

Community Listening Session



Health & Well-being



Wednesday, October 8, 2025



10:00 – 11:30 AM



Russell Library

123 Broad St, Middletown, CT 06457

Join the Conversation

We invite community members to share their voices in a focused discussion on health and well-being – what makes people feel well physically, mentally, and socially, and the systemic barriers to achieving that well-being.

Together, we'll explore:

What wellness means to individuals and families
The supports needed to feel healthy and connected
The challenges and barriers that get in the way



For questions, please contact: brian.thompson@middlesexunitedway.org