

# COMMUNITY NEWSLETTER

## WALLINGFORD HEALTH

JULY 2024

(203) 294-2065



### LAST MONTHS RECAP

Our highlight of June was the Community Day event we hosted at the Quinnipiac Linear Trail. The event featured live performances, a DJ, carnival games, vendors, and even a dunk tank! We had a great turnout and enjoyed spending time with members of our community. We hope to see you all again next year!



### UPCOMING

Event: National Night Out with the Wallingford Police Department

Date: Tuesday, August 6, 2024

Time: 6:00pm-8:30pm

Location: Doolittle Park

Event: Cosmic Community Family Day with the Coalition for a Better Wallingford

Date: Saturday, August 17, 2024

Time: 11am-4pm

Location: Zion Lutheran Church Grounds

**STAY SAFE  
THIS SUMMER:**

### PUBLIC COOLING SHELTERS:

Wallingford Family YMCA  
Mon-Wed, July 15-17, 2024

81 South Elm Street facility -  
5:00am-9:00am, 4:00pm-9:00pm

8 North Turnpike Road facility -  
5:00am-9:00pm

Check this out!

It's easy to protect yourself from UV exposure...



- Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.
- Use a sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.
- Seek shade as much as possible between 10 a.m. and 4 p.m., which are peak times for sunlight. Avoid indoor tanning.
- If you work outdoors, ask about sun protection at your job, like wearing sun-protective clothing.

THE COALITION FOR A BETTER WALLINGFORD PRESENTS



# COSMIC COMMUNITY FAMILY DAY

AT ZION LUTHERAN CHURCH GROUNDS  
235 POND HILL ROAD,  
WALLINGFORD, CT 06492

SATURDAY,  
AUGUST 17TH, 2024  
11:00 AM - 4:00 PM

# FREE!

MUSIC, GAMES, FOOD & ICE CREAM, FREE GIVEAWAYS, RAFFLES, SAFETY DEMONSTRATIONS, PRESENTATIONS FROM LOCAL BUSINESSES & MUNICIPALITIES, COMMUNITY RESOURCES & CONNECTIONS

WALLINGFORD POLICE DEPARTMENT PRESENTS



POLICE • COMMUNITY PARTNERSHIPS

AUGUST 6<sup>TH</sup>, 2024

6-8:30pm

Doolittle Park, 80 South Elm Street

"A night out to stand together and promote awareness, safety, and neighborhood unity."

FOOD TRUCKS-GAMES-MUSIC-GIVEAWAYS



more info: [www.natw.org](http://www.natw.org)

## CPR TRAINING

with The Wallingford Health Department

Last Monday of Every Month

August 26

September 30

October 28

November 25



5:30-7:00 PM

MRC BUILDING

143 Hope Hill Rd,  
Wallingford, CT 06492

To Register Call:

(203) 294-2065



American Heart Association  
Learn and Live

