

February 2026

HEALTHY CONNECTIONS



Central Connecticut Health District

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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.

FREE 12 Week Healthy Lifestyles Class

Looking to prevent diabetes or improve your overall health? Join Path to Wellness: Preventing Diabetes and Embracing Health, a FREE 12-week program based on the CDC's National Diabetes Prevention Program.

Fridays | 1–2:30 PM
March 20 – June 12, 2026 (No class April 3)
Berlin Senior Center – Craft Room

- ✓ Small lifestyle changes
- ✓ Healthy eating & physical activity
- ✓ Stress management & support
- ✓ Free voluntary A1C screening



📞 Call 860-785-8380 ext. 216 to register

Open to all; you do NOT need to be a Berlin resident to sign up.

10 Early Signs and Symptoms of Alzheimer's and Dementia

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgement
- Withdrawal from work or social activities
- Changes in mood and personality

For more information, please go to:
http://www.alz.org/alzheimers-dementia/10_signs



American Heart Month

February 2nd is Wear Red Day!

What is the top cause of death in the U.S.? If you guessed heart disease, you are correct! "Heart disease" is a catch-all name for a variety of conditions including:

- ♥ Blood vessel disease, such as coronary artery disease.
- ♥ Irregular heartbeats, called arrhythmias.
- ♥ Heart conditions that you're born with, called congenital heart defects.
- ♥ Disease of the heart muscle.

For more information :

<https://www.heart.org/en/healthy-living/healthy-lifestyle/life-essential-8/>

Celebrating Black History Month Through Health and Safety Pioneers

African American pioneers have transformed health and safety through lifesaving inventions, groundbreaking research, and bold leadership.

This Black History Month we honor their legacy and recommit to building healthier safer futures for all.

Some examples include:

- **Sandra Lindsay:** First person in the U.S. to receive the COVID-19 vaccine.
- **Louis W. Sullivan:** Founder of the Morehouse School of Medicine and former Secretary of Health and Human Services.
- **Sir George Alleyne:** Strengthened health systems and expanded access to HIV prevention and treatment across the Caribbean.
- **Dr. Charles Drew:** Developed large-scale blood banking and plasma preservation, revolutionizing blood transfusions.
- **Dr. Daniel Hale Williams:** Performed one of the first successful open-heart surgeries and founded the first interracial hospital in the U.S.
- **Marie Maynard Daly:** First African American woman to earn a Ph.D. in chemistry; studied hypertension's effects on the heart and arteries.

For additional information, visit
<https://www.intrahealth.org/vital/10-african-americans-who-have-shaped-public-health>

