

March 2026

HEALTHY CONNECTIONS



2080 Silas Deane Highway
Suite 100
Rocky Hill, CT 06067
860-785-8380
www.ccthd.org

Welcome to the Central Connecticut Health District's Healthy Connections newsletter, aimed at helping you make healthy lifestyle choices and providing the latest community health information.

Open Clinic Hours Tuesdays 10am-2pm



506 Cromwell Ave, Suite 202 in Rocky Hill

Our Public Health Nurse and Recovery Coaches are available for walk-in services, including but not limited to:

- Blood pressure checks
- Hemoglobin A1C screenings
- Tdap vaccines for caregivers of newborns
- Nursing questions and guidance
- Substance use disorder support and links to community resources
- Naloxone training
- Free naloxone and fentanyl / xylaxine testing strips

All services are free to community members. For more information, please call our Clinical Director, Lisa, at 860-335-7158.

*Please check our website before visiting, as hours may change based on nurse availability. Any updates will be posted there. www.ccthd.org

Wethersfield Community Overdose Education and Naloxone Training Event

Wednesday, April 1st, 2026
5:30 - 7:30pm
Pitkin Community Center

What you'll learn:

- Overdose prevention strategies
- How to recognize the signs of an opioid overdose
- How to administer the opioid overdose reversal drug naloxone
- The role of overdose prevention in the opioid public health crisis
- The Good Samaritan Law
- Participants receive Naloxone (Narcan) and overdose prevention supplies and information on community resources
- Dinner provided
- Free event!

Registration required. Limited spaces available
Call, scan the qr code or visit our website to register



860-785-8380 extension 216
www.ccthd.org/chs



Community Health Assessment

Your voice shapes community health. Step in and be heard.

Soon you will be invited to share your perspective on your health and the health of your community. What you tell us will guide the programs and services that strengthen well-being across our four towns.

Healthy Lifestyles Program

Small changes can lead to meaningful results, including:

- Increasing physical activity for all ages
- Making healthier food choices at home and on the go
- Managing stress, staying motivated, and asking for support
- Accessing a free voluntary Hemoglobin A1C screening

To learn more, call 860-785-8380, extension 216
Sponsored by the Friends of the Berlin VNA

Ten Warning Signs Of Alzheimer's: A free educational program

Monday, April 6th, 2026 - 6pm
Both in - person and virtually
Newington Senior & Disabled Center

This event is presented by the Alzheimer's Association, and hosted by Central Connecticut Health District

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- The difference between normal aging and Alzheimer's
- Common warning signs
- The importance of early detection and benefits of diagnosis
- Next steps and expectations for the diagnostic process
- Alzheimer's Association resources

Registration required

[www.https://chsappointments.as.me/alzheimers](https://chsappointments.as.me/alzheimers)
or call 860-785-8380 extension 216

ALZHEIMER'S ASSOCIATION®

