



Northeast CT Family Health and Wellness Day

Join us for an afternoon of *free* interactive health & wellness activities for *all ages* by the **UConn Committee of Interprofessional Excellence in Healthcare**, the **Northeast District Department of Health**, and **community partners!**

Saturday April 25, 2026
Killingly High School
1pm - 4:00 pm

- ◆ **Activities & health tips for the whole family!**
- ◆ **Fun activities for kids!**
- ◆ **Talk to UConn students & faculty about different health careers**

Healthy nutrition	Hearing aids & hearing wellness tips; hearing screening	Mental health Q&As, stress management
Ways to lower the cost of medications	Blood pressure screening	Fall prevention
Healthcare resources in the area	Lung health & inhalers	Speech, language, & feeding milestones
Smoking cessation, vaping	Naloxone (Narcan) education, free naloxone kits & fentanyl test strips	And more!

