

Seminars

Sleep Quality – How it can Affect all Aspects of Your Life

Wednesday, Jan 8, 1:00 pm

Presented by Johnson Memorial Hospital

Join Dilpreet Singh, Supervisor Sleep Medicine and Cardiopulmonary Rehab Dept. Sleep deprivation is a serious public health problem, and can affect all aspects of your life. Join us as we discuss some of the most common disorders that can impact sleep and the importance of sleep on your health. Learn what can be done to improve sleep hygiene and learn more about the latest treatment options available today and strategic ways to improve sleep quality.

EEE – (Eastern Equine Encephalitis)

Wednesday, Jan 22, 1:00 pm

Presented by North Central District Health Department

If you lived in Connecticut this past summer, you probably heard a lot about EEE (Eastern Equine Encephalitis). As reported by the U.S. Center for Disease Control and Prevention, in 2019, there was a significant outbreak of EEE in the U.S. If you are concerned and want to learn more about EEE virus, the symptoms, and what you can do to protect yourself, please join the North Central District Health Department, on January 22nd, for EEE presentation.

The Golden Years of Television Comedy

Wednesday, Jan 29, 1:00 pm

Presented by Joe the History Guy

If you have fond memories of “Lucy and the Chocolate Factory”, Carol Burnett and her amazing cast. Jonathan Winters, Foster Brooks and Abbott and Costello’s “Who’s on First”...It’s still very funny. If you like to laugh...Bring a friend.