



October 12, 2017 **CHOOSE KINDNESS**

The Wallingford Health Department, together with our community partners, wants to make a positive and lasting impact to ensure we are truly a “Healthy Wallingford”. The Healthy Wallingford steering committee has been working since 2014 to establish community goals focused on improving overall health

As part of this effort, a group of parents and students, met with school officials concerning the underlying theme: EAT- PLAY- UNPLUG. These actions will help everyone to remember to eat healthy, take time to exercise, and make time for personal and family time to “destress and reconnect” without being tethered to electronics.

From this model, we have focused on the need for everyone in our community, to model behavior that will lead to a Healthy Wallingford; one that embraces a personal connection with neighbors, and accepts and welcomes the need for personal time to destress. Our goal is caring community that accepts and embraces ALL people.

This not an “instant success” project, it is a community-wide effort at to achieve a “life time” change. How do we start? We are asking every segment of our community to use the “EAT PLAY UNPLUG” logo in correspondence, as a conversation opener. We’re also asking that you accept the notion that we as a community and a society need positive change. We’re going to need EVERYONES help to act upon and model a caring behavior, speak by your actions, so that the behavior becomes a norm instead of an exception.

“Choose Kindness”. This is our first behavior to transform; what does Kindness look like? It’s up to your organization to determine how to “Choose Kindness”. A good starting point is to watch and share the 4 minute video link below. Everyone we know is facing their own life stress. We want to be a community that embraces empathy, kindness and a Healthy Wallingford.

Thank you in advance for embracing a healthy Wallingford. We will review “acts of kindness” and any positive changes noted at our next meeting, TBD in January 2018.

[Video: Empathy: The Human Connection](https://www.youtube.com/watch?v=1e1JxPCDme4) (<https://www.youtube.com/watch?v=1e1JxPCDme4>)

For additional information, please view our Health Improvement Plan,
http://www.town.wallingford.ct.us/Content/Health_Department