

GHCT July 2020 Newsletter



The Hispanic Health Council has recently launched a new [Facebook page](#) and [YouTube Channel](#) that include nutrition and physical activity education videos in both English and Spanish. Stay tuned, as there is more to come from the Hispanic Health Council in the way of Pod Casts. We will share those details as they become available.

SNAP Ed Resources: Our friends at the University of St. Joseph/SNAP Ed continue to create new resource videos. Check out their [Facebook page](#) for more details and share them with others!

Cancer Awareness Prevention & Engagement at Yale (CAPE): The CAPE [website](#) was recently launched to provide a place where community members and others can go for information and help for their cancer-related questions and needs. Visit their website today to learn more about their work.

Summer Meals for Kids: Click [here](#) for information from End Hunger CT on 2020 Free Summer Meal Sites.

Farmers' Markets and SNAP Match: Click [here](#) to find out which CT Farmers' Markets offer a SNAP match benefit.

Greater Bridgeport Health Improvement Alliance: Get Healthy CT founder, the Health Improvement Alliance, has a new [website](#) and [Facebook](#) page. Be sure to follow HIA on Facebook for useful local health and wellness resources, especially if you live or work in the Greater Bridgeport area.

Looking to get out and active during these warm weather months? Visit websites like [All Trails](#), [CT Trails](#) and [Visit CT](#) to discover new local trails in your area. Just remember social distancing, even while walking outside.

Follow Get Healthy CT on [Facebook](#) and [Twitter](#) for more health and wellness information!