

WELLNESS MONTH - OCTOBER 2018 - FAIRFIELD COUNTY

Get Your Check-Up from the Neck Up!

Mental Wellness Tips & Info ▪ Free Screenings ▪ In Person & Online

2018 Locations:

Town	Details	Site	Date/Time
Bridgeport / HCC	At Fresh Check Day (For HCC only)	Housatonic Community College College Courtyard, Bridgeport	Tue. Oct. 9 11am-2pm
Bridgeport	At St. Vincent's Medical Mission - English & Spanish	Cesar A. Batalla School 606 Howard Ave., Bridgeport	Sat. Nov. 3 9am-3pm
Fairfield / SHU	Health Fair (For SHU only)	Sacred Heart University University Commons Auditorium	Thu. Oct. 11 10am-2pm
Fairfield	At Chamber of Commerce Harvest Market	Old Town Hall Green, 611 Old Post Rd., Fairfield	Sun. Oct. 14 10am-4pm
Greenwich	At Health & Wellness Expo	Eastern Greenwich Civic Center, 90 Harding Rd., Old Greenwich	Thu. Oct. 11 9am-1pm
Monroe	Town residents only	Social Services Department, 7 Fan Hill Road, Monroe	Drop in during open hours
Norwalk	At Health Fair	Miracle Temple Church 2 Trinity Place, Norwalk	Sat. Oct. 20 11am-3pm
Norwalk / NCC	Wellness Month activity (For NCC community only)	Norwalk Community College East and West Campus	Late October TBD
Stamford / UConn	At Fresh Check Day (For UConn only)	UConn – Stamford campus	Tue. Oct. 9 11am-2pm
Stamford	At the Hispanic Health Fair English & Spanish	Deloitte Building, 695 East Main Street, Stamford	Sat. Oct. 13 10am-2pm
Stratford	English & Spanish (Stratford residents only)	Stratford Community Services 468 Birdseye, Stratford	Drop in during open hours
Trumbull	At BOE Flu Clinic (For BOE employees & families only)	Long Hill Building 6254 Main Street, Trumbull	Thu. Oct. 11 2:30pm-4:30pm
Trumbull	At BOE Flu Clinic (For BOE employees & families only)	Trumbull High School Cafeteria 72 Strobel Road, Trumbull	Thu. Nov. 6 2:30pm-4:30pm
Weston	At Lachat Farmer's Market (TENTATIVE)	Lachat Town Farm, 106 Godfrey Road West, Weston	Fri. Oct. 26 4pm-8pm (TENTATIVE)
Westport	Flu clinic	Westport-Weston Health District 180 Bayberry Lane, Westport	Wed. Oct. 24 5pm-7pm
Westport	At Out of the Darkness Walk (suicide prevention walk)	Sherwood Island State Beach Exit 18, Westport	Sat. Oct. 27 11am-12:30pm

Free Online Screenings at HealthyMindsCT.org

Cheques de salud mental gratuitos en español en HealthyMindsCT.org

This initiative is brought to you by Healthy Minds Connecticut,
the Regional Mental Health Board of Southwest CT
(now partnered with RYASAP and Communities 4 Action)



Thanks to our 2018 community volunteers! Ability Beyond, Catchment Area Councils (CAC 1&2, CAC 3&4), Community Health Center Inc., Darien Wellness Center, F.S. Dubois Center, Greater Bridgeport Community Mental Health Center, Greenwich Department of Human Services, Housatonic Community College, LifeBridge Community Services, Mary J. Sherlach Counseling Center, Monroe Human Services, National Alliance on Mental Illness (NAMI), Norwalk Community College, Optimus Health Care, Silver Hill Hospital, Stratford Community Services, St. Vincent's Medical Center, Weston Local Prevention Council, Westport-Weston Health District, Westport Human Services, Wilton Social Services, UConn-Stamford.