



April 2022 Virtual Health Education Programs

www.uncwellness.com

Parkinson Wellness Recovery (PWR!Moves) Virtual Program

April 6-29, Wednesdays and Fridays, 2:30-3:15 pm via Zoom

PWR!Moves is an evidence-based exercise program integrating whole body movements that can slow motor deterioration, improve symptoms, and increase quality of life in those living with Parkinson's disease. **UNC Wellness Members register in your member account. All others contact 919-957-5900 to register by April 1.** UNC/Rex Wellness Members \$85; Non-members \$105.

Coffee with the Coach– Topic: Letting Go of Perfectionism

April 6, 2:00 – 2:45 pm via Webex

Join Certified Health and Wellness Coach Julie McNamara for this virtual monthly session that energizes, educates, and engages you in the next step of your well-being journey. This month we'll discuss perfectionism and explore self-compassion as an antidote. Free for members and non-members. **Email Julie.McNamara@unchealth.unc.edu to register.**

Therapy Thursday - When the Show Must Go On: Dancers and Hip Pain

April 7, 12:30-1:15 pm via Webex. Join at this link: <https://unchealth.webex.com/meet/Evan>

Symptoms such as snapping, clicking, popping, and generalized pain can be limiting for the dancer. Join UNC Physical Therapist Ellese Nickles, DPT, to learn common causes and challenges with technique and training and recommendations for balancing strength and flexibility to help dancers continue doing what they love and performing at their best. Learn more [here](#) or contact Evan.Adler@unchealth.unc.edu with questions.

Returning to a “New Normal:” Skills to Cope with Anxiety and Other Big Emotions - Webinar

April 19, 12:15 – 1:00 pm via Webex

Join Rachel Rifkin, LCSW, member of the Integrated Well-Being Program for UNC Health to learn about the different emotions people may be feeling as we prepare to return to work/activities and some specific skills we can rely on to cope with those big emotions. This session will teach participants skills derived from Cognitive Behavior Therapy and Dialectical Behavior Therapy. Free for members and non-members. **[Click here](#) to register.**

Caregiver's Support Group (virtual)

April 20, 12:00 – 1:30 pm via Zoom. The UNC Caregiver's Support Group's mission is to provide support, education, and advocacy for caregivers. All caregivers are welcome, but we do focus on those caring for individuals with memory disorders. Free for members and non-members. **Email Susan.Chesser@unchealth.unc.edu to register.**

The Best Anti-Inflammatory Foods- Food for Thought Webinar

April 25, 12:00-1:00 pm via Webex

Chronic inflammation is at the heart of many diseases such as heart disease, many cancers, osteoarthritis and even Alzheimer's. The good news is that nutrition plays a big role in combatting this inflammation. Join this session with Registered Dietitian Liz Watt to learn how to incorporate the best anti-inflammatory foods in your diet to reduce your risk of disease and keep you feeling your best. **[Click here](#) to register.** Free for members and non-members.

Questions about these programs? Contact the Health Education Manager at Julie.McNamara@unchealth.unc.edu.