

May 2026

HEALTHY CONNECTIONS



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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.

Walk This May - Movement Challenge

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

Everyone is welcome to join the fun this spring. You can sign up online at www.ccthd.org/walking-competition or call 860-785-8380, ext. 216 to register

Returning participants: If you participated last year, with your individual email, you're already registered for this year's challenge. No extra sign-up required. If staff helped create an email for you — just give us a quick call and we'll get you set for 2026.

If you do not have a phone or fitness tracker, a limited supply of clip on pedometers are available from your town representative.

Are there group walks?

Yes! All are welcome. Even if you are not signed up for the Walk This May event.

Walk this May 2026 Schedule: May 2 (Saturday)

*9:00 am – Wethersfield : Wethersfield Cove
Meet at the Heirloom Market
263 Main St, Wethersfield

***Karen Kiley, our Recovery Coach, will be available to share her resources with you.**

May 6 (Wednesday)

5:00 pm – Berlin : Pistol Creek
Meet at Pistol Creek parking lot
600 Spruce Brook Rd, Berlin

May 14 (Thursday)

5:00 pm – Newington : Mill Pond Park
Meet at Mill Pond parking lot at Hillcrest & Browning Ave

May 22 (Friday)

3:00pm – Rocky Hill : Dividend Park
Meet at the parking lot on Old Forge Road (across from TruGreen Lawn Care)

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

Tick Season is Upon Us

CCHD receives ticks from our community members and submits them for testing at the Connecticut Agricultural and Experiment Station (CAES) for lyme, anaplasmosis, and babesiosis.

Residents of Berlin, Newington, Rocky Hill, or Wethersfield can pick up a FREE tick-removal kit at our office, Monday–Friday, 8:30 AM–4:30 PM. Need a different time? Call 860-785-8380, ext. 216 to schedule an alternate pickup.

When planning to spend time outside, learn how to prevent tick bites by clicking the following link:

www.cdc.gov/ticks/prevention/index.html

Certified Bike Helmets Available

Let's keep our brilliant brains safe this cycling season. Grab a NHTSA-certified helmet and hit the road with confidence. Helmets come in all sizes and are just \$10 — a smart choice, small price, big protection.



Too Big/Loose
Tilted To The Front



Too Big/Loose
Tilted To The Back



Too Small



Wrong Direction



Helmets are available at our office:
Weekdays 8:30am-4:30pm
or by calling 860-785-8380, then press 216 to schedule an alternate time

If I catch it, can I eat it?

Fish from CT's waters are a healthy, low-cost source of protein. Some fish contain chemicals such as mercury, that can build up in your body and increase health risks. The developing fetus and young children are most sensitive and may cause them to be slow to develop and learn. To learn more, please use the link below:

<https://portal.ct.gov/dph/-/media/dph/ehdw/ificatchit-2025-final-english-january-30-2025.pdf>

