

May 2025

HEALTHY CONNECTIONS



2080 Silas Deane Highway
Suite 100
Rocky Hill, CT 06067
860-785-8380

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.

There is still time to register for the Annual "Walk This May" Event!

If you live or work in Berlin, Newington, Rocky Hill, or Wethersfield, register for the annual "Walk This May" event! To join, simply:

Visit www.ccthd.org/walking-competition
or
Call 860-785-8380 ext. 216

If you've participated in the Walk This May Program before, you're already registered for this year's challenge—no need to sign up again!

Additionally, we invite all residents to join in on one of the planned community walks as noted to the right.

*Our recovery coach, Cynthia, will be attending the walk on 5/13 in Berlin. If you are in need of substance use disorder (SUD) services, community resources, free Narcan or other harm reduction supplies, they will be available on this day.



Matter of Balance

DO YOU HAVE concerns about falling?

This program emphasizes practical strategies to manage falls.

An eight week course:
Wednesdays June 11 to July 30:
10 am to 12 pm.
Maximum of 12 participants.

Call 860-785-8380 extension 216 for more information or to register.

Walk this May Community Walks



May 1: 5:00 - 6:00 pm
"Walk this May" Kick - off
William Pitkin Community Center
30 Greenfield Street
Wethersfield

May 13: 6:00 - 7:00 pm*
Berlin Pistol Creek
600 Spruce Brook Rd., Berlin
Meet in parking lot

May 15: 6:00 - 7:00 pm
Mill Pond
Garfield St. Newington
Parking is available in a lot at the intersection of Browning & Hillcrest Ave.

May 17: 9:00 - 10:00 am
Wintergreen Woods Storybook Walk
675 Folly Brook Blvd, Wethersfield

All walks are contingent on no rain.



Found a Tick?

As the weather warms up, ticks are out and searching for a meal.

If you removed a tick from yourself, you can bring it to CCHD at the address above. We will send it to the Connecticut Agricultural Experiment Station (CAES) for identification and testing.

If you work or live in our district, please fill out and bring the [Tick Submission Form](#) with your tick, found at:
ccthd.org/ticksubmission.

Enjoy the Outdoors—safely! Learn how to protect yourself with tips from the [CDC](https://www.cdc.gov/ticks) :
[cdc.gov/ticks](https://www.cdc.gov/ticks).



Free N-95 Masks
Available outside the office:
2080 Silas Deane Hwy, Suite 100,
Rocky Hill, CT
Weekdays 7am-7pm.

