

September 2026

HEALTHY CONNECTIONS



Central
Connecticut
Health
District

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Welcome to the Central Connecticut Health District's Healthy Connections newsletter, aimed at helping you make healthy lifestyle choices and providing the latest community health information.

Community Flu & COVID* Vaccination Clinics 2026

*This fall, Moderna COVID-19 and influenza vaccines (including high-dose) will continue to be offered at both our larger community clinics and at our smaller clinical office site.

Our Larger Community Clinics include:

Wethersfield Pitkin Center
October 7 - Indoor
10am - 2pm
October 8 - Drive Through
2pm - 6pm

Berlin Senior Center
October 13 - Indoor
2pm - 6pm
October 14 - Indoor
10am - 2pm

Newington Senior & Disabled Center
October 20 - Indoor
2pm - 6pm
October 21 - Indoor
10am - 2pm

Rocky Hill Senior & Community Center
October 27 - Indoor
2pm - 6pm
October 28 - Indoor
10am - 2pm

Newington High School Sensory
Friendly Family Clinic
October 3 - Indoor - 10am - 2pm

Appointments Required:
Registration opens September 1.
Visit ccthd.org to make an appointment

For help with online registration, or if you need a COVID vaccine other than Moderna, call 860-785-8380 ext. 216

Sensory Friendly Clinics:

At our smaller clinics we offer:

- Sensory and family friendly services
- Beacon Prescriptions *vaccines, flu and two types of COVID-19 vaccines

These clinics will be held at CCHD's Clinical Services Location: 506 Cromwell Ave, Suite 202 in Rocky Hill on the following dates and times:

- Tuesday, November 10* - 9am-3pm
- Tuesday, November 17* - 9am-3pm
- Wednesday, November 18 - 3pm-7pm
- Tuesday, December 1 - 9am-3pm
- Wednesday, December 2 - 3pm-7pm
- Tuesday, December 15 - 9am-3pm
- Wednesday, December 16 - 3pm-7pm
- Tuesday, December 29 - 9am-3pm
- Wednesday, December 30 - 3pm-7pm

Beacon Prescriptions will join us at the two starred* dates: *November 10 & 17: 9-11 am to offer pneumococcal (PCV), shingles, RSV, and non-Moderna Covid vaccines.

Appointments Required:
Registration opens September 1.
Visit ccthd.org to make an appointment

For CCHD Homebound Residents:

Beacon Prescriptions will continue providing pneumococcal (PCV), shingles, RSV, flu, and all COVID-19 vaccines ensuring individuals who cannot travel still receive the protection they need.



Need help with online registration or homebound services?
Call 860-785-8380 ext. 216



September is Healthy Aging Month, a chance to focus on habits that support staying strong, active, and connected as fall begins. Even small steps, like staying engaged with friends, keeping up with vaccines, and keeping steady routines, can make a big difference in how we feel.

Visit the National Institute on Aging at www.nia.nih.gov/health and Mental Health America's Healthy Aging resources at www.mhanational.org/issues/healthy-aging for easy, trustworthy tips on aging well,

