

April 2026

# HEALTHY CONNECTIONS



Central Connecticut Health District

2080 Silas Deane Highway  
Suite 100  
Rocky Hill, CT 06067  
860-785-8380  
[www.ccthd.org](http://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.

## Wethersfield Community Overdose Education and Naloxone Training Event

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



What you'll learn:

- Overdose prevention strategies
- Recognizing the signs of an opioid overdose
- Administration of naloxone
- The Good Samaritan Law
- Receive Naloxone (Narcan), overdose prevention supplies and resources
- Dinner provided
- **Free event!**

Registration closes on Friday March 27th at noon  
Limited spaces available  
Call or visit our website to register  
860-785-8380 extension 216  
[www.ccthd.org/chs](http://www.ccthd.org/chs)

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

Monday April 6, 6:00pm-7:00pm

Presented by the Alzheimer's Association and hosted by the Newington Senior and Disabled Center, in partnership with the Central Connecticut Health District

Alzheimer's causes changes in memory, thinking and behavior

Join us to learn about:

- Normal aging vs. Alzheimer's
- Common warning signs
- Benefits of early detection and diagnosis
- What to expect during the diagnostic process
- Alzheimer's Association resources

Held in person at 120 Cedar Street, Newington, or virtually (by calling number below) to obtain link.

Registration suggested but walk-ins are welcome

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

## Sound Healing

Newington Senior and Disabled Center  
Multipurpose Room

120 Cedar Street, Newington  
Wed., April 8, 5:50pm-7:00pm

FREE and open to all ages 18 and over,  
Space is limited. Registration is required.  
Register with link below  
or call 860-785-8380 ext 216

- Wear comfortable clothes
- Bring a yoga mat or blanket
- Pillow if you'd like
- Chairs available



Wheelchairs welcome

<https://chsappointments.as.me/schedule/4c798584>

## Clinic Appointments

506 Cromwell Ave, Suite 202 in Rocky Hill  
Our Public Health Nurse and Recovery Coaches are available for appointments on:

Tuesdays and Thursday from 9:00am-3:00pm for:

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



All services are free

To make an appointment, please go to:  
[www.ccthd.org/chs](http://www.ccthd.org/chs)

or call us at 860-785-8380 extension 216.

## Walk This May - Movement Challenge

Live or work in Berlin, Newington, Rocky Hill, or Wethersfield? Lace up it's time for "Walk This May"!



Ready to join the fun:

Visit [www.ccthd.org/walking-competition](http://www.ccthd.org/walking-competition)  
or call 860-785-8380, ext. 216 with any questions about how the challenge works.

Returning walkers, rejoice:

If you've participated before, you're already in for this year's challenge, no extra sign-up needed.

Come get your steps in with neighbors, friends, and fresh spring air.

