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Tailgating for Health and Wellness

Free Community Event Highlights Importance of Heart Health Awareness

NEW LONDON — To kick-off National Heart Month and Black History Month, the African American Health Council of Southeastern Connecticut is holding an Ultimate Tailgate Party on February 7, from 2 to 5 p.m. at the Radisson Hotel in New London.

“This winter has been pretty brutal and many of us may have gotten off-track with our goals to stay healthy, especially when it comes to exercise,” said Stephanye Clarke, program coordinator. “This event is a unique opportunity to see where we are, where we need to be and what resources within our community are available to help us to be stronger and healthier.”

Family friendly activities include free health screenings, health and wellness information, census job testing information, free chair massages, fitness activities, door prizes and refreshments.

Partners in this event include the African American Health Council of Southeastern Connecticut, Ledge Light Health District, the New London Branch NAACP and the American Health Association. The event is funded from a grant provided by the State of Connecticut Department of Public Health.

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Ledge Light Health District provides professionally managed comprehensive public health services designed to improve the quality of life and health and safety of its residents. The District service area consists of East Lyme, Groton, Ledyard, New London and Waterford, with a service population of over 120,000.