

# CNHCT Calendar of Events

Community Health Network of Connecticut, Inc. has a longstanding commitment in providing our members with the tools they need to maintain healthy lifestyles.

In doing so, we periodically hold health and wellness workshops and often work alongside other health care professionals. We do everything we can to help our members for the betterment of our communities.

We are currently putting together our schedule for 2010. Please check back to see what great things we have planned for this year.

Below is a sampling of our 2009 events:

## 2009 Events

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|--------------------|--|
| <b>February 9</b>  | <i>Heart Health and Nutrition</i> presented by Terry Dumais<br>Shiloh Christian Church, Middletown                       |
| <b>February 24</b> | <i>Community Cares</i> presented by Susan Davis, MSN, APRN, CPNP<br>Charter Oak Health Center, Hartford                  |
| <b>February 25</b> | <i>Community Cares</i> presented by Susan Davis, MSN, APRN, CPNP<br>Hill Health Center, New Haven                        |
| <b>February 26</b> | New England Missionary Baptist Convention<br>Shiloh Christian Church, Middletown   |
| <b>February 27</b> | Business Expo and Multicultural Marketplace<br>City Hall Annex, Bridgeport   |
| <b>March 12</b>    | Adopt-a-Shelter<br>Bridgeport Rescue Mission, Bridgeport   |
| <b>March 17</b>    | <i>Nutrition Workshop for Men</i> presented by Terry Dumais<br>New Haven Family Alliance, New Haven                      |
| <b>March 18</b>    | <i>Community Cares</i> presented by Susan Davis, MSN, APRN, CPNP<br>Child & Family Agency of Southeastern CT, New London |
| <b>March 19</b>    | <i>Nutrition for Kids</i> presented by Terry Dumais<br>Boys and Girls Club, Hartford                                     |
| <b>March 21</b>    | Latino Expo<br>Connecticut Expo Center, Hartford   |
| <b>March 21</b>    | African American Women's Summit<br><i>Stress and Disease Prevention</i> presented by                                     |

Susan Davis, MSN, APRN, CPNP  
Wexler/Grant Community School, New Haven

**March 22**

Latino Expo  
Connecticut Expo Center, Hartford

**March 22**

The Food Stamp Challenge  
St. John's Church, Vernon

**March 26**

*Nutrition Workshop* presented by Terry Dumais  
Waltersville School, Bridgeport

**March 31**

*Disease Prevention* presented by  
Susan Davis, MSN, APRN, CPNP  
*Stressed Out!* presented by Terry Dumais  
Connecticut Valley Hospital, Middletown

**April 1**

*Eat for a Healthy Heart* presented by Terry Dumais  
Hartford Public Library, Hartford  
Discuss ways to change your diet for heart health while  
enjoying free samples of heart healthy foods and recipes.

**April 1**

Health Fair  
Katherine Brennan School, New Haven

**April 2**

6th Annual Citywide Community Health Fair  
Housatonic Community College, Bridgeport

**April 6**

*Nutrition for Teens* presented by Terry Dumais  
Heights Empowerment Program, New Haven

**April 11**

Fourth Annual Step-Off Classic: Stepping Into Wellness  
Health and Wellness Expo  
The Bushnell, Hartford

**April 14**

*Nutrition for Teens* presented by Terry Dumais  
The Sound School, New Haven

**April 15**

Health Fair  
Davis Interdistrict Magnet School, New Haven

**April 16**

*Healthy Eating on a Budget for Parents*  
presented by Terry Dumais  
Boys and Girls Club Asylum Hill, Hartford

**April 18**

Alan Shawn Feinstein Foundation Anti-Hunger Challenge  
Food Collection  
Shaws Supermarket, New Haven

**April 22**

*Stressed Out!* presented by Terry Dumais  
Girl Scouts of Connecticut, Waterbury

- April 23**                    *Community Cares* presented by Susan Davis, MSN, APRN, CPNP  
New Haven WIC program, New Haven
- April 25**                    Health Fair  
Samaritan Health Center, Danbury
- April 25**                    Health Fair and Block Party  
Walsh Elementary School, Waterbury
- April 28**                    *Healthy Eating on a Budget for Parents*  
presented by Terry Dumais  
West Middle School, Hartford
- April 30**                    *Cooking on a Budget* presented by Terry Dumais  
Hockanum Valley Community Council, Vernon
- May 3**                        Car Seat Safety Day  
Goffe Street Firehouse, New Haven
- May 7**                        *Nutrition for Kids* presented by Terry Dumais  
Katherine Brennan School, New Haven
- May 8**                        Latinas & Power Symposium featuring Rosie Perez  
Hilton Hartford Hotel, Hartford
- May 13**                      Health Fair  
Troop School, New Haven
- May 16**                      Free Workshops: *Composting in Your Own Backyard*  
Common Ground High School  
358 Springside Ave., New Haven
- May 28**                      Healthy Minds Healthy Bodies Day  
Central High School, Bridgeport
- May 30**                      *Sleep Well, Protect Your Heart*  
Presented by Susan Davis, MSN, APRN, CPNP  
Center for the Arts at Christ Church, New Haven
- June 2**                        Congratulatory Breakfast  
Katherine Brennan School, New Haven
- June 4**                        Black-eyed & Bluesfest  
Bushnell Park, Hartford
- June 13**                     Health Fair  
Mt. Bethel Missionary Baptist, New Haven
- June 14**                     Help Fair  
Wexler Grant Community School, New Haven
- June 16**                     Regional Health Care Breakfast

Southern Connecticut State University, New Haven

- June 17** Adopt-a-Shelter  
Covenant Shelter, New London
- June 19** Healthy Hartford, Healthy Communities  
Bushnell Park, Hartford
- June 20** *Nutrition Workshop for Men* presented by Terry Dumais  
Beulah Heights Church, New Haven
- June 20** *Community Cares* presented by Susan Davis, MSN, APRN, CPNP  
Middlesex Hospital, Middletown
- July 20** Black Expo  
City Park, Meriden
- June 25** *What the heck can I eat?* presented by Terry Dumais  
Hartford Public Library, Hartford
- June 27** Community Health and Information Fair  
2500-2550 Main St., Hartford
- June 30** *Community Cares* presented by Susan Davis, MSN, APRN, CPNP  
Meriden WIC, Meriden
- July 5** Riverfest  
Hartford
- July 12** Puerto Rican Parade  
Bridgeport
- July 24** *Community Cares* presented by Susan Davis, MSN, APRN, CPNP  
Fair Haven Community Health Center, New Haven
- July 25** 50 Million Pound Challenge  
Bridgeport
- July 26** Car Seat Safety Day  
Hartford
- July 29** Nutrition for Future Nurses  
New Haven
- August 4** National Night Out  
City Park, Meriden
- August 4** National Night Out  
Hamden
- August 5** Nutrition for Future Nurses  
New Haven

<b>August 6</b>	Hispanic Health Fair Hartford
<b>August 7</b>	Tom Joyner's Back to School Event New Haven Field House, New Haven
<b>August 8</b>	ECHO Classic Basketball Tournament University of Bridgeport, Bridgeport
<b>August 8</b>	KHAIR Orientation New Haven
<b>August 10</b>	East Hartford Health Center, National Health Center Week East Hartford
<b>August 10 – 13</b>	Charter Oak Health Center, National Health Center Week Hartford
<b>August 13</b>	Southwest Comm. Health Center, National Health Center Week Bridgeport
<b>August 13</b>	Hill Health Center, National Health Center Week 428 Dixwell Ave. and 226 Dixwell Ave., New Haven
<b>August 15</b>	Dixwell Avenue Children's Festival New Haven
<b>August 18</b>	Back to School Expo John Barry Elementary School, Meriden
<b>August 19</b>	Back to School Expo Waterbury
<b>August 20</b>	Back to School Youth Summit Bridgeport
<b>August 24</b>	Cornell Scott Memorial Golf Classic TPC River Highlands, Cromwell
<b>August 29</b>	Back to School Rally New Haven Field House, New Haven
<b>September 15</b>	<i>Nutrition for Kids</i> presented by Terry Dumais Department of Corrections, Juvenile Division, Bridgeport
<b>September 17</b>	<i>Community Cares</i> presented by Susan Davis, MSN, APRN, CPNP The Center for Advanced Pediatrics, Norwalk
<b>September 22</b>	<i>Nutrition Education for Families</i> presented by Terry Dumais Katherine Brennan School Parent Group, New Haven
<b>October 8</b>	<i>Nutrition for Men</i> presented by Terry Dumais

New Haven Family Alliance Male Involvement Network, NH

**October 10**

Health and Wellness Fair  
1151 Blue Hills Ave., Bloomfield

**October 15**

*Can You Guess this Product?* presented by Terry Dumais  
Boys and Girls Club, Hartford

**October 17**

*Kids in the Kitchen* presented by Terry Dumais  
CHNCT's KHAIR Workshop

**October 17 & 18**

Women of Color Expo  
XL Center, Hartford

**October 23**

CPHA Annual Conference  
Aqua Turf, Southington

**December 6**

*Coats for Kids Drive*  
New Haven Field House, New Haven

**You know us. You come first. Community is our name.**