



Free walk-in wellness screenings

COMING
SOON

Coming in February, 2024, another great centralized location offering free walk-in wellness screenings with one of our public nurses.

West Hartford Town Hall (4th floor room 417)
50 S Main St, West Hartford, CT

Call the Health District for info on date and details!

Find out about our other locations and times online at:
www.westhartfordct.gov/town-departments/health-district



Keep people in your home safe. FREE RADON test!

We still have FREE Radon kits available for West Hartford or Bloomfield residents!

Don't miss the chance to test your house and make sure you don't have high radon levels.

Stop by the Health District between 7:30 AM and 3 PM and pick up your free kit!

Winter: Prevent Respiratory Viruses

STAY HEALTHY ALL SEASON

Wash your hands often,
Clean & disinfect surfaces regularly,
Get your flu vaccine and COVID-19 booster: vaccination helps prevent severe illness and reduce hospitalizations and deaths.
Stay home when you're sick,
Mask around others when symptomatic

The Health District provides immunizations for all school calendar vaccines as well as many adult vaccines. Call and book your appointment!



WEST HARTFORD-BLOOMFIELD HEALTH DISTRICT MONTHLY NEWSLETTER

February 2024

**Black History Month
American Heart Month**

Black History Month

February is a great time to celebrate, recognize and learn about the many contributions that African American people have made throughout American History. Go to a museum, attend an event, read a book, support local organizations, volunteer... There are many ways to enjoy Black History Month this year. Find what works for you!

It's important to remember that Black History can be honored all year!
Check out the FREE events in our towns and support our community programs:



Bloomfield Library (Virtual): The Life and Thought of Lemuel Haynes
With Author John Saillant. Thursday, February 1, 2024
7 - 8 PM - Register online at: <https://bplct.org>
The event will be recorded and posted on the library's YouTube channel.
Black History Month events in Bloomfield: <https://shorturl.at/gzAHS>



Black Business Expo - Saturday, February 17, 2024 1 - 4 PM
West Hartford Conference Center inside Town Hall.
50 South Main St, West Hartford, CT. For more info: bit.ly/whbbe24

Keep an eye out for local events near you and check CTvisit.com.

American Heart Month

Did you know that Cardiovascular Disease is the number 1 killer of women.*

100 Ways in 100 Days to Better Health!

Anyone can sign up and get tips and information 7 days a week for the next 100 days from the American Heart Association to help you eat better, move more and be well.

Get weekly emails with everyday tips and focus on your health!

Register online at: [*https://www.heart.org](https://www.heart.org)

Take the first step to healthy living!

Connecticut Early Detection and Prevention Program (CEDPP):

They provide cardiovascular / Heart Health screenings, which include: blood pressure monitoring, blood work and other services. All services are free for women who currently have no health insurance or plans with high deductibles.

For more info, call (860) 872-5368 between 8 AM and 5 PM (eng/spn/language line is available).

Resources



Teen Dating: Healthy vs Unhealthy Relationships

Knowing or even suspecting that your child is in an unhealthy relationship can be both frustrating and frightening. Parents play a critical role in helping children develop healthy relationships and providing support when dealing with an abusive situation.

February 5th, 7-8 PM on Zoom

Registration link: <http://tinyurl.com/jjurk92a>



FREE Workshop Tax Tips for Families with Disabled Dependents

Learn tips you can use when filing your taxes.

When: Wednesday, February 7 12:30 PM - on Zoom

Registration Link: <https://rb.gy/nidr1l>

Questions? Please contact Yury Cruz at: ycruz@ctfsn.org, (860)631-7552



Dental Health

Learn about the Connecticut Foundation for Dental Outreach (CFDO) and download the CT Dental Safety Net Facilities list.

This is a great resource that facilitates the delivery of charitable dental care to the underserved. The Foundation also provides the underserved and uninsured with free dental care through its Connecticut Mission of Mercy Free Dental Clinics.

Check their schedule: www.cfdo.org/ct-mom/



Access College Consulting - Middle school throughout high school

They focus on providing low-income and first-generation students college guidance and the resources to make the best decision.

Free one-on-one advising sessions and workshops. Students must qualify for free/reduced lunch and have an annual family income less than 250% of the federal poverty level.

Learn more at: <https://accesscollegeconsulting.org>

UConn Extension Expanded Food and Nutrition Education Program- EFNEP



Learn budgeting, cooking and healthy skills by attending 3-12 virtual classes.

Feb. 14 to May 1, 2024. Wednesdays at 6 PM on Zoom

Free for families with children under 19 who are eligible for:

WIC, SNAP, HEADSTART, and other supplemental programs.

Families will receive kitchen utensils/tools for each series after registration and attendance. Learn more: <https://efnep.uconn.edu>



WEST HARTFORD-BLOOMFIELD HEALTH DISTRICT