



# HEALTHY STARTS HERE

## FREE Community Forum Schedule:

### First Tuesdays at 1:30 pm Greenknoll Studio

**February 14<sup>th</sup>** TAKE CARE OF YOUR HEART with Western Connecticut Health Network: Cheryl Anderson, EdD., APRN, Cardiology, Western Connecticut Medical Group. *Free Blood Pressure Checks.*

**\* March is National Nutrition Month \*** Watch for free lobby events and giveaways

**March 7<sup>th</sup>** 8 Pillars of Wellness and Lifelong Personal Impact on Health Motivational Speaker and Author: Christopher Salem

**April 4<sup>th</sup>** What you should know about Lyme Disease? Jennifer Reid, Lyme Connection, Ridgefield, CT

**April 5<sup>th</sup> Wednesday!** Join us for NATIONAL WALK DAY Walk with the YMCA on the New Brookfield Still River Greenway! Meet at parking near Brookfield Police Station 1pm. **Rain date: April 12<sup>th</sup>.**

**April 29<sup>th</sup> Saturday!** HEALTHY KIDS DAY and Brookfield Chamber of Commerce Health Fair: Something for Everyone! See upcoming flyer for details.

**May 2<sup>nd</sup>** Arthritis Answers: Dr. Michael Spiegel, Rheumatologist, Western Connecticut Medical Group. Learn about the YMCA upcoming new program Enhance Fitness.

**June 6<sup>th</sup>** EARLY DETECTION OF SKIN CANCER Dr. William Notaro, Chief of Dermatology, Danbury Hospital.

**June 11<sup>th</sup>** Injury Prevention: Blair Balmforth, BA, CCP, Regional EMS/Injury Prevention Coordinator.



For more information contact Maureen Farrell at 203 740 3432 ext. 236