

Health and Wellness Community Events

Sponsored by The Washington Parks and Recreation Commission

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

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 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 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 19th – 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

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