEDS, local nonprofit organizations that educate urban youth about gardening, marketing, and community gardening.



Nancy Albrecht, MA, BSN, RN, IBCLC
*Director of Clinical Nursing Services and Certified Lactation Consultant,
Women's Birth & Wellness Center*

Nancy Albrecht has been a breastfeeding advocate and educator for more than 30 years. While she spends most of her time at Women's Birth & Wellness Center (WBWC) as the clinic nurse, she is a Certified Lactation Consultant and retired La Leche League leader. Mothering her four daughters and two grandchildren, all breastfed, is her favorite pastime. Nancy brings her wealth of knowledge about birth and breastfeeding to assisting the families of WBWC and the community.



Sheila Allison, MD
Founder and Director, Southpoint Medicine and Women's Health Associates; General Gynecologist

Dr. Sheila Allison is a graduate of Meharry Medical College in Nashville, Tennessee, and completed her specialty training in Obstetrics and Gynecology at Wayne State University in Detroit, Michigan.

She opened Southpoint Medicine and Women's Health Associates in 2003, specializing in gynecology, and with a focus on hormone management. One of the area's authorities on menopause, Dr. Allison also emphasizes a healthy lifestyle as part of her approach to helping her patients. She also practices all aspects of gynecology, including surgery.

Speaker Biographies

**Alicia Andrews**

Graduate Student, Widener University

Alicia Andrews holds a Bachelor of Science in Public Health. She is currently pursuing her Master's in Human Sexuality Education at Widener University. Ms. Andrews has been in the field of HIV/STD prevention and education over the past seven years and is currently building her skills in positive youth development. Her passion lies in sexual health and making sure that her community is exposed to and becomes more educated on how sexuality impacts total well-being.

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

*Director, Office of Health Equity and Disparities, Duke Cancer Institute;
Director, Duke Community Connections Core, Center for Community and Population Health Improvement, Duke CTSA;
Faculty, Department of Community and Family Medicine, Duke School of Medicine*

Dr. Nadine Barrett is the inaugural Director of the Office of Health Equity and Disparities at the Duke Cancer Institute. She is a member of the Department of Community and Family Medicine's Division of Community Health, and serves as the director of the Duke CTSA Community Connections Core, Center for Community and Population Health Improvement. She is also a member of the Duke Cancer Control and Population Sciences Program. As a Medical Sociologist, Dr. Barrett's expertise can be defined broadly within the context of developing effective community and health system partnerships and collaborations to improve health outcomes, utilizing community and health system assessments to inform strategic priority setting, and program development, implementation, and evaluation. Dr. Barrett has received several awards and honors, including the American Sociology Association's Minority Fellowship Doctoral Award, NIH Postdoctoral Fellowship in Health Services Research at the University of North Carolina in Chapel Hill, the MLK Southern Christian Leadership Conference Drum Major for Justice Award, and several awards and recognitions for her community engagement activities in health.

**Tanya Bass, MS, CHES**

Lead Instructor, Human Sexuality, North Carolina Central University, Department of Public Health Education

Tanya Bass has 20 years of experience and is viewed as a subject matter expert in the field of health education, minority health, pregnancy prevention, HIV/STDs, reproductive health, and sexual health. Tanya is committed to reducing health disparities and is pursuing a doctorate to begin researching and addressing specific issues impacting sexual health and sexual behavior. She is an alumna of North Carolina Central University's Department of Public Health Education, where she has served as an adjunct instructor for the past 10 years and is currently the lead instructor for Human Sexuality. As the Southern Sexologist™, she provides training and consultation on health related topics, including reproductive health, HIV/STD prevention, women's health, and other topics. Learn more at www.tanyambass.com.

Speaker Biographies



Sharon Beard, MS

Industrial Hygienist, Worker Education and Training Branch, Division of Extramural Research and Training, National Institute of Environmental Health Sciences, National Institutes of Health, U.S. Department of Health of Human Services

As an industrial hygienist, **Sharon Beard** is primarily responsible for coordinating, evaluating, and improving the nationwide worker training program, especially in the area of the Environmental Career Worker Training Program (ECWTP) initiative. She uses her background in industrial hygiene to provide expert review, guidance, and leadership in managing a multi-million dollar portfolio of worker training grants in the area of hazardous waste, emergency response, and nuclear weapons/radiation, reaching communities all over the U.S. Mrs. Beard has also participated in various emergency response efforts including for Sept. 11, 2001, and Hurricanes Katrina and Sandy. Over the years, she continues to provide administrative management, technical assistance, and guidance in ensuring compliance with environmental regulations and requirements, and consultation on industrial hygiene and other aspects of the Hazardous Waste Worker Training Program. She works to facilitate and coordinate translational research, education, and training through the NIEHS Partnership for Environmental Public Health (PEPH) Program and environmental justice activities within the United States Department of Health & Human Services Environmental Justice Strategic Planning Working Group. Beard holds a Master of Science in Environmental Science/Engineering from Tufts University, Medford, Massachusetts, where she received the prestigious Environmental Science and Management Fellowship from the National Urban Fellows, Inc. She also holds a Bachelor of Science degree in Biology with a minor in Business from Western Carolina University in North Carolina. In 2013, Mrs. Beard was honored with 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 tireless dedication to serving low-income workers in highly hazardous occupations.

Beard is also the Emergency Coordinator for the Durham Alumnae Chapter of Delta Sigma Theta Sorority, Inc. and a past Chair of the Durham City-County Environmental Affairs Board.

Aurelia Sands Belle, MEd

Executive Director, Durham Crisis Response Center



Aurelia Sands Belle is the Executive Director of Durham Crisis Response Center in Durham, North Carolina, an agency that responds to victims of domestic violence and sexual assault. She was the founding Director of the Victim-Witness Assistance Program for the Metropolitan Atlanta Crime Commission in Atlanta, Georgia, responsible for providing victim services in the wake of the 1996 Centennial Olympic Games.

Ms. Belle serves on the Board of Directors of End Violence Against Women International, the North Carolina Innocence Inquiry Commission and previously served on the North Carolina Governor's Crime Commission, representing crime victims' issues.

Ms. Belle provides consultation and training to the Office for Victims of Crime and numerous other state agencies and organizations across the country, focusing on program services, victim advocacy, faith-based and culturally specific issues. She also presents workshops that promote team building, community collaborations, working with non-profit boards and organizations, diversity training, as well as empowerment issues for women.

Ms. Belle is the recipient of many awards and honors, including the 2014 Remarkable Women of Durham Recognition, the National Organization for Victim Assistance's Margery Fry Award; and the U.S. Presidential Award for Outstanding Service and Commitment to Crime Victims. Ms. Belle earned a Master Degree in Community Counseling (MEd) from Georgia State University and a Bachelor of Arts in Urban Studies from Oglethorpe University.

Speaker Biographies



Pamela Bivens-Pippin, MA

Diversity Educator, Duke University Health System

Pamela Bivens-Pippin has spent the last 15 years of her career working toward access and equity, in both higher education and healthcare, specifically for people of color. Her service in roles such as Associate Director for Health Policy & State Government Relations at the National Medical Association in Washington, D.C., and as Program Manager for a health disparities grant from the National Institutes of Health-National Center for Minority Health & Health Disparities, at the University of North Carolina at Chapel Hill's Cecil G. Sheps Center for Health Services Research, enabled her to aggressively impact reducing health inequity toward the elimination of health disparities. She is currently serving as a Diversity Educator at Duke University Health System to impact awareness of how implicit bias, counterproductive stereotypes, and cultural competency in medicine negatively impact the delivery of patient-centered care, patient safety, and high-performing care teams.



Haywood Brown, MD

F. Bayard Carter Professor and Chair, Department of Obstetrics and Gynecology, Duke University School of Medicine

Dr. Haywood Brown is a native of North Carolina. He received his undergraduate degree from North Carolina Agricultural and Technical State University in Greensboro and his medical degree from Wake Forest University School of Medicine in Winston-Salem, North Carolina. He completed his residency training in Obstetrics and Gynecology at the University of Tennessee Center for Health Sciences in Knoxville, Tennessee, followed by subspecialty fellowship training in Maternal and Fetal Medicine at Emory University School of Medicine/Grady Memorial Hospital in Atlanta, Georgia. Dr. Brown is Board Certified in Obstetrics and Gynecology and Maternal Fetal Medicine.

Dr. Brown returned to North Carolina in 2002 as Professor and Chairman of the Department of Obstetrics and Gynecology at Duke University Medical Center in Durham.

Dr. Brown has served as the Co-Medical Director for the Indianapolis Healthy Babies Project and was active with the Indiana Perinatal Network, which is dedicated to decreasing infant mortality and the racial disparity for infant mortality. He has also chaired the steering committee for the District of Columbia National Institutes of Health Initiative on Infant Mortality Reduction. Dr. Brown is especially committed to the care of women at high risk for adverse pregnancy outcome, particularly those disadvantaged.

He has served on the Board of Directors for the Society for Maternal-Fetal Medicine and is a former President of the Society. He is past President of the American Gynecological and Obstetrical Society (AGOS), and served as a Director of the American Board of Obstetrics and Gynecology. Dr. Brown is past president of the North Carolina Obstetrical and Gynecological Society and is immediate past District IV Chair of the American Congress of Obstetrics and Gynecologists (ACOG). Dr. Brown is currently President-Elect of ACOG.

Speaker Biographies



Michele Burgess, PhD, CNHP, CHNP

Proprietor, Grounded Wellness LLC

Dr. Michele Burgess is the owner of Grounded Wellness LLC, a new health and wellness company founded on the principles of Natural Holistic Health and Nutrition. She combines the grounding principles of Feng Shui with holistic approaches to wellness to create a healthy, grounded, well-balanced life and lifestyle for her clients.

Dr. Burgess offers individual consultation services (non-medical and non-chemical) for improving one's health and nutrition. She is available for Feng Shui consultation services, educational lectures, seminars, speaking engagements, and consultant work for small businesses and corporations.

Dr. Burgess has held leadership positions in and has been involved with the Durham Arts Council, Junior League of Durham and Orange Counties, Junior Leadership Durham, Durham Public Education Network, and several committees for the City of Durham, North Carolina.

Dr. Burgess holds a doctorate in Holistic Natural Health & 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, Feng Shui, and HGTV.



Vanessa Flores, MD

Fellow, UGSP Clinical, Clinical Research Branch, National Institute of Environmental Health Sciences, National Institutes of Health, U.S. Department of Health and Human Services

Born and raised in Guayaquil, Ecuador, **Dr. Vanessa Flores** has been a dance instructor and choreographer for over 15 years and a Zumba instructor since 2010. Science, medicine, dance, travel, and social justice are her true passions. As a clinical researcher, she works alongside people that believe in affordable healthcare, better public health education, and the importance of disease prevention. Dr. Flores finds the Zumba fitness program to be a phenomenal lower impact workout that promotes well-being and healthier lifestyle choices.



Nakisha Floyd, MA, CHES, RHEd

Doctoral Student, Widener University

Nakisha Floyd has been working in the field of sexuality education for 17 years. She is a Certified Health Education Specialist (CHES), a Registered Health Educator (RHEd, NC), and holds a Master of Arts in Health Education and Promotion from East Carolina University In Greenville, North Carolina. Currently, Nakisha is a doctoral student in the Human Sexuality program at Widener University.

Speaker Biographies

**Heather Forrest, BSN, RN, SCRN**

Stroke Program Nurse Clinician, Duke University Hospital

Heather Forrest received her nursing training in Ohio, and then moved to North Carolina. She has worked with stroke patients her entire nursing career. Prior to nursing school, she worked as a rehab therapy aid. She was personally touched by a stroke when her grandmother suffered a massive stroke in January of 2014.

**Stavros Garantziotis, MD**

Medical Director, Clinical Research Unit, Clinical Research Branch, National Institute of Environmental Health Sciences, National Institutes of Health, U.S. Department of Health and Human Services; Adjunct Associate Professor of Medicine, Duke, and Adjunct Assistant Professor of Medicine, UNC

Dr. Stavros Garantziotis obtained his medical degree at the Albert Ludwigs University in Freiburg, Germany, in 1994. After an internship in Internal Medicine at the University Hospital in Munich, Germany, he completed his residency in Internal Medicine at the Albert Einstein College of Medicine in New York, and received his Board Certification in Internal Medicine in 1999. He then completed a fellowship in the Division of Pulmonary, Allergy, and Critical Care Medicine at Duke University Medical Center and remained a faculty member in the Division until 2007. He received Board Certification in Pulmonary Medicine in 2003 and Critical Care Medicine in 2005. In August 2007, Garantziotis joined NIEHS to set up and supervise the new Clinical Research Unit.

**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, Duke Thoracic Oncology Program at the Duke Raleigh Cancer Center. Dr. Garst attended medical school at the Medical College of Georgia and completed her residency in Medicine at the University of Texas, Southwestern 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 NCLCP since 2007. She lives in Durham with her husband and two children.

Speaker Biographies



Bradi Granger, PhD, RN, FAHA, FAAN

*Associate Professor, Duke University School of Nursing;
Director, Duke Heart Center Nursing Research Program*

Dr. Bradi Granger is an Associate Professor at the Duke School of Nursing, the Director of the Duke Heart Center Nursing Research Program, and an adjunct faculty at the University of Gothenburg, Sweden. Dr. Granger's research is focused on health system support for patient self-management, medication adherence for patients with chronic illness, and strategies to facilitate safe care transitions. Dr. Granger's experience with nurse mentorship in the area of heart failure research and cardiovascular disease is focused on innovative educational initiatives related to unit-based clinical research, dissemination, and implementation processes. Her experience includes educational programming for research teams, design and deployment of research initiatives, and development of tailored dissemination plans that ensure that dissemination occurs both internally and externally, across both professional and lay-consumer groups for each study. Dr. Granger has published and lectured extensively, both nationally and internationally, on methods and interventions for medication management. She has led a number of industry, foundation, and NIH-funded studies in the field of adherence in heart failure and has successfully published work in *The Lancet*, the *Journal of Advanced Nursing*, *Patient Education and Counseling*, the *European Journal of Cardiovascular Nursing*, and many others.



Neasha Graves, MPA

*Community Outreach and Education Manager, UNC Institute for the Environment,
Environmental Resource Program*

Neasha Graves, ERP Environmental Health Educator, coordinates outreach on environmental health and environmentally-related diseases for various audiences throughout the state. Ms. Graves serves on the board of the Environmental Education Fund and as the Chair of the Environmental Committee for the Asthma Alliance of North Carolina. Prior to joining the ERP, she was a public health program consultant for the N.C. Childhood Lead Poisoning Prevention Program in the N.C. Department of Environment and Natural Resources. She also worked with the N.C. Office of Environmental Education and as a high school social studies teacher.



Ja'Nell Henry, BA

*Master of Arts candidate of Health Education and Promotion, College of Health and Human
Performance, East Carolina University*

Ja'Nell Henry is a 2009 graduate of Guilford College in Greensboro, North Carolina. Currently, she works at Compass Center for Women and Families as a health educator for middle school students. Ja'Nell is very passionate about sexual and reproductive health education.

Speaker Biographies



Sylvie Hill, MS (Physiology), PA-C

Certified Physician Assistant, Division of Cardiology (Electrophysiology), Department of Medicine, Duke University Medical Center

A physician's assistant for over five years, **Sylvie Hill** is passionate about caring for her patients, in the best way possible. She completed the Physician's Assistant and Master of Health Sciences programs at Duke University in 2009.



Shawn Jeter, BS

Technical Information Specialist, Program Operations Branch, National Institute of Environmental Health Sciences

Since 1996, **Shawn Jeter** has held the position of Group Fitness Instructor at the Durham YMCA, where she is currently an instructor. Ms. Jeter has taught line dance since 2010 for various private, corporate, and public venues. In 1991, she joined the Durham Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Ms. Jeter is the single parent of one daughter.



Elizabeth Johnson, MA

Trauma-Informed Health Educator, Outside the Mom Box

Elizabeth Johnson is a health educator who specializes in trauma-informed trainings to help professionals understand the effects of abuse on childbearing women. She has worked with domestic violence and sexual assault survivors for 10 years, including the management of a 24-hour crisis line and as a support group facilitator at Durham Crisis Response Center. Elizabeth is currently one of only six educators worldwide certified by Penny Simkin and Phyllis Klaus to deliver the training based on their book, "When Survivors Give Birth."



Monica Jones, MD

Assistant Professor, Gynecologic Oncology, Duke Cancer Center, Duke University Health System

Dr. Monica Jones completed medical school and residency at the University of Cincinnati, and a post doctoral research fellowship at the National Cancer Institute. She completed Gynecologic Oncology sub-specialty training at the Mayo Clinic, where she remained on staff for five years before coming to North Carolina. Dr. Jones' clinical research interests include the development of gynecologic cancer prevention and control programs that might be extended to the community cancer care setting, specifically, increasing the utilization of genetic counseling and testing services as well as broadening access of community-based patients to clinical trials. She is an assistant professor in the Department of Obstetrics and Gynecology and the Division of Gynecologic Oncology. Her practice is based in Raleigh, North Carolina.

Speaker Biographies



Tesca Kindard

Tesca Kinard is a native of Thomasville, North Carolina, who currently resides in Durham. She graduated from North Carolina Agricultural and Technical State University in Greensboro with a degree in Fashion Merchandising. She is the proud mother of two daughters, Briana Kindard (age 22) and Kayla Kindard (age 20). Ms. Kindard has been an inspirational speaker since 2005, uplifting and informing surrounding communities not only through her empowering testimony of strong FAITH but also through her great knowledge of heart health.



J. David Marsee II, BS

Emergency Management Coordinator, Durham County Fire Marshal and Emergency Management

J. David Marsee began his career in 1987 as a firefighter/paramedic in Durham County. In 1994, he became Shift Training Officer for EMS functions, and managed five volunteer fire department's EMS continuing education programs. In 1998, he was promoted to Captain with the Durham County Fire and Rescue. In 2002, he then moved to prevention for the County of Durham. In 2005, Mr. Marsee took over as Emergency Management Coordinator for Durham County. In 2006, he became a member of the Durham County Sheriff's Office Hazardous Devices Unit, "Bomb Squad," as their Bomb Medic and Hazardous Material Specialist.

During his time as EM Coordinator, Mr. Marsee has overseen the development of a local Incident Management Team (IMT), a robust Local Emergency Planning Committee, and expanded and revised the Durham County Educational Opportunity Program. He has assisted in the development of Durham Public School's Emergency Action Plans, Animal Shelter plans and special needs population mass care plan. Mr. Marsee sits as Chair of the Durham County EMS Advisory Council, Local Emergency Planning Committee, and Co-Chair for the Special and Access Functional Needs Preparedness Committee. He is a member of the Durham County Terrorism Task Force Committee, Durham County Public Health Preparedness Coalition, North Carolina IMT, and North Carolina State Medical Assistance Team. Mr. Marsee holds a Bachelor's of Science in Fire and Emergency Management.

Speaker Biographies

**Derrick McCorkle**

Executive Chef, North Carolina Central University

Derrick McCorkle, a native of Winston-Salem, North Carolina, has worked in the restaurant business since his adolescence. His interest in culinary science was greatly influenced by his grandmother. After graduating from Parkland High School in 1985, he attended the Baltimore International Culinary College in Baltimore, Maryland. He is a member of several culinary societies, including the Ice Carving Association, Catering Association, American Culinary Federation, and Trade Chef Association. Chef McCorkle serves as a consultant for the Winston-Salem Career Center for Culinary Arts, Guilford Technical Community College Culinary Arts Department, and Carver High School. He is currently the Executive Chef at North Carolina Central University. He lends his expertise to student groups interested in increasing awareness of the correlation between food and health.

**Robert McLaughlin Jr.**

*Emergency Management Coordinator, North Carolina Central University
Police/Emergency Management*

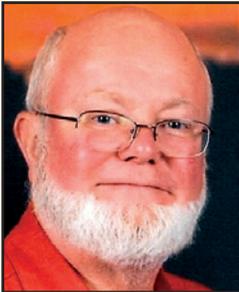
Sgt. Robert McLaughlin began his career in July of 1982 with Forsyth County EMS in Winston-Salem, North Carolina. He came to Durham, North Carolina, in March of 1987 with the Durham Fire Department. He rose through the ranks to Fire Inspector III and Arson Investigator. Sgt. McLaughlin transferred to Durham Police Department in January 1997. On March 1, 2011, he retired from Durham PD as a Lieutenant and the Asst. Commander of the Training Division. Sgt. McLaughlin came to NCCU Police as the University Emergency Management Coordinator on June 1, 2011, and currently serves in that capacity. He is also the NCCU CERT Advisor.

**Diana McNeill, MD**

*Professor of Medicine, Duke University School of Medicine;
Director, Duke Academy for Health Professions Education and Academic Development (AHEAD)*

Dr. Diana McNeill has practiced and taught endocrinology for over 26 years at Duke with a particular clinical focus on Type 1 diabetes, diabetes in pregnancy, complicated diabetes management, and thyroid disease. She was the Program Director of the Duke Internal Medicine Residency Program from 2001-2011 and is now the leader of the Graduate Medical Education Oversight and Accreditation at Duke in addition to her clinical work. She has recently been named the inaugural Director of Duke AHEAD (Academy for Health Professions Education and Academic Development). Dr. McNeill has won numerous teaching awards, including the Golden Apple Award given by the Duke Medical students, the Stead Teaching Award, given by the medical residents, and the Outstanding Endocrinology Teaching Award given by the endocrine fellows (2012). She has also been named a Master Clinician Educator at Duke. Recently, Dr. McNeill has been asked to present the Endocrine Board Review by the American College of Physicians (2012 and 2013) and has led the diabetes pre-course at the ACP (2014 and 2015).

Speaker Biographies



Harold Morcombe

Proprietor, Health and Safety Consultants of N.C.

Harold Morcombe is the owner of Health and Safety Consultants of N.C. He trains both novice and professional responders in First Aid and CPR/AED. His company also offers babysitter training, blood borne pathogens training, and oxygen administration training. Health and Safety Consultants of N.C. has been in business serving the public since 2008 and services all of the southeastern United States.



Reverend Darryl Owens, MDiv, BCC, CT, CPLC

Women's Services Chaplain/Grief Counselor, Department of Pastoral Care, UNC Hospitals

Reverend Darryl Owens received his Bachelor of Arts degree in Industrial Relations at UNC Chapel Hill and his Master's of Divinity at Duke University. He has served as a Clinical Chaplain at Central Prison in Raleigh, North Carolina, and became a Women's Services Chaplain/Grief Counselor at UNC Hospitals in Chapel Hill, North Carolina, in 2001. His duties include providing pastoral care and grief counseling to patients, families, and staff served by the N.C. Women's Hospital. He manages the perinatal bereavement program, serves on the hospital Bereavement Team, and co-facilitates community bereavement support groups. He is certified as a clinical chaplain through the Association of Professional Chaplains, and serves on its Board of Directors. Darryl is certified in thanatology through the Association for Death Education and Counseling, and is certified in Perinatal Loss Care through the Hospice and Palliative Credentialing Center. He serves as a national speaker and consultant for RTS Perinatal Bereavement Services. Darryl and his wife are parents of three children.



Belinda Pettiford, MPH

Branch Head, Women's Health Branch, Division of Public Health, NC Department of Health and Human Services

Belinda Pettiford has over 28 years of public health experience in North Carolina. She is an expert in public initiatives designed to promote preconception health initiatives as well as the implementation of evidence based intervention strategies to address infant mortality in North Carolina. Ms. Pettiford is the current President of the Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Speaker Biographies



Stephanie Riley

Administration/Programs Manager, Healing With CAARE, Inc.

Stephanie Riley serves in the areas of program administration and navigation for the Ryan White Program and the Women's Clinic at Healing With CAARE, Inc. She has spent the past 28 years in the medical environment focused on the development of health programs and grant administrative support. She serves as an Advocate for the Durham community, State of North Carolina, and the nation as a whole with the specific focus of reducing the high death rate which African American women experience from triple-negative breast cancer. Ms. Riley continues to serve as an educator in the areas of breast health and HIV prevention and early detection and assists with providing access to available, often low to no-cost, resources.

In addition to obtaining a Bachelor's Degree in Business Administration with a concentration in Healthcare Management, she has completed North Carolina HIV testing and counseling training in 2016, the National Breast Cancer Coalition's Project Lead Institute graduate in 2012, to be a voice for those who are underrepresented in the world of research. She also attended and completed the Harold P. Freeman Patient Navigation Institute in 2008, which represents an established model to identify and eliminate barriers that prevent access to care. In efforts to contribute to the increase in the number of minority health professionals, Stephanie is committed to mentoring young minorities on a pre-med or public health track. Stephanie is dedicated and continues to make a difference in the lives of others with specific focus in decreasing health disparities, eliminating barriers, and developing connective systems that provide access to care in spite of an individual's socioeconomic status.



Jullia Rosdahl, MD, PhD

Assistant Professor of Ophthalmology, Duke Ophthalmology, Duke University School of Medicine

Dr. Jullia Rosdahl is a board-certified ophthalmologist at the Duke Eye Center. She specializes in the medical and surgical management of glaucoma, a blinding eye disease of the optic nerve. In addition to her clinical practice, she teaches medical students and residents, and has a research program focused on enhancing self-management of glaucoma through patient education and health coaching. She is an active member of the Planning Committee of the National Eye Health Education Program, a program established by the National Eye Institute to help educate healthcare professionals and the community about eye disease. In her spare time, she is a Girl Scout leader and visits national parks.



Jennifer Rounds-Bryant, PhD

Licensed Clinical Psychologist, Executive Director, Teen Fest Foundation; Faculty, Capella University and University of Phoenix

Dr. Jennifer Rounds-Bryant addresses the superwoman syndrome in response to her work with women who are stressed out from wearing too many hats which come with too many unreasonable demands and expectations. As a single mother, college professor, licensed clinical psychologist, community leader, and business owner, she understands from personal experience how we women tend to overwhelm ourselves with responsibilities. Dr. Jenn will provide practical solutions on how to reduce your stress while you achieve your goals in order to increase your physical and mental health.

Speaker Biographies



Rushad Shroff, MD, FACP

Staff Physician, Harps Mill Internal Medicine, Duke Primary Care, Duke University Health System

Dr. Rushad Shroff is a geriatrician practicing at Duke Primary Care Harps Mill Internal Medicine. His clinical interest are general internal medicine, geriatric medicine, comprehensive assessment, and care for adults 18 years of age and older. Dr. Shroff received his MBBS at T.N. Medical College in India in 1996 and completed his medical residency in Internal Medicine at Sir J.J. Group of Hospitals in India in 1997 and at Mercy Catholic Center in 2000.



Valeria Shropshire, MSPH, CIH, CSP

Senior Industrial Hygienist, Health and Safety Branch (HSB), National Institute of Environmental Health Sciences, National Institutes of Health, U.S. Department of Health and Human Services

Valeria Shropshire (Vee Vee), BS, MSPH, CIH, CSP graduated with honors from Saint Augustine's University with a Bachelor of Science in Industrial Hygiene and Occupational Safety and a Master of Science in Public Health in Air and Industrial Hygiene from the University of North Carolina at Chapel Hill. She is a Certified Industrial Hygienist (CIH), Certified Safety Professional (CSP), and manages the exposure assessment, ergonomics, asbestos, reproductive hazards, respiratory protection, and personal protective equipment programs for the Laboratory and Chemical Safety Section of the NIEHS Health and Safety Branch.



Joyce Reynolds Siler

Proprietor, Joyce's Specialties

Joyce Reynolds Siler is the founder and President of Joyce's Specialties, a firm that specializes in promotional products, awards, business incentive gifts, and fundraising items. By using promotional products, the company has developed creative marketing solutions to raise brand awareness, improve employee morale, and increase the bottom line for clients. Joyce's Specialties provides a combination of high quality products and high quality service at affordable pricing, which has cultivated a client base that extends throughout the United States.

She previously served as the Executive Director of the Women's Business Center of North Carolina, which is a partnership program between the North Carolina Institute of Minority Economic Development Inc. (NCIMED) and the U.S. Small Business Administration (SBA). As Director she was responsible for the development of education and training programs, special events, and counseling that addressed the needs of women entrepreneurs throughout North Carolina.

She was recognized in Ft. Lauderdale as an Award Winner in the 2012 Class of Enterprising Women and was a recent recipient of the National Council of Negro Women's, Durham Section, Bethune Recognition Award of Outstanding Community Business Service. She received the 2011 MWBE Advocate Award from Greater Raleigh Minority Enterprise Development.

She gives back to the community in a number of ways: she stays involved with previous WBC clients whom she mentors and provides guidance on a regular basis. She is an active Member of Delta Sigma Theta Sorority, Inc., serves on boards and committees, and continually speaks to college students and women about her journey, entrepreneurship, and the impact women have in our economy and everyday life.

Speaker Biographies



Carmelita Spicer, MEd

Program and Marketing Director, Community Health Coalition, Inc.

Carmelita Spicer has over 20 years of Professional Management & Marketing Experience in a number of disciplines: Health Care, Education (Elem, Secondary & Higher), Gas & Electric Utilities, Advertising & Promotional Agencies, and Nonprofits. She received a Bachelor of Science in Human Sciences from North Carolina Central University. She then went on to receive a Master of Education (MEd) from Rutgers University. Spicer has acquired several certifications and has developed award winning programs and publications. She enjoys working with the community to educate them about health promotion, preventing chronic diseases, and the importance of organ donation.



C. Nicole Swiner, MD

Co-Owner, Durham Family Medicine

Dr. C. Nicole Swiner was born in South Carolina and spent parts of her childhood between several cities as her father excelled in his career with FedEx. She was able to experience Memphis and New Orleans as a child, and her family returned home to Charleston (Goose Creek), South Carolina, where she graduated from high school. She went on to college at Duke University, graduating with a Bachelor of Science in Biological Anthropology and Anatomy and a minor in African American Studies. She then attended medical school at the Medical University of South Carolina, and returned to the Triangle for her residency in Family Medicine at the University of North Carolina at Chapel Hill.

Since then, she has worked and lived in Raleigh-Durham, and now co-owns a family medicine practice, Durham Family Medicine, with her partner and colleagues. She is also the author of "How to Avoid the Superwoman Complex." She tries her best to balance being a full-time physician, writer, wife, and mother of two, with the wonderful support of her husband, Ric.

Her medical interests include Pediatrics, Women's Health, and Minority Health. However, as a family doctor who takes care of patients of all ages, she is able to broach topics of all types. She likes to speak "plain English" to her patients and audience as much as possible in an effort to help make sense of the most complicated medical issues.

In her "free time," she likes to catch up on naps, get massages, hang out with her family, and go out to hear live music and dance. She loves to laugh and meet new, interesting people.



Steven Taxman, PA-C

*Physician Assistant, Sleep Medicine, Pediatric Allergy and Immunology,
Duke Asthma, Allergy, and Airway Center, Duke University School of Medicine*

Steve Taxman graduated from the Physician Assistant Program at Duke in 1997 and has been practicing as a PA at Duke ever since. Having previously worked in positions in both cardiology and primary care, he has a broad base of medical knowledge. Since March of 2014, Steve has been working with Dr. Ambrose Chiang at the pulmonary sleep clinic at the Duke Asthma, Allergy, and Airway Center, predominantly caring for individuals with sleep apnea and insomnia. He also sees patients at the Duke Pulmonary Rehab Center and lectures on COPD and pulmonary medications. Since 2006, Steve has lectured Duke PA students on a wide variety of medical topics. On the side, Steve has two jazz radio programs at 90.7 WNCU, where he has been happily spinning CDs for more than 12 years.

Speaker Biographies



Kevin Thomas, MD

Physician, Division of Medicine and Cardiology, Department of Medicine, Duke University School of Medicine

Dr. Kevin Thomas completed medical school at the University of North Carolina at Chapel Hill School of Medicine in 1999. He completed his residency in Internal Medicine at Duke University Medical Center in 2002 and from 2003-2004 was the Chief Resident. Dr. Thomas completed his fellowship in Cardiology in 2003 and 2006 along with a fellowship in Electrophysiology in 2007, all from Duke University Medical Center. His clinical interests and specialty practices are heart rhythm disorders, including atrial fibrillation, ventricular tachycardia and supraventricular tachycardia, cardiac ablation procedures and implantation of defibrillators, pacemakers, and cardiac resynchronization devices. Dr. Thomas also provides research in health care disparities in minority populations and the relationship between heart failure and sudden cardiac arrest in athletes.



Crystal Tyson, MD

*Medical Instructor in the Department of Medicine;
Medical Instructor in the Department of Psychiatry and Behavioral Medicine*

Dr. Crystal Tyson is a board-certified nephrologist and clinical hypertension specialist. She received her medical degree from Wayne State University Medical Center in Detroit, Michigan, completed internal medicine residency training at St. John Hospital & Medical Center in Detroit, and completed fellowship training in nephrology and hypertension at Duke University Medical Center. She joined the medical faculty at Duke in 2013 and is involved in direct patient care, teaching, and clinical research. She cares for patients with chronic kidney disease and difficult-to-control or resistant hypertension. Dr. Tyson has a special interest in preventing and managing chronic kidney disease and hypertension by promoting evidence-based lifestyle strategies, including diet, exercise, and weight loss. She enjoys building relationships with her patients and collaborating with them to set patient care goals and strategies to accomplish those goals with available therapies. A young NIH-funded clinical investigator, Dr. Tyson's research is centered on dietary and weight loss approaches to control hypertension and kidney disease. She has published research articles on use of the DASH (Dietary Approaches to Stop Hypertension) diet for adults with chronic kidney disease. She is a sub-investigator for the Symplicity HTN-3, Symplicity HTN-4, and Spyral trials, which are multi-center trials to investigate the safety and effectiveness of a catheter-based device to treat hypertension. She is also a co-investigator for the TRIUMPH trial, a study to evaluate the DASH diet and weight loss in patients with resistant hypertension. She looks forward to a long, productive career as a physician and clinical researcher.

Speaker Biographies



Valarie Clark Worthy, RN, BSN

Patient Navigator Manager, Duke Cancer Institute, Durham, N.C.

Valarie Clark Worthy has been a registered nurse for over 32 years and has been employed by Duke University Health System for 13 years. Currently, she is a Patient Navigator Manager at the Duke Cancer Institute.

Valarie, a 16-year breast cancer survivor, is the co-founder of Sisters Network Triangle NC, an African American survivorship organization for women with breast cancer.

A recipient of numerous awards, Valarie is keenly aware of the importance of interventions that support, predict, and improve patient outcomes. She works tirelessly in the local community and her hometown of Ahoskie, North Carolina, to bring awareness to the devastating impact of breast cancer in the African American community.



Caressa White, MA

Director, Office of Community Outreach, Dissemination and Educations, UNC Center for AIDS Research (CFAR)

Caressa White has worked in the field of HIV/AIDS/STIs for over 20 years. She is currently the Manager of Community Education & Outreach UNC Global HIV Prevention and Treatment Clinical Trials Unit at the University of North Carolina at Chapel Hill. In this role, she serves as a liaison between the clinical trials unit and communities to increase research and health literacy, increase participation of minorities and women in clinical trials, and address barriers to participating in clinical research.

Speaker Biographies



Shenekia Williams-Johnson, RN, BSN, MAOM

Lead Women's Veteran Program Manager, Department of Veterans Affairs Mid-Atlantic Healthcare Network

Shenekia Williams-Johnson is the Lead Women's Veteran Program Manager with the U.S. Department of Veterans Affairs (VA) Mid-Atlantic Healthcare Network, which includes seven medical centers and 32 outpatient clinics in North Carolina and Virginia. In this key role, she is responsible for improving access to care and continuity of care; integrating targeted initiatives for coordinating primary care, mental health, and gender specific care; increasing participation in preventive care and health promotion; and supporting change to promote safe and welcoming environments for 50,000+ women veterans.

During the first year in her role, she awarded over \$1.5M on privacy and security construction projects and purchased over \$1M of women's health medical equipment. She serves as a consultant to the medical centers regarding women's health and Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn Veteran (OIF/OIF/OND) issues. She organized the expansion of Tele Mental Health, Tele GYN, Tele Chronic Disease Management, and Tele Maternity services for women veterans, to include Community Based Outpatient Clinics. Her previous assignments include: Lebanon VA Medical Center, Nurse Manager, ICU and Urgent Care Nurse Manager; North Florida/South GA VA Healthcare System, Evening Night Supervisor and Fayetteville VAMC, Nurse Manager-Jacksonville CBOC; VA Pacific Islands Healthcare System in Honolulu, Hawaii, where she served as Acting Chief of Quality Management Services, and the Clinical Practice Guidelines Coordinator.

Ms. Williams-Johnson graduated in 1994 with a Bachelor's of Nursing degree from Florida, A&M University, Tallahassee, Florida and earned a Master's degree in Organizational Management, University of Phoenix, Jacksonville Campus. She proudly served our nation in the United States Navy Nurse Corps for 13 years and was honorably discharged at the rank of Lieutenant Commander.

Speaker Biographies



Cheryl Woods-Giscombé, PhD, RN, PMHNP-BC

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

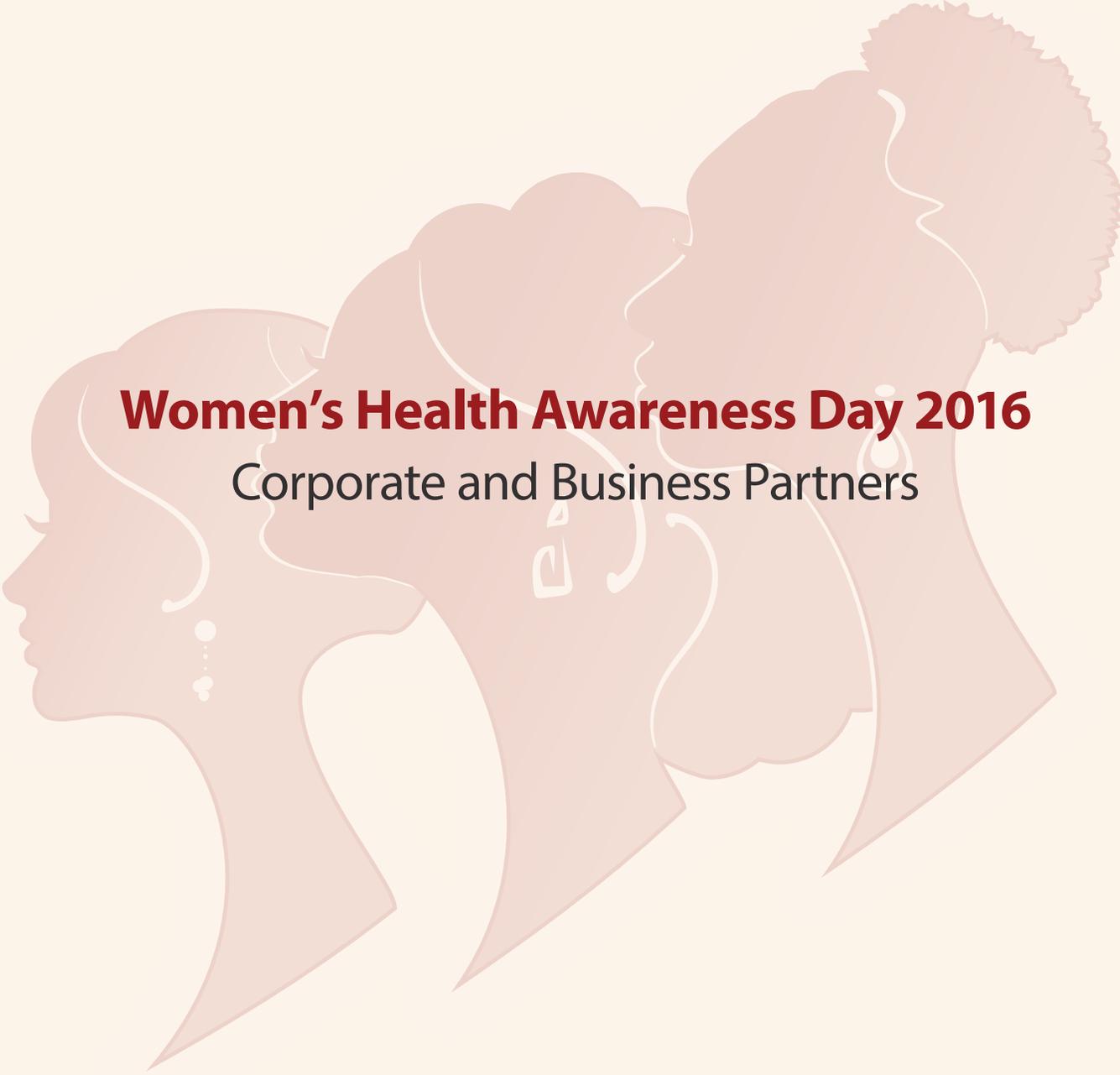
Cheryl Woods-Giscombé is the Melissa and Harry Levine Family Professor of Quality of Life, Health Promotion, and Wellness. Her program of research focuses on understanding and reducing stress-related health disparities among African Americans. Her research incorporates sociohistorical and biopsychosocial perspectives to investigate how stress and coping strategies contribute to stress-related psychological and physical health outcomes. Dr. Woods-Giscombé has a particular interest in the potential for integrative approaches to reduce mental health-related disparities among African Americans.

Dr. Woods-Giscombé 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 and 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/Clinical Nurse Specialist Program at the University of North Carolina at Chapel Hill. Dr. Woods-Giscombé completed certification in Holistic Health from the Institute for Integrative Nutrition in Manhattan, New York. In addition, she completed postdoctoral training at UNC Chapel Hill (Interventions to Prevent and Manage Chronic Illness, funded by NIH/NINR, and the Substance Abuse and Mental Health Services Administration Minority Fellowship Program in collaboration with the American Nurses Association). In 2007, Dr. Woods-Giscombé was selected as a "Leader in the Field" by the American Psychological Association when she was awarded the Carolyn Payton Early Career Award.

Dr. Woods-Giscombé 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.

*“ It’s not the load that breaks you down,
it’s the way you carry it. ”*

~ Lena Horne



Women's Health Awareness Day 2016

Corporate and Business Partners



Corporate Partner

**A Special "THANK YOU" to Duke University Hospital
for their generous contribution to the Women's Health Awareness Day**



Women's Health Awareness Day 2016

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 community.



Corporate Partner

**A Special "THANK YOU" to Duke Heart Center
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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.





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



Duke Cancer Institute thanks our community partners

Duke Cancer Institute is proud to serve as a Corporate Partner for the 2016 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 out more about these services, please call our office at 919-684-0409 or visit DukeCancerDisparities.org.





Corporate Partner

A Special **"THANK YOU"** to **Sodexo**
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Online menu: nccucatering.catertrax.com



Spring Receptions & Graduation Menus Available

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for your support and generous contributions**

	Organization	Contact Information
	Benco Dental	Telephone: 919-678-9481 Fax: 919-678-9483 Charlotte, NC Showroom 15200 Weston Parkway, Suite 105 Cary, North Carolina 27513
	Chick-fil-A	Chick-fil-A Hillsborough Rd. #00618 Contact: Empress Moncree, Marketing & Administration Telephone: 919-382-9399 Fax: 919-382-2050 Marketing/Catering: 919-382-8157 3429 Hillsborough Rd. Durham, NC 27705
	Home Depot	Home Depot (Durham #3620) Store Manager: Jonathan P. Telephone: 919-419-0208 3701 Mt Moriah Road, Durham, NC 27707
	Nordstrom	Nordstrom The Streets at Southpoint (Store #751) Telephone: 919-806-3700 6910 Fayetteville Road, Durham, NC 27713
	Patterson Dental Supply Store	Telephone: 919-850-0905 6520 Meridien Drive Suite 132 Raleigh, NC 27616
	Vera Bradley at The Streets at Southpoint	Telephone: 919-248-4044 6910 Fayetteville Road Durham, NC 27713

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Durham, NC 27707



“ God can dream a bigger dream for you than you could ever dream for yourself. Success comes when you surrender to that dream and let it lead you to the next best place.”

~ Oprah Winfrey



Women's Health Awareness Day 2016

Exhibitors and Community Partners

Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
	American Heart Association American Stroke Association	Contact: Linda King, MPA Director, Community and Multi-Cultural Health E-mail: linda.king@heart.org Telephone: 919-463-8352 Fax: 919-463-8392 Mid-Atlantic Affiliate – Health Strategies 3131 RDU Center Drive, Suite 100, Morrisville, NC 27560	★
	Health Coach Velvet, A New Direction, LLC	Contact: Velvet Torain, Proprietor Telephone: 919-438-1381 E-mail: healthcoachvelvet@gmail.com www.healthcoachvelvet.com	★
	Allstate Insurance	Agent: Marcus Leazer, MBA Telephone: 919-598-8506 Toll-Free: 888-532-9371 Fax: 919-598-8562 2144 Page Road, Suite 105, Durham, NC 27703	
	Arbonne	Independent Distributor: Cheryl Godwin Telephone: 919-539-3633 E-mail: cgodwin.envp@gmail.com Website: www.godwinintl.myarbonne.com 3117 Waterford Ridge Lane, Wake Forest, NC 27587	★
	Be the Match® on Campus North Carolina Central University	Campus Advisor: Seronda Robinson, PhD Chair/Associate Professor, Public Health Education Telephone: 919-530-7965 FAX: 919-530-7985 North Carolina Central University 1801 Fayetteville Street, 138 Miller-Morgan Building Durham, NC 27707	★
	Blacks in Government	Raleigh-Durham Chapter P.O. Box 13173 Durham, NC 27709-3173	
	Chair Massage by Yarbough Massage Therapy	Telephone: 336-312-0229 E-mail: yarboughjames@gmail.com	
	Community Health Coalition, Inc.	Phone: 919.470.8680 Fax: 919.470.8688 E-mail: healthcoali@gmail.com http://www.chealthc.org/ P.O. Box 15176 407 Crutchfield Street, Durham, NC 27704	★
	Duke International Patient Center	Contact: Don Harden Telephone: 919-684-5191 or 919-681-3007 Fax: 919-681-5192 E-mail: harde009@mc.duke.edu https://www.dukemedicine.org/locations/duke-university-hospital/international-patient-center 120 Baker House Duke University Hospital Trent Drive Durham, NC 27710	

Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
 Public Health	Durham County Public Health	Nutrition Department: Kelly Warnock, MPH, RD, LDN Telephone: 919-560-7857 E-mail: kwarnock@dconc.gov Durham County Department of Public Health/ Chronic Disease Prevention: Willa Robinson Allen, MPH, MAED, CHES Health Promotion & Wellness, Program Manager Telephone: 919-560-7771 E-mail: wrobinson@dconc.gov	★
	Durham Crisis Response Center	Telephone: 919-403-9425 Fax: 919-490-9726 206 N. Dillard Street, Durham, NC 27701	★
	Durham Diabetes Coalition	Telephone: 919-560-7600 414 East Main Street Durham, NC 27701	★
	Durham VA Medical Center Women Veteran's Program	Contact: Joan Galbraith, Program Manager Telephone: 919-286-0411, Ext. 5229 E-mail: joan.galbraith@va.gov 508 Fulton Street, Durham, NC 27705	★
	Healing With CAARE, Inc.	Contact: Carolyn Elliott, Executive Director Telephone: 919-683-5300 E-mail: info@caare-inc.org http://caareinc.org/ 214 Broadway Street, Durham, NC 27701	★
	Hope for Hair With Elegance	Contact: Tangie Warren Owens Telephone: 919-806-8300 or 919-824-6393 E-mail: hopeforhair2009@gmail.com 2223 E. NC 54, Suite K Durham, NC 27713	★
	Durham Extension Master Gardeners	Master Gardener Volunteers Durham County Extension Service Telephone: 919-560-0528 E-mail: mastergardener@dconc.gov https://durhammastergardeners.wordpress.com/ 721 Foster Street, Durham, NC 27701	★
	Lincoln Community Health Center	Contact: Holly Branch, MEd, MS, RDN, LD, WIC Director Telephone: 919-956-4043 Mobile: 919-937-8700 Email: holly.branch@duke.edu 1301 Fayetteville Street, Durham, North Carolina 27707	★
	Mindful Bodies	Contact: Shawnta Wright Telephone: 919-286-1108 Mobile: 919-812-3172 E-mail: swright@mindfulbodies.net Northgate Mall, 1058 W Club Blvd, Durham, NC 27701	★

Exhibitors and Community Partners

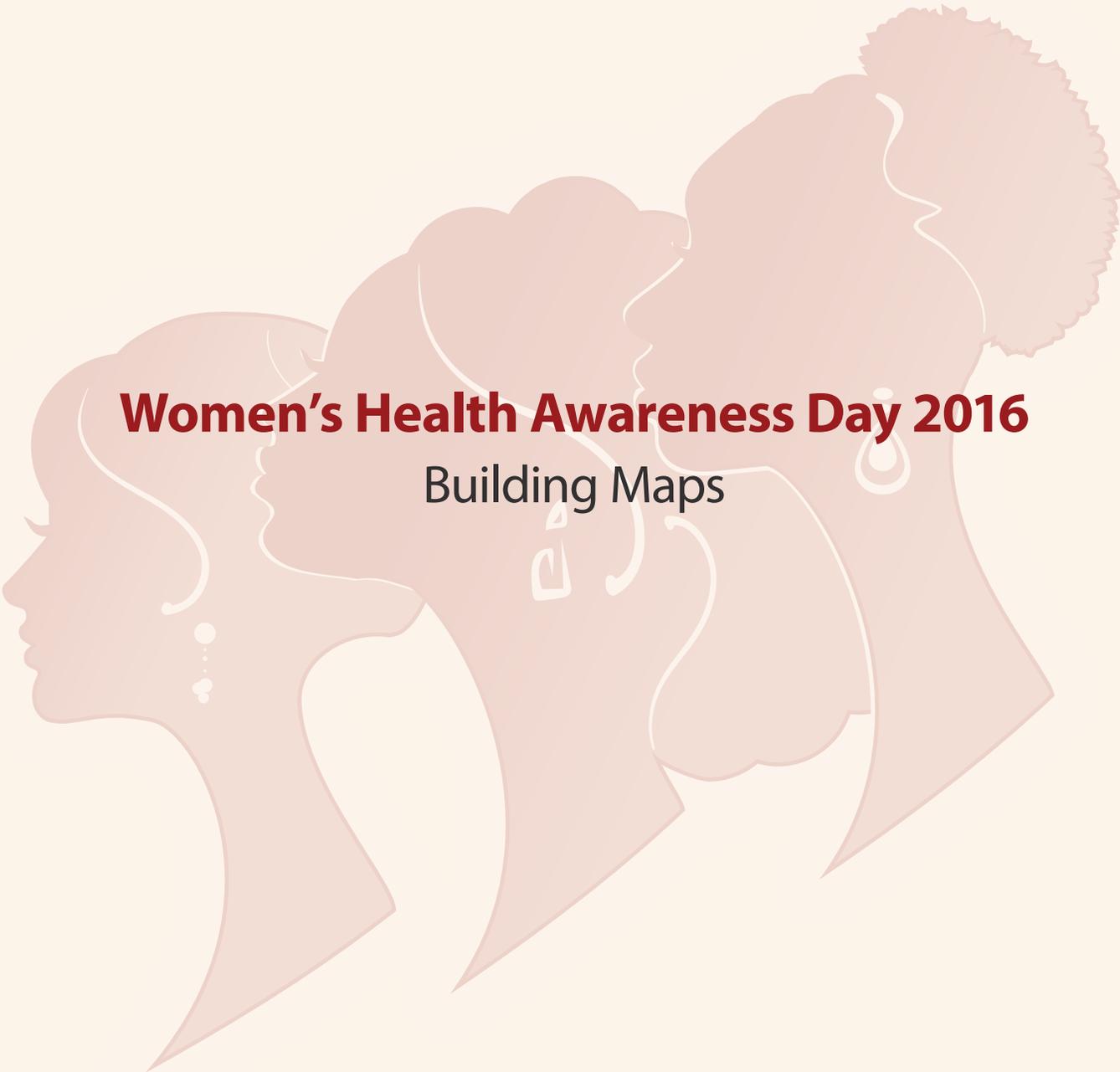
	Organization	Contact Information	Exhibitor
	MyEyeDr.	<p>Telephone: 1.866.693.9336 E-mail: inquiry@myeyedr.com www.myeyedr.com</p> <p>There are many addresses for our locations around this area. Here are 4 of them in Durham.</p> <p>3101 Shannon Rd Durham, NC 27707</p> <p>2351 Erwin Rd Durham, NC 27705</p> <p>3500 N Duke St #1 Durham, NC 27704</p> <p>7001 Fayetteville Rd Durham, NC 27713</p>	
	<p>National Eye Institute, National Eye Health Education Program</p> <p>Duke University School of Medicine Duke Ophthalmology</p>	<p>Contact: Julia Rosdahl, MD, PhD Assistant Professor, Ophthalmology-General Telephone: 919-684-8850 FAX: 919-681-8267 E-mail: Jullia.Rosdahl@duke.edu Duke Eye Center, 2351 Erwin Road, Durham, NC 27705</p>	★
	National Kidney Foundation	<p>Telephone: 704-519-0020 www.kidneync.org 4701 Hedgemore Drive, #810 Charlotte, NC 28209</p>	
	NC4Vets	<p>Telephone: 919-807-4250 Fax: 919-807-4260 http://www.nc4vets.com/ 413 N. Salisbury Street, Raleigh, NC 27603</p>	
	<p>NC Department of Health and Human Services</p> <p>NC Cancer Prevention and Control Branch</p>	<p>Telephone: 919-707-5200 Fax: 919-870-4800 http://publichealth.nc.gov/chronicdiseaseandinjury/contact.htm</p> <p>Mailing Address: Chronic Disease and Injury Section 1915 Mail Service Center, Raleigh, NC 27699-1915</p> <p>Physical Location: Chronic Disease and Injury Section 5505 Six Forks Road, Raleigh, NC 27609</p>	★
	North Carolina Central University Department of Nutrition	<p>Contact: Jason O'Briant, Director, Didactic Program in Dietetics Telephone: 919-530-7139 1801 Fayetteville Street, Durham, NC 27707</p>	★
	North Carolina Central University Department of Student Health and Counseling	<p>Contact: Ruth Gilliam Phillips, D.P.M. Executive Director Telephone: 919-530-5102 1801 Fayetteville Street, Durham, NC 27707</p>	★
	<p>NC Department of Health and Human Services</p> <p>North Carolina Radon Program</p>	<p>Telephone: 828-712-0972 http://www.ncradon.org/home.html NC Division of Health Service Regulation Radiation Protection Section 1645 Mail Service Center, Raleigh NC 27699-1645</p>	★
	Precision Chiropractic	<p>Contact: Dr. David Martin Telephone: 919-794-4455 http://precisionofdurham.com 7010 NC Highway 751, Suite 102, Durham, NC 27707</p>	★

Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
	UNC REX Healthcare REX Breast Care Center REX Breast Care Specialists	Telephone: 919-784-3419 https://www.rexhealth.com/rh/care-treatment/imaging-radiology/mammography/mobile/ 3100 Duraleigh Road, Suite 204, Raleigh, NC 27612	
	Shankle Sound	Proprietor: Andrew Shankle Telephone: 919-818-5158 E-mail: shankle@mindspring.com	
	Sisters Network of Triangle NC	Telephone: 919-490-1571 E-mail: trianglenc@sistersnetworkinc.org P.O. Box 51592 Durham, NC 27717-1592	★
	Synergy Fitness for Her	Telephone: 919-402-0888 E-mail: info@synergyfitnessforher.com 1125 W. NC Hwy. 54, Suite 404, Durham, NC 27707	★
	Total Life Changes	Contact: Tanya Steele, Distributor Telephone: 919-274-5491 E-mail: tanyaSteele@yahoo.com 931 Domonion Oak Circle, Cary, NC 27519	★
	The University of North Carolina, Chapel Hill School of Dentistry	UNC-CH Student National Dental Society Telephone: 919-537-3737 https://www.dentistry.unc.edu/ Physical Address: 101 Manning Drive, Chapel Hill, NC 27514 Mailing Address: UNC School of Dentistry, Campus Box #7450, Chapel Hill, N.C. 27599-7450	
	The University of North Carolina, Chapel Hill School of Dentistry Dental Hygiene Program	Contact: Shannon Mitchell RDH, MS Clinical Associate Professor Director, Dental Hygiene Programs Telephone: 919-537-3464 E-mail: Shannon_Mitchell@unc.edu UNC School Of Dentistry 3221 First Dental Building CB# 7450 Chapel Hill, North Carolina 27599	★
	United Way of the Greater Triangle	2400 Perimeter Park Drive, Suite 150 Morrisville, NC 27560 www.unitedwaytriangle.org	★
	U.S. Department of Agriculture Food and Nutrition Information Center	Telephone: 301-504-5414 FAX: 301-504-6409 http://fnic.nal.usda.gov/ National Agricultural Library 10301 Baltimore Avenue, Room 108, Beltsville, MD 20705	★
	Vitamin Shoppe	Telephone: 919-572-1754 6917 Fayetteville Road Durham, NC 27713	★
	Youngevity International	Independent Distributor: Barbara Cotton Parker E-mail: BCotten@frontier.com 2242 Hillandale Road Durham, NC 27705	★

*“ Deal with yourself as a individual
worthy of respect, and make everyone else
deal with you the same way. ”*

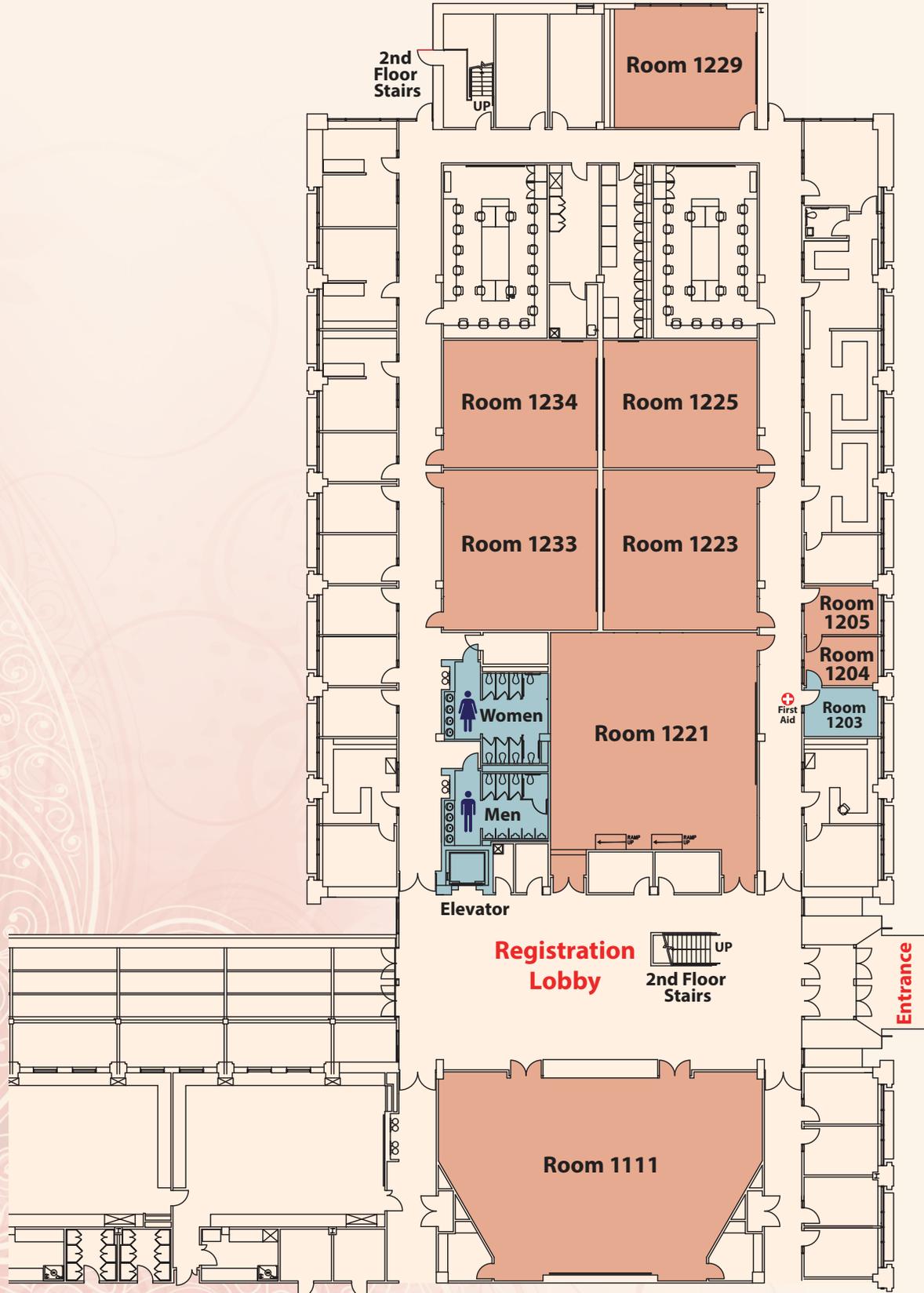
~ Nikki Giovanni



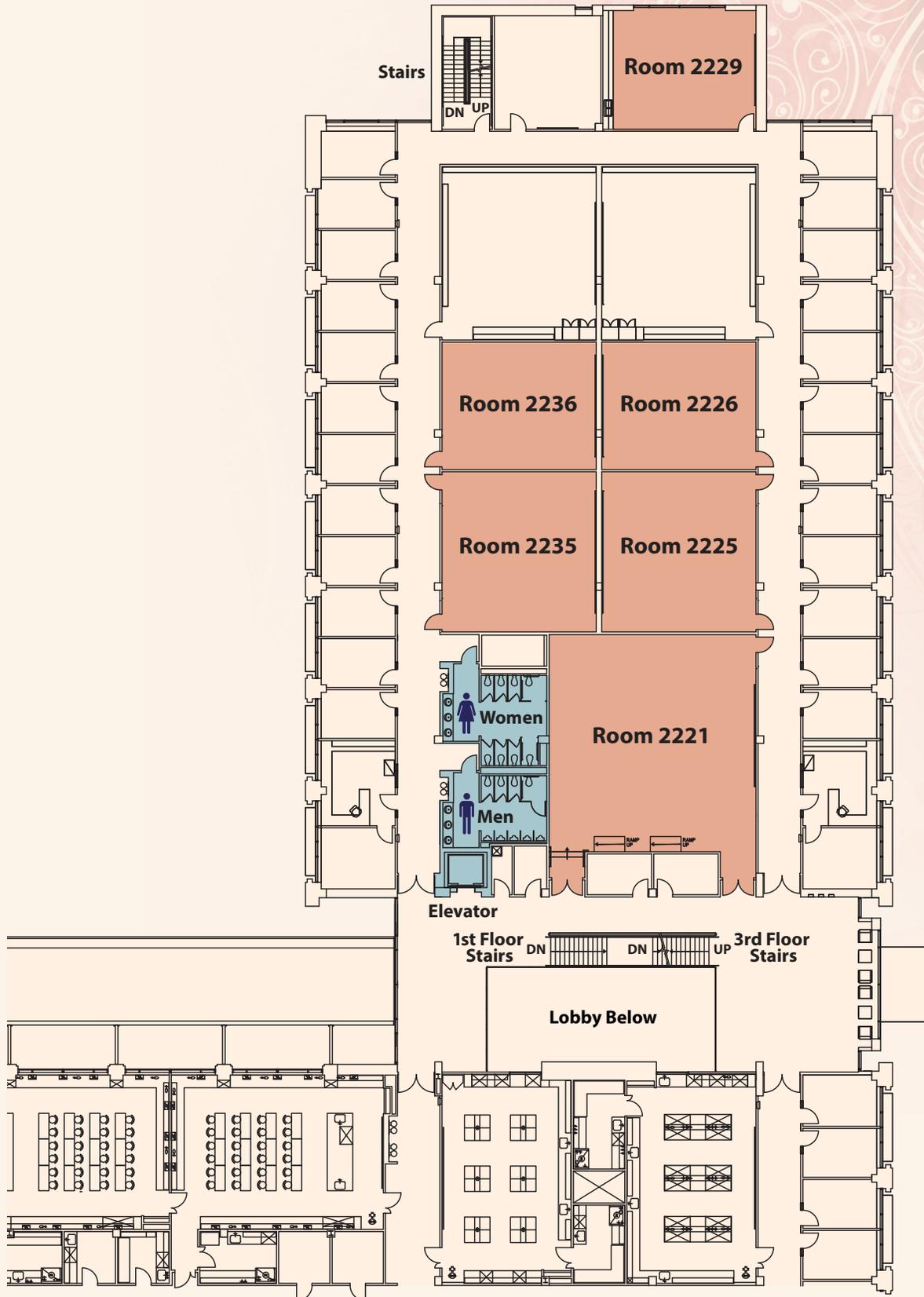
Women's Health Awareness Day 2016

Building Maps

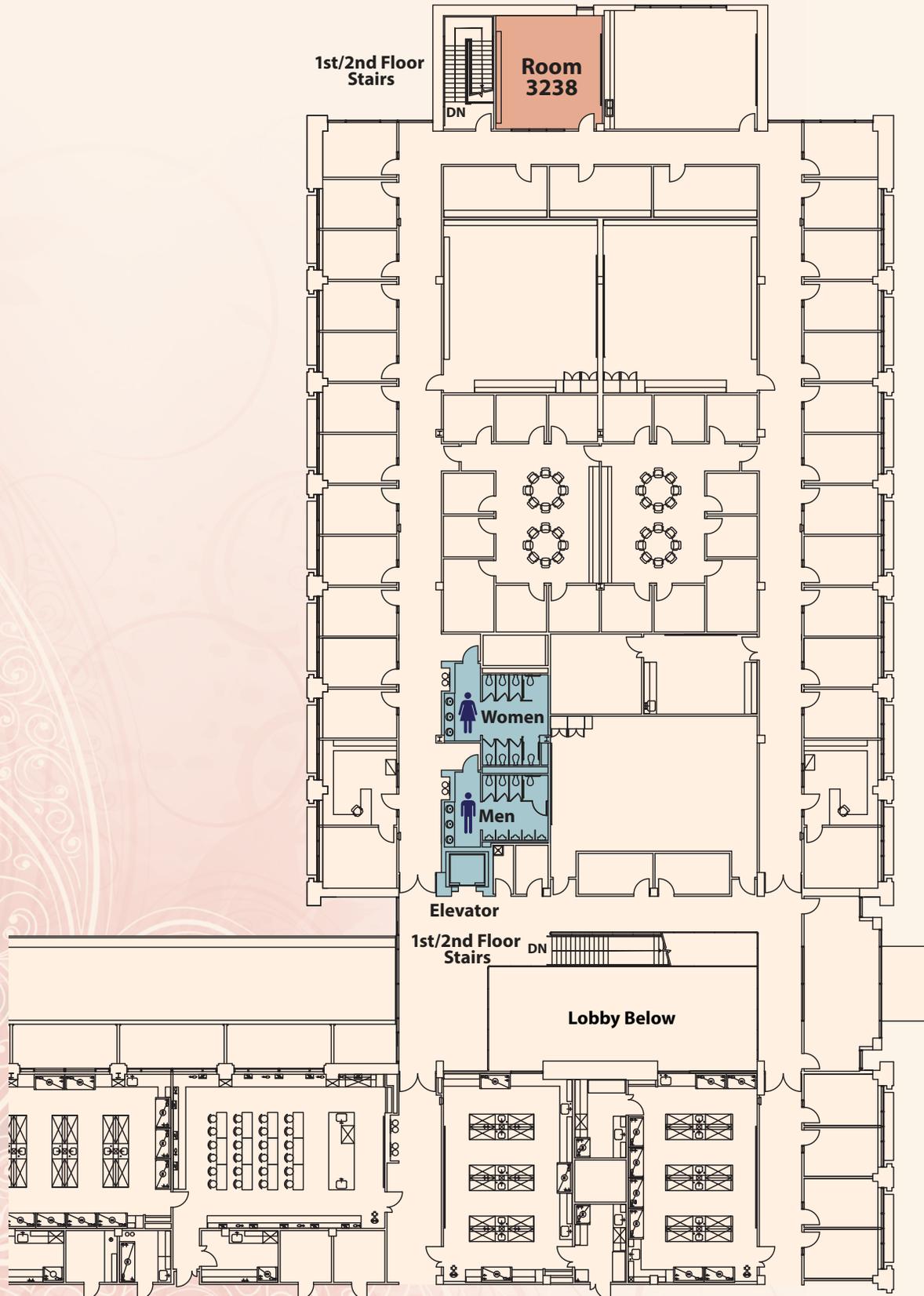
Mary Townes Science Building - 1st Floor Map -



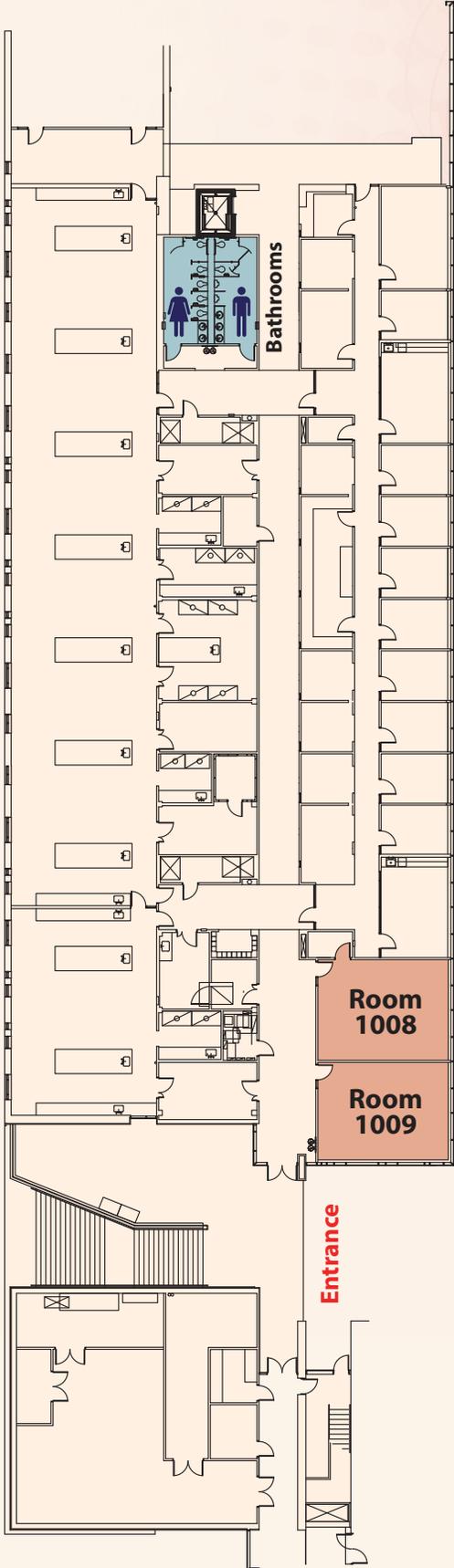
Mary Townes Science Building - 2nd Floor Map -



Mary Townes Science Building – 3rd Floor Map –



BRITE Building



Women's Health Awareness Day 2016
Transforming Communities by Enhancing Women's Health

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