HEALTHY RESOLUTIONS 2024
NEW YEAR, NEW GOALS

Co-hosted by the Norwalk Health Department and the Norwalk Public Library. Join us for a 4-week program aimed at learning different ways to be healthy as we set, and keep, our new year goals.

Tuesdays, 1:00 - 2:00 PM
Norwalk Public Library
(1 Belden Ave)

January 9: Setting Sustainable Goals
January 16: Tackling the Loneliness Epidemic Together
January 23: Improving Nutrition
January 30: Get Moving

This program is free for all participants and will be held in-person each week. A virtual option is available.

To register, visit https://shorturl.at/dJOPV or scan the QR code. Contact Jahliiah Green at 203-854-7790 for questions.
HEALTHY RESOLUTIONS 2024

WEEKLY SESSIONS

January 9: Setting Sustainable Goals
Setting small, realistic goals is a great way to ensure goals stick. Work with us as we explore more successful strategies to setting and keeping the goals that we set for ourselves this year.

January 16: Tackling the Loneliness Epidemic Together
Find ways to connect with others and socialize to avoid loneliness and improve your mental health.

January 23: Improving Nutrition
Are you ready to take on the New Year with more energy and zest? Learn how to optimize energy levels and well-being by way of food & nutrition.

January 30: Let's Get Moving! Finding time in the day to exercise can be tough. Learn easy ways to incorporate physical activity in your day and better your health with the Norwalk Health Department!

Visit [www.norwalkhealth.com](http://www.norwalkhealth.com) for more information about the Healthy Resolutions program.

For inquiries, email jgreen@norwalkct.org