

Woodbridge Health & Wellness

Woodbridgect.org

Events

JCC Open House: Jan. 5, 9 am—2 pm at the JCC, 360 Amity Rd. Demo spa treatments, a detox workshop and more.

Understanding and Navigating Divorce and Child Centered Parenting Plans: Jan. 7, 7 pm at the Woodbridge Town Library, 10 Newton Rd. Empower yourself to make better decisions for your family and your children. Register in person or online woodbridgetownlibrary.org

Air Temple Arts Winter Open House: Jan. 14, 11 am—1 pm, 11 Research Dr. Free taster classes in silks, trapeze, and lyra for kids and adults! New students and returning students who've missed more than two sessions registering at the Open House receive a 10% discount. See airtemple.com for schedule and details.

Goat Hiking: Jan. 18 and Feb. 15, 10:30 am at Massaro Community Farm, 41 Ford Road. Leisurely 1 mile hike with goats. Suggested donation of \$10. Details at Massarofarm.org

Retirement Strategies for Women: Jan. 22, 6:30 pm at the Woodbridge Town Library. Learn about your options with Valic Financial. Women have different things to think about in retirement, regardless of age and stage in life. Register online woodbridgetownlibrary.org

Taking Resilience Skills Off the Blackboard: A workshop of practical tools with Lorri Danzig, Jan. 27, 7 pm at the Library. An interactive presentation on the theory behind resilience and the skills necessary to build it. Register at the library or online: woodbridgetownlibrary.org

Nosh & Knowledge Lecture "Series Creative Cooking For 1 or 2": Jan. 29, 10 am at The Woodbridge Center café, 4 Meetinghouse Lane.

What's the buzz about CBD? Feb. 18 from 6 - 7 pm at New Haven Naturopathic Center, 1 Bradley Rd., Suite 503. Learn about CBD oil tinctures, creams, water solubles & pet products for pain, anxiety, depression, and more. Seating is limited, pre-registration encouraged: 203-941-0366.

Family Friendly Meditation: Feb. 22 from 3-4:30 pm at Amethyst Lounge, 1 Bradley Rd., Suite 706. This meditation allows all ages to bring awareness to mindfulness; \$10 per adult; \$5 per child.

Nosh & Knowledge Lecture Series "Medical Marijuana - Unraveling The Mystery" Feb. 26, 6 pm at the Woodbridge Library, with Canna Care Docs of Milford.

Sound and Essence Meditation with John Odlum and David Ascenza: Feb. 29, 1 -2:30 pm at Amethyst Lounge, 1 Bradley Rd., Suite 706. \$35.

Indoor Triathlon Event: Feb 26., 5:30—7:30 pm at the JCC. Meet other triathletes and put your training to the test.

Specials

Brown Fitness & Wellness is 20 years strong and celebrating with discounts in January and giving away a 20-pack of personal training/wellness coaching sessions. Follow on Instagram and Facebook for your chance to win. Brownfitnessandwellness.com

End of Life Doula: Free one hour session to prepare for a peaceful end of life journey, 203-215-9589; ingrid@affordablepersonalservices.com

JCC Membership Promotion: 50% off the first month and a free personal training session for new members joining in January. Call to schedule a tour, 203-387-2424.

JCC Spa Discount: Body Wrap (75 minute service): Enjoy a facial for your whole body. Usually \$115, on sale for \$75 throughout January.

Much Kneaded Wellness Therapies: \$60/hour massage for new clients, plus an optional complimentary CBD oil application.

Progressions Salon and Wig Boutique: Purchase any hair prosthesis in January or February and receive a complimentary home care kit worth \$25. 245 Amity Rd.

Rise & Grind VIP Program: Members get up to 40% off all nutrition essentials to make Rise & Grind drinks at home, \$1 off all combos, and a Rise & Grind reusable cup. 1652 Litchfield Tpk.

Simply Dance Studio First class free for new students. simply-dance.net

Table for One: Now offers chair massage sessions. 15 minutes for \$25 and 25 minutes for \$40. By appointment only: 203-909-2430; t4iimt.com

Programs

At the CT Sports Center: details at ctsportscenter.com

Adult league coed volleyball: Thursdays at 7 pm, starts Jan. 2

Adult league ultimate Frisbee: Sundays at 8:30 am, starts Jan. 5

Adult league men's soccer: Tuesdays at 8:30 pm, starts Jan. 28

Adult league coed soccer: Thursdays at 8:30 pm, starts Feb. 6

At the JCC: details at jccnh.org

Adult Yoga: Tuesdays at 7 pm with Sherri Sosensky starting Jan. 21, 5 week session for \$50.

Body Transformation Challenge: This 6 week program offers group workouts, nutrition strategies and recipes from the JCC's whole food eating program, and healthy habits to reduce stress, Jan. 20—Feb. 24

5 Day Winter Detox: Seasonal group detox offers individual coaching, recipes, daily protocols, and post-detox transition plan. Starts Jan. 6.

Masters Swim Triathlon Training: Tuesdays, Jan 9 - Feb 13, 7-8:30 pm. Practice open water skills along with increasing your distance and speed. Training sessions for 18+ only.

Teen Yoga: with Sherri Sosensky through the Jewish Teen Education program. Tuesdays at 8:10 pm starting Jan. 21. 10 week session.

Triathlon Bike & Run: Tuesdays, Jan 7 - Feb 11, 7 - 8:30 pm. Designed specifically for triathletes. Cycling and or running workouts with a focus on having a smooth and quick transition. Training sessions for 18+ only.

Whole 30 Healthy Eating Challenge: Jan. 12 - Feb. 10 A 30-day program that emphasizes whole foods and the elimination of sugar, alcohol, grains, legumes, soy, and dairy. Get guidance, accountability, and motivation.

At the Town: details at woodbridgect.org

Woodbridge Center (203-389-3430) offers programming for adults 55+

- **Pickleball** daily at 12:30 pm (you must register first)
- **Yoga For Healthy Aging:** Fridays at 11:45 am. The 12-week session ends Feb. 28. If you join late the \$75 fee will be pro-rated.
- **T'ai Chi:** on Fridays at 10 am. The 10-week session ends Feb. 28 and the \$50 fee will be pro-rated for those joining late.
- **Exercise with Laurie:** is an on-going combination of cardio, aerobic and weights on Tuesdays and Thursdays at 10 am. \$2 drop in fee.

Mindfulness Workshop: 6 week program with Dr. Jennifer Botwick of the New Haven Naturopathic Center. Starting Feb. 26 on Wednesdays from 6-7 pm at the Center Building. Please register.

Woodbridge Recreation (203-389-3446) offers programming for adults:

- **Yoga with Bill Banick** on Mon. - Fri. 8:30 am and Tue., 5:30 pm
- **Yoga with Diane King** on Mon. 10:30 am, 5:30 pm & Wed. 10:30 am
- **T'ai chi with Bill Banick** on Wed. 6 pm
- **Badminton** on Wed. 7 pm

Woodbridge Recreation offers programming for grades K-6: Amazing Athletes, basketball, bowling, Bricks4Kidz, Clay Date, floor hockey, gymnastics, piano, running, soccer, swim, tennis, and taekwondo. Most programs began in December and fees can be pro-rated.

Elsewhere

Join US for Unity & Strength: 6-week transformation challenge starting Jan. 6 at Rise & Grind Nutrition, 1652 Litchfield Tpk. Join a supportive community with one-on-one support to help reach your wellness goals. Riseandgrindnutrition.com

Much Kneaded Wellness Therapies Yearly Membership: Discounted monthly massages, includes aromatherapy and cupping, hot stones or reiki; 21 Hazel Terr. Suite 1, muchkneadedwellness.com

Teen Girls Therapy Groups: for girls struggling with depression, anxiety, or low self-esteem is accepting applications now. mallorygrimste.com

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