

HEALTH & WELLNESS FAIR IN MIDDLETOWN

SATURDAY, SEPTEMBER 30TH
FROM 10AM TO 1PM

Union Park at South Green
Main St. & Pleasant St., Middletown, CT

Free
massages,
resources,
coupons, and
more!



Sponsored by
Middletown Recreation

Join State Representative
Kai Belton at the Health and
Wellness Fair in honor of National
Health & Wellness Week!



Middletown's Health & Wellness Fair

Saturday, September 30th, 2023 | 10:00 AM – 1:00 PM



I am happy to invite you all to **Middletown's Health & Wellness Fair** at the South Green of Union Park in Middletown, Connecticut on the 30th of September from 10:00 AM – 1:00 PM.

This fair is sponsored by the CT State Capitol and Middletown Recreation Department. In honor of National Suicide Prevention Month and National Recovery Month, this fair will present over 40 local organizations from around the state that highlight health and wellness. The fair will feature healthy food preparation demonstrations, clinical and holistic resources for mental health, resources for military personnel, women empowerment health information, youth services, spiritual health resources, free massages, information from various organizations, and much more!

Please join us in celebration and mindfulness. Feel free to invite your friends, family, neighbors, and anyone you know that would benefit from attending this fair.

We look forward to seeing you there!

Warm regards,
State Representative Kai Belton

A handwritten signature in black ink that reads "K. Belton".

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PARK MAP



PARKING INFORMATION

- Vendors will be entering through the **entrances** of the South Green, indicated on the map with **RED** arrows.
- Parking is **limited**, so please plan accordingly! Parking is indicated with **YELLOW** highlighter on the map (along Old Church Street and Church Street). *We recommend bringing a wagon of some kind to it's easier for you to unload your vehicle and bring items to your booth.*
- Please ask our staff if you get lost or don't know where to park. They will be located at the entrances of the park and will be happy to guide you if you need assistance.

RESOURCE BOOTHS

1. Middletown Recreation Department
2. Middletown Health Department
3. Middletown Recycling
4. Middletown Youth Services Bureau
5. CT Department of Public Health (DPH)
6. CT State Office of the Healthcare Advocate (OHA)
7. Change the Script, a program of Wheeler Clinic funded by DMHAS
8. CT Coalition Against Domestic Violence (CCADV)
9. Mental Health Connecticut (MHC)
10. NAMI Connecticut (National Alliance on Mental Illness of Connecticut)
11. Community Health Center (CHC)
12. Community Health Network of CT (CHNCT)
13. Community Health Center Associations of CT (CHCAT)
14. Health Equity Solutions (HES)
15. Middlesex Health (Breast Health Awareness)
16. Middlesex Health Cancer Center
17. Middlesex Hospital (Mobile Crisis Team)
18. Rushford – Hartford HealthCare
19. Carole & Ray Neag Comprehensive Cancer Center at UConn Health
20. Advanced Behavioral Health Inc. (ABH)
21. Gilead Community Services
22. Advocacy Unlimited Inc.
23. The Connection Inc. (Women's REACH Program)
24. Change Inc.
25. NAACP (The National Association for the Advancement of Colored People)
26. NAACP Health Committee
27. Ministerial Health Fellowship
28. Everyone Outside
29. Get in Touch Foundation
30. Free Center
31. Barbara McClane, Vision.2.You
32. Unashamed LLC
33. Power of Choices
34. Every Kinda Lady LLC
35. B.R.A.I.D.S & Co.
36. Sugar Leaf
37. Holistiq
38. The Nutrition Spot
39. CT Foodshare
40. Starr Mill Yoga
41. Yoga in Our City

FEATURED ORGANIZATIONS

<p>The Middletown Health Department is the municipal health department for the City of Middletown. The overall mission of the Middletown Health Department is to preserve, promote, and protect the health of all residents through equitable prevention, partnerships, and education. We provide essential public health services such as inspecting food establishments, salons public swimming pools, and other facilities for compliance with the Connecticut General Statutes, Public Health Codes, and the Middletown Code of Ordinances. We are committed to improving the health and wellbeing of our residents by providing programs that promote wellness, prevent and control disease, and provide education about healthy lifestyles.</p>	 <p style="text-align: center;">Public Health Prevent. Promote. Protect.</p>
<p>Recycling is accepted at the Middletown Recycling Center. The Recycling Center also accepts other items such as bulk waste, appliances, furniture, food waste, e-waste, batteries, large cardboard boxes, brush, leaves, scrap metal and tires (no more than 4 at a time). Some items are charged.</p>	
<p>Middletown Youth Services Bureau (MYSB) serves as Middletown’s central coordinating hub for youth and families. MYSB focuses specifically on youth justice reform, youth development and leadership, and connecting youth and families to services and programs. Some core facets of MYSB’s work include diverting youth from the justice system, empowering youth voice, identifying root causes of behavior, addressing needs with connections to supports and resources, partnering with and supporting other youth serving organizations, promoting individual and community holistic wellness, and resolving conflict and building community through restorative practices.</p>	 <p style="text-align: center;">Middletown Youth Services Bureau</p>
<p>The CT Department of Public Health is led by Commissioner Manisha Juthani, MD, and is the state’s leader in public health policy and oversight. The agency is the center of a comprehensive network of public health services, and in partnership with local health departments, provides coordination and access to federal initiatives, training and certification, technical assistance and oversight, and specialty public health services that are not available at the local level. The agency is a source of up-to-date health information and analytics for the governor, General Assembly, federal government, and local communities. This information is used to monitor the health status of CT’s residents, set health priorities, and evaluate the effectiveness of health initiatives.</p>	

Since 1999, the **Office of the Healthcare Advocate** has been at the forefront of the rapidly changing arena of healthcare insurance. Our name reflects our mission - serve Connecticut consumers by advocating for their access to medical care through affordable healthcare insurance, help them make informed decisions about the coverage they need; and empower and assist policy holders to resolve problems with their health insurance plans. The OHA also tracks trends in healthcare and works with the legislature to craft solutions to emerging issues. Since its inception, OHA has directly saved consumers more than \$100 million.



Wheeler Clinic is Connecticut’s leading nationally accredited community-based non-profit organization, providing comprehensive solutions that address complex health issues, serving individuals, families and communities with accessible, innovative care that encourages health, recovery and growth at all stages of life. Our services include integrated primary and behavioral health, substance use treatment and recovery, child welfare, community justice, early childhood, education services and prevention. We also operate the Wheeler Employee Assistance Program, Therapeutic Foster Care and the Connecticut Center for Prevention, Wellness and Recovery, the state’s leading resource for training and information.



CCADV is a membership organization of CT's 18 domestic violence service agencies that provide critical support to victims including safety planning, emergency shelter, court advocacy, counseling & support groups, among other services. Through education and advocacy, we empower survivors and eliminate stigma. Our goal: break the cycle of domestic violence in our state—for good. It is with bold, ambitious action that we will end this public health crisis and move toward achieving our vision of creating a world where no person lives in fear.



At **Mental Health Connecticut (MHC)** our mission is to partner with individuals, families, and communities to create environments that support long-term health and wellness. In our world, “environment” has many meanings, from a welcoming, safe home and other physical spaces to the conditions that allow an individual to thrive, overcome barriers, strengthen social connections, and achieve goals. In programs and policy, MHC advocates for system-wide change through the use of Social Determinants of Health, Cultural Humility, and other equity-based frameworks. Learn more about us at www.mhconn.org.



Founded in 1984, **NAMI Connecticut** is a nonprofit, grassroots organization dedicated to improving the lives of all people in Connecticut affected by mental illness. In collaboration with our nine local affiliates, we work to change public attitudes about mental illness. At the community level, we offer support groups to let people know they are not alone and to be there with information and support when needed. Our affiliates speak publicly to educate others about mental health conditions and provide educational programs, free of cost, to youth and young adults, parents, individuals, and families



<p>affected by mental illness. We advocate for effective and timely services from their local service providers, and we offer hope to those experiencing the impact of mental illness.</p>	
<p>Community Health Center, Inc. (CHCI) is building a world class primary care organization, committed to special populations, improving health outcomes and building healthier communities through clinical excellence, research and innovation, and training the next generation. CHCI is based on consumer control and is committed to ensuring human rights and respecting human dignity; as such, it strives to be a voice and vehicle for social change.</p>	
<p>Community Health Network of CT, Inc. is the medical Administrative Services Organization that manages the HUSKY Health program. Our nutrition education programs include Fat Attack and Sugar Rush. Each uses interactive props to teach about the consequences of consuming too much processed food and drinks loaded with either excessive fat or sugar and simple tips to make healthier choices.</p>	
<p>Community Health Center Association of Connecticut, Inc., (CHCACT), a 501(c) (3) organization established in 1989, is a statewide federally funded Primary Care Association (PCA), that advocates for and collaborates with 16 member Federally Qualified Health Centers (health centers) to provide access to high quality health care and social services to Connecticut's underserved populations. Situated in Cheshire, Connecticut, CHCACT provides training and technical assistance for clinical and administrative health center operations. CHCACT has over 25 years of experience administering Federal and State grants and contracts with the Health Resources Services Administration (HRSA), the Centers for Medicare and Medicaid (CMS), CT Department of Public Health (DPH), Department of Social Services (DSS), and Department of Mental Health and Addiction Services (DMHAS), as well as private foundations</p>	
<p>The Vision of Health Equity Solutions (HES) is for every Connecticut resident to obtain optimal health regardless of race, ethnicity, or socioeconomic status. To achieve this mission, we promote policies, programs, and practices that result in equitable healthcare access, delivery, and health outcomes for all people in Connecticut.</p>	
<p>Based in Middletown, Conn., Middlesex Health, a member of the Mayo Clinic Care Network, includes Middlesex Hospital, a not-for-profit magnet hospital with 275 beds, and two Middlesex Health Cancer Center locations. It also features three emergency departments and two urgent care centers, along with many other programs and services. Middlesex Health's network of primary care physicians, medical and surgical specialists and other employees work to meet the needs of the Middlesex County and Connecticut shoreline communities. Using innovative technology, Middlesex Health's vision is to be the clear, first choice for medical care, and its mission is to provide the safest, highest-quality care and best experience possible.</p>	

A member of the **Hartford Healthcare Behavioral Health Network, Rushford** offers a full continuum of addiction and mental health treatment for adults and teens throughout central Connecticut at its locations in Avon, Durham, Cheshire, Glastonbury, Meriden, Middletown, and Portland.



At the **Carole and Ray Neag Comprehensive Cancer Center**, our staff works hand-in-hand with you and your loved ones to relentlessly fight cancer every day. In our state-of-the-art facility, we offer the newest and most advanced cancer treatments to give you the best possible chances of defeating cancer and returning to a full and enjoyable life. We are the only cancer center in the region that has the TomoTherapy radiation oncology system which allows us to precisely target the area that needs treatment. Located in Farmington, CT, the Neag Comprehensive Cancer Center is proud to be a part of UConn Health, the only research hospital in the area where medical staff and scientists collaborate to create new and better treatments for our patients. We invite you to explore our website <https://health.uconn.edu/cancer/> and learn more about the comprehensive, cutting-edge care that our compassionate and supportive staff provides for our patients every day and discover why the Neag Comprehensive Cancer Center is unmatched in its commitment to the absolute best cancer care available today.



Beginning in 2007, the Department of Mental Health and Addiction Services (DMHAS) established **the Military Support Program and contracted with Advanced Behavioral Health (ABH)** to provide administrative services for the program including credentialing of a statewide network of clinicians, referrals, claims inquiries, and claims processing for the Military Support Program. The Military Support Program (MSP) offers specialized support services statewide for troops and their families when care is unavailable, difficult to access, or not covered by insurance. Services include informational, referrals, case managements and counseling, family counseling, and couples counseling.



Gilead Community Services empowers personal growth, independence and recovery through improved mental health, physical well-being, and community integration. Gilead's Mental Health Resource Center (MHRC) is a comprehensive and centralized approach to address mental health and substance abuse needs through a wide range of offerings. This includes service navigation, which provides a point person to help navigate a complex and confusing set of needs when faced with the unsettling stress of a mental health challenge. The MHRC also offers education and awareness, including mental health first aid training; short-term counseling, trauma support and crisis debriefing and support groups. Let us help!



Advocacy Unlimited, Inc. is a peer run non-profit organization based in Connecticut. Over the past 20 years, we have remained innovative as we've grown from a small mental health rights initiative into a nationally recognized non-profit organization that provides education, advocacy and support through non-clinical and holistic engagement.



At **The Connection**, we understand the complexity of community problems such as homelessness, mental illness, substance abuse, and community justice rehabilitation. Our programs aim to solve these problems with care and compassion. We recognize we must help individuals and their families by developing a quality system of care that allows people to seamlessly access a full complement of clinical and community-based service options to meet their unique needs. With a trauma-informed, culturally competent, gender-responsive, and solution-focused approach, we use evidence-based practices to guide individuals and families through the personal changes necessary to re-establish stability in their lives.



The Connection

Change Incorporated was established in 2009 as a Connecticut provider of community-based home care services. For over a decade, we have been providing personalized in-home care to support individuals and families facing unique challenges. Our commitment is to ensure comfort, security, and independence at home. As a home health care agency in Middletown CT, we provide home care services to all of Connecticut, including homemaking, companion, personal care, case management, autism spectrum disorder supports, and counseling. Change Inc. is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).



The mission of the **National Association for the Advancement of Colored People (NAACP)** is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate hatred and racial discrimination. Locally, the Middlesex County Branch continues to advocate and serve as a resource for women and children during difficult times, stand for students' rights for equitable education, and seek solutions to health disparities that plague our community.



The **Ministerial Health Fellowship (MHF)** is a faith-based healthcare advocacy network of Black pastors and church leaders from the Middletown, New Britain, and Hartford areas. MHF's pillars include building knowledge of healthcare issues; advocating for health equity; forging connections with healthcare providers and public officials to reduce health disparities for communities of color; and developing and implementing community-based programs designed, led and staffed by BIPOC embedded in the community.



Everyone Outside is a non-profit that has been serving the Middletown area since 2010. We reach over 1,000 youth and families each year through school field trips, after-school programs, a summer camp, & community program. Our Women of the Woods program empowers women to spend time in the woods hiking, connecting to nature, and building community. We aspire to make it possible for Everyone to enjoy the health benefits of spending time Outside in nature. Our goal is to create opportunities for people of all ages, backgrounds and income brackets to spend time outside learning to appreciate and care for our earth.



The Get In Touch Foundation is a passionate non-profit specifically focused on providing free and accessible information, empowering all to make breast health simple, appropriate, and routine. Get In Touch is an established local organization with a global reach. GIT provides free resources and support to health care educators to assist in teaching breast self-examination and wellness and since 2008 we have provided over 1.2 million Daisy Wheel teaching tools in Connecticut and across the country. You can find us at www.getintouchfoundation.org.



FREE CENTER is a community impact incubator providing access to space and support for organizing, meetings, events, and programs. From activism to wellness, art, community engagement, and more, we are currently available for scheduled access.



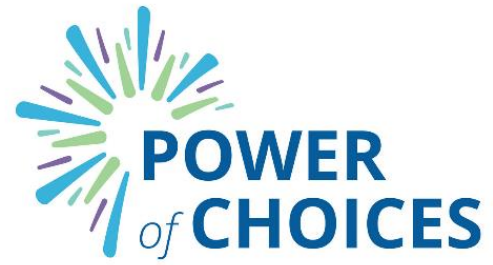
Barbara McClane is the creator of **Vision.2.you**, a mobile vision board workshop that is designed for organization and businesses. Vision.2.you has worked with WIN (Women In NAACP). Also collaborated with New Horizon Domestic Violence Services, Cross Street AME Zion church, Middlesex Hospital Cancer Center, The Artist Hub, and New Life 2 a mental health organization. Barbara envisioned the need to help others create the life they want through images, words, and writing. Vision.2.you was established in 2020.



The mission of **Unashamed Inc.** is to foster emotional health in disadvantaged and at-risk youth and young adults that have experienced incarceration, homelessness, foster care, domestic violence, and teen pregnancy. Through various programs and services, we “plant seeds” to equip youth and young adults with the tools they need to dismantle unhealthy generational patterns and transition from surviving to thriving. We seek to support, inspire, and empower young men and women who have found themselves in these difficult situations and sow seeds of hope, resiliency, and the skills needed for a positive future - even when they can’t see a future in sight. For more information regarding our initiatives and programs, please visit our website at www.unashamedinc.org



Power of Choices, POC is a behavioral health practice that provides mental health counseling services including individual, family, and group therapy to the community of Hartford and surrounding Hartford towns in Connecticut. POC focuses on providing clinical services to address the inadequate services provided to the minority community due to a lack of minority provider representation, misunderstanding of cultural differences, the stigma of mental health, and other factors that play a huge role in the success of a minority in our society. At POC, clinicians work with clients to build and sustain growth in every aspect of their lives!



Nzima S. Hutchings, Enfield, Connecticut Poet Laureate, is the visionary and owner of **Every Kinda Lady LLC** (EKL). EKL Company's mission for over 13 years has been to strengthen women and girls' voices and mental wellness from all backgrounds. EKL Co. facilitates therapeutic writing-to-heel workshops in holistic wellness centers, community centers and colleges. EKL Co., teaches the practice of whole-person wellness, and active acceptance using diverse sensory art mediums. In addition, host and facilitates therapeutic literary art wellness retreats, publishes anthologies for women to share and release traumas, stressors, successes, creative expressions and help women to publish their books.



Sugar Leaf is a HIGHbrid boutique located in the former Middlesex Opera House building at 109 College Street. We aim to provide a comfortable shopping environment and educational space to learn about the healing properties and sustainability of the cannabis plant. Our mission is to eliminate the stigma around its use. We offer a variety of CBD products from premier brands such as oils, tinctures, edibles, skin care, topical creams, pet products and more! All of our products are locally sourced, personally vetted, 100% USDA Certified Organic and are 3rd party lab tested. We also carry a beautifully curated collection of functional glass art, herbal consumption accessories, candles, gifts and home décor all created by local artisans. **Kristin Souza**, owner of Sugar Leaf, is also a State of Connecticut Justice of the Peace. Talk to us about your upcoming wedding or helping plan your next event. Whether your event is more traditional or canna-friendly, we can help!



Discover "**Holistiq**" — the harmonious blend of nature's gifts and scientific insight. Seryna Simmons, a devoted biology major, crafted this holistic skincare line with a singular vision: to unite the best of nature and science. Showcasing lush body butters, nourishing oils, and handcrafted soaps, each product reflects Seryna's commitment to purity and sustainability. With Holistiq, you're embracing more than just skincare — you're aligning with a mission that prioritizes both personal wellness and planetary health. Dive into Seryna's vision and let your skin savor the holistic difference.



Offering healthy protein smoothies, energy drinks and protein snacks. Come into **The Nutrition Spot's** community and find out how they can help you with your health or wellness goal.



Connecticut Foodshare is the food bank serving the people of Connecticut and a member of the national Feeding America network. Last year, Connecticut Foodshare distributed enough food to provide 40 million meals through a network of more than 650 community-based hunger relief programs, including food pantries, meal programs and mobile distribution sites, while also working on long-term solutions to food insecurity. Nearly 400,000 people in Connecticut are food insecure, that includes nearly 90,000 children. Thousands of volunteers help power the work of Connecticut Foodshare, and last year, they gave more than 46,000 hours of service. To learn more, visit www.ctfoodshare.org.



Starr Mill Yoga is a hidden gem, located in the historic Starr Mill here in Middletown. High ceilings, large plants, and the sound of the waterfall directly below the studio create a calm and comforting atmosphere. Our instructors are all highly experienced, having several years of both practice and teaching, thus sharing a knowledgeable, mature approach with our students. We offer a variety of classes spanning a spectrum of both skill level and style - something for nearly everyone! Classes are offered seven days a week, and workshops and private lessons provide opportunities to dive deeper into aspects of the practice. New students can try an unlimited number of classes for two weeks for just \$30.



**STARR MILL
YOGA**

Yoga In Our City is a nonprofit organization that offers no cost, public yoga programs across 6 cities and 22 parks in Connecticut annually. Our mission is to build stronger, more compassionate communities with a deep understanding of the natural connections between yoga philosophy and social justice. We are proudly sponsored by ConnectiCare.



CONTACT INFORMATION

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