



Health Coach

Timely, trusted advice from Outer Banks Health



Setting Intentions for Well-Being in 2025

As the New Year begins, many of us embrace the tradition of setting resolutions. Yet, as the year moves forward, many of those lofty resolutions fade away. This year, consider adopting a simpler, more meaningful practice: setting an intention. Unlike resolutions, which largely focus on outcomes and measurements, intentions center on values, identity, and personal growth, offering a grounded way to navigate the year with purpose, authenticity, confidence, and mindfulness. Being intentional not only nurtures your emotional and mental well-being but also supports your long-term health.

“Setting an intention through a specific word or phrase allows you to pause and focus on your values and areas for personal growth.”
-Christina Bowen, MD

This approach doesn't require drastic changes but encourages thoughtful reflection on what truly matters to you. The American Heart Association emphasizes that having a clear sense of purpose can encourage longevity by improving emotional resilience, boosting the nervous system, and lowering the risk of inflammation and chronic diseases like

heart disease. Intentions provide a realistic framework for supporting your emotional, mental, and physical health throughout the year.

“Setting an intention through a specific word or phrase allows you to

pause and focus on your values and areas for personal growth,” said Christina Bowen, MD, chief well-being officer at ECU Health and medical director of The Outer Banks Health Center for Healthy Living. Having an intention can provide a compass for your life, helping you make clear decisions and leading you to positive outcomes and reducing stress. Intentions can open opportunities for healthier choices to support your values, such as exercising, having a healthy diet, and making connections with others, all of which contribute to well-being.

Choosing a word that encapsulates your intention is an effective way to keep your values front and center. For example, Dr. Bowen shared, “I've chosen the word ‘savor’ as a way to remember to savor moments with my family and friends that warm my heart and support my emotional well-being.” Writing your chosen word down—perhaps on your bathroom mirror or on a sticky note—is a simple yet impactful way to keep your intention top of mind.

“At the Center for Healthy Living, we would love to work with you to help set your personal word(s) of intention for 2025,” Dr. Bowen said. This simple practice can have a lasting, positive impact on your well-being, making the way for a meaningful and fulfilling year ahead.

Right Outlook

Setting intentions is a powerful tool for well-being, and your thoughts, emotions, and self-outlook play a key role. “Your sense of self is your self-fulfilling prophecy,” said Danny Buettner Jr., JD, executive vice president and chief transformation officer for Blue Zones, emphasizing that this idea is supported by more than a decade of research and data from Gallup.

Having the right outlook can set the stage for positive change, or maintenance, helping build toward a higher-quality, longer life.

Believing in positive outcomes fosters well-being and success, while negative beliefs can undermine both. Your mindset directly influences your path forward.

What you think about yourself matters. Allow positive thoughts to flow, believe in them, and celebrate your accomplishments. Health is wealth, and 2025 could be your richest year yet.



January/February 2025

Education, Support and Community Events

The Blood Connection Blood Drives

The Blood Connection will be hosting community blood drives on the Outer Banks. All donors are asked to make an appointment. Walk-ins are welcome, but appointments are highly recommended and take priority. To make an appointment, use the QR codes or visit thebloodconnection.org. All donors will receive an e-gift card. *Outer Banks Health team members, please present your badge upon arrival.*

Friday, January 3 | 8 a.m. - 1 p.m.

Outer Banks Health | 4800 S Croatan Hwy, Nags Head

Saturday, February 15 | 10 a.m. - 3 p.m.

Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head



Jan 3



Feb 15

Outer Banks Health Stroke Support Network

Outer Banks Health offers a free virtual Stroke Support Network on the first Tuesday of every month for stroke survivors and their caregivers. For more details and to register, contact Robin South, RN, at 252-449-4554 or by email at robin.south@outerbankshealth.org. Attend in person or via Zoom.

Tuesday, January 7 | 11 a.m. - noon

Outer Banks Health Port Room or via Zoom

Tuesday, February 4 | 11 a.m. - noon

Outer Banks Health Port Room or via Zoom

A1C Screenings

Outer Banks Health will be offering free A1C screenings, which measure a person's blood glucose level over the past three months. Appointments are recommended and take priority; walk-ins are welcome if appointments are available. Screenings will take place on the Outer Banks Health Coach vehicle in the parking lot. To register, scan the QR code. Questions? Call 252-449-4529. Participants may receive one A1C screening every three months.

Wednesday, January 8 | 9 a.m. - noon

Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head



The Outer Banks Health Better Breathers Club

Individuals with chronic lung disease and their caregivers are invited to join the American Lung Association Better Breathers Club. Learn better ways to cope with conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of others in similar situations. Meetings will be held on the second Wednesday of every month. To register, scan the QR code.

Wednesday, January 8 | 10 a.m. - 11 a.m.

Outer Banks Health Port Room | 4810 S Croatan Hwy, Nags Head

Wednesday, February 12 | 10 a.m. - 11 a.m.

Outer Banks Health Port Room | 4810 S Croatan Hwy, Nags Head



Jan 8



Feb 12

Advance Care Planning

Do you know who would get to make medical decisions for you if you have not completed a healthcare power of attorney and advance directive? Join us for a free, informative session about advance care planning. If you require only witness/notary assistance, please arrive 10 minutes before the close of the session. Questions? Call 252-475-0905.

Thursday, January 9 | 10 a.m. - 11 a.m.

Baum Senior Center | 300 Mustian St, Kill Devil Hills

Thursday, January 9 | noon - 1 p.m.

Virginia Tillett Center | 950 Marshall C Collins Dr, Manteo

Tuesday, February 4 | 11:30 a.m. - 12:30 p.m.

Baum Senior Center | 300 Mustian St, Kill Devil Hills

Medicine Drop and A1C Screenings

In partnership with the Saving Lives Task Force and Dare County Health and Human Services, unused and unwanted prescription, over-the-counter, and animal medications will be collected by the Dare County Sheriff's Office for proper disposal. Outer Banks Health will be offering free A1C screenings. Appointments are recommended and take priority; walk-ins are welcome if appointments are available. To register, scan the QR code. Screenings will take place on the Outer Banks Health Coach vehicle in the parking lot. Questions? Call 252-449-4529. Participants may receive one A1C screening every three months.

Wednesday, January 15 | 10 a.m. - 1 p.m.

Southern Shores Pitts Center | 5377 N Virginia Dare Trail, Southern Shores



Namaste with the Sharks

Join us for a FREE yoga class in the Graveyard of the Atlantic exhibit area. Designed for all skill levels, the gate opens at 5:15pm. While the Aquarium will not be open, restrooms will be available. Please bring a yoga mat and water. Scan QR code to secure your spot. Classes fill up quickly.

Wednesdays: January 15 & February 19 | 5:30 p.m. - 6:30 p.m.

NC Aquarium on Roanoke Island | 374 Airport Rd, Manteo



Jan 15



Feb 19

Power of Art Expression Workshop

Thanks to a Community Benefit Grant from Outer Banks Health, Dare Arts provides FREE workshops (including supplies) for cancer patients, caregivers, and survivors. Space is limited and registration is required. Visit DareArts.org/workshops, email DareArtsPrograms@gmail.com or call Dare Arts at 252-473-5558 to reserve your spot.

Wednesday, January 22 | 2 p.m. - 4 p.m.

Wednesday, February 12 | 2 p.m. - 4 p.m.

Cowell Cancer Center Education Room | 4927 S Croatan Hwy, Nags Head



Buxton Community Health Fair

Join us for this free event, open to the public. Outer Banks Health will be offering free A1C and wellness screenings, which include blood pressure, heart rate, cholesterol, and blood sugar on the Outer Banks Health Coach. Speak with local nonprofits and agencies that focus on creating a healthy Outer Banks and other local resources. Questions? Call 252-449-4529.

Tuesday, February 4 | 10 a.m. - 1 p.m.

Fessenden Center Annex | 47013 Buxton Back Rd, Buxton

Lunch & Learn: Set (and Keep) Healthy Intentions for the New Year

Enjoy a healthy lunch while exploring how to set achievable and personalized healthy intentions for 2025! Jaclyn E. Hall, RDN (Registered Dietitian) and Denise dePedro, NBC-HWC (Health Coach) from the Outer Banks Health Center for Healthy Living will spotlight five healthy meal ideas and walk each participant through setting their own goals for positive change. To secure a spot, use the QR code to register. Questions? Call 252-449-4529.

Thursday, February 20 | 11:45 a.m. - 1 p.m.

Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head





A black tie gala benefiting the effort to bring well-being and longevity to our community. Enjoy an evening inspired by sun-kissed Sardinia, Italy, one the 5 Blue Zones. Featuring live music, dancing, stunning décor, and a Sardinian-inspired culinary journey right here on the Outer Banks.

Saturday, March 22 | Duck Woods Country Club

For more information, contact our Development Office at 252-449-5933.



Help Build the Tribute Path

You can help build the Cowell Cancer Center tribute paths with a purchase of an engraved paver that honors or memorializes a loved one. To purchase a paver, use the QR code or visit give.ecuhealthfoundation.org/TOBHTRIBUTEPAATH.

For more information, call 252-449-4529.

