

## WALLINGFORD HEALTH DEPARTMENT

## NEWSLETTER

<https://www.wallingfordct.gov/government/departments/health-department/>

## WHAT HAVE WE BEEN UP TO:

We have been hosting monthly CPR/ AED classes on the last Monday of every month (August-November). We are diligently working on helping our community members be better prepared if faced with an emergency.

If you or someone you know would like to get certified or re-certify, please reach out to us. We will work to get you scheduled for a class.



In September and October we brought back our Matter of Balance program. We ran an 8 week training series with 12 participants. It was an informative and interactive class. We learned different exercises that help with balance and strength. We also learned how to be assertive and how to continue doing what we love.

**CPR**

Trainings are hosted at the MRC Building  
143 Hope Hill Rd, Wallingford, CT, 06492

**Upcoming:**

**October 28**  
5:30-7:00

**November 25**  
5:30-7:00

If you would like to inquire about different dates reach out to us via email or phone (203) 294-2065

To register: Please email  
healthed@wallingfordct.gov

## RED RIBBON WEEK:

The Wallingford Health Department is grateful to have been included in **Red Ribbon Week!**

Anne Bernick, our Public Health Nurse gave a presentation at the Wallingford Senior Center on Monday October 28, 2024, discussing substance misuse.

Nina, our Public Health Specialist shared a video presentation at the **Red Ribbon Community Ceremony** on Wednesday October 30, 2024 and encouraged members of our community to find their natural high in life.



## SCOW HEALTH FAIR:

11.14.2024



## WALLINGFORD YMCA COMMUNITY HEALTH FAIR:

11.16.2024



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# FRIENDLY REMINDERS

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Due to Office Renovations  
As of Monday, November 25<sup>th</sup>, the  
Wallingford Health Department (WHD)  
will be temporarily located at the  
Medical Reserve Corps Building,  
143 Hope Hill Road, Wallingford, CT  
(next to Moran Middle School)  
You can still call the WHD at  
(203) 294-2065

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## MRC RECRUITMENT:



The Medical Reserve Corps is always looking to expand and welcome new members. If you are a licensed health and medical personnel who would like to get involved in helping the community we would love to have you.

If you would like more information please email:  
[healthed@wallingfordct.gov](mailto:healthed@wallingfordct.gov)

## CONTACT US:

If you would like more information on anything mentioned or would like to inquire about a program do not hesitate to contact us. We are here to help our beloved Wallingford community in any way we can.



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## LASTLY

The Wallingford Health Department is wishing everyone a happy and safe Thanksgiving!

