

Health and Wellness Community Events

Sponsored by The Washington Parks and Recreation Commission

Mark your calendars and enjoy these **FREE** events at local businesses throughout January and February

January 4th – Appalachian Trail Story

Gina, a Shepaug Alumna, will tell her story of hiking the Appalachian Trail. She hiked from Maine to Georgia covering over 2,000 miles in 2017. Come hear her story. Learn about the animals she saw and the people she met along the way.
6:30pm – Bryan Memorial Town Hall, Washington Depot, CT

January 11th – You Are Not Alone: Improving Your Health

Deb Andrews will host a workshop titled: "You Are Not Alone." Come identify your vision and initial steps on making it happen. Here you will begin to see the power within. You will need: Your positive attitude, a pen, and your journal. There will be note taking!
6:30pm – Bryan Memorial Town Hall, Washington Depot, CT

January 15th – Family Swim

Fun for the whole family! Lifeguards will be on duty. Children must be accompanied by an adult.
1:30 – 3:00pm at the Shepaug Pool

January 18th – RIDE Spin Class

Come join in a free class at RIDE. If you have not already tried this invigorating spin class, you are missing out. *Registration is required and space is limited to ten riders. Participants will have to go to www.ridelc.com and link into MINDBODY to sign up. Or if you have the MINDBODY app, sign up there without going through the RIDE website.
6:30pm – 219 Litchfield Turnpike, New Preston, CT

January 25th – Parenting Happy and Healthy Teens

During this talk, Claire Ketchum, a certified teacher and health coach, will share the key to motivating your teen to take action and create healthy habits that stick. In addition, you will be introduced to her signature four-step process which helps teens break free from their unhealthy habits so they can manage expectations better, experience more success and feel more at ease. You'll leave with a clear understanding of exactly how to support your teen so they can be happier and healthier in school and beyond.
6:30pm – Bryan Memorial Town Hall, Washington Depot, CT

February 1st – GET FIT!

Melissa Evans will offer a free class suitable for all levels. Come get your sweat on with GET FIT! All you need are light weights, a yoga mat, and water. Class begins promptly at:
6:30pm – Judy Black Memorial Park at One Green Hill Rd., Washington Depot, CT

February 8th – A Teaspoon of Sugar

This is an educational presentation to empower individuals using a common sense and straight-forward approach for making smart food/beverage choices with regard to sugar consumption. The presentation is visually engaging and interactive. Diane Lash Decker has a Master of Science degree in Human Biology and Nutrition. She has been writing articles on health since 1985, starting with a health newsletter for frequent flyers called "Health Flight." In 1992, she developed a health program for preschool children that continued to evolve and expand over the next fifteen years. She is currently writing a children's book on making healthy choices.
6:30pm – Bryan Memorial Town Hall, Washington Depot, CT

February 10th – Winter Fest!

Come join in the fun from 1:00 – 4:00pm at the River Walk Pavilion. Sportsmen's of Litchfield will be giving guided snowshoe walks and instruction. In addition to snowshoeing, enjoy huddling around the fire, eating s'mores, playing in the snow, and being with friends. This is sure to be an event for the whole family and one not to be missed. Sportsmen's of Litchfield is a top rated sports and outdoor store. They will have TUBBS snowshoes for all to use. If you would like to rent or purchase shoes over the winter, please stop by their store in Bantam. Snowshoes will be available for purchase at the Festival.

February 20th – Yoga with Anne Hungerford

Anne Hungerford will be teaching her signature 'Hatha Flow' Yoga Class. Good for strengthening, stretching, building stamina, developing focus and releasing stress. This type of yoga typically links the postures together into a series of movements that "flow" as a connected sequence. Hatha Flow involves moving from one posture to another sometimes with a period of staying in a posture longer which requires more focus, attention to detail, strength, and balance. Breathing techniques are taught so they can be used in a way that supports the poses and the movements between the poses. At the teacher's discretion, sometimes there is more of a focus on correct alignment within each pose. Develop strength, stamina, better balance, and concentration. The class will end with a period of relaxation. This is an all level class.
6:00 – 7:45pm – 168 New Milford Turnpike, New Preston, CT

February 22nd – Drumming Class

Valley Spirit Co-op & Wellness Center begins its second year in service in Washington Depot with continued offerings of alternative healing therapies including acupuncture, therapeutic massage & facials, and classes featuring tai chi, yoga, and meditation. Local master drummer John Marshall has been leading a wonderful, family friendly drumming class every Wednesday since last summer. Come by to check out why everybody is smiling when they walk in and out of Valley Spirit; a community gathering place and healing center where healing, art, and music are all celebrated.
6:30pm – Valley Spirit Cooperative, 6 Green Hill Rd. Washington, CT

February 27th – Mother Daughter Interactive Workshop

Take the time to spend an hour with your daughter learning more about her social world. Identify how you can better support your daughter through the tricky maze of the tween and adolescent years. Come ready to actively engage, laugh and have fun with your daughter. Whitney Ryan is an expert and a frequent speaker on topics of girls' and women's issues. She currently teaches a Community Living Skills class for sixth grade girls at Rumsey Hall School and works at Wyonegonic Camp for Girls in Denmark, ME.
6:30pm – Bryan Memorial Town Hall, Washington Depot, CT