



January 2021



InterCommunity Health Care

InterCommunity's Racial/Ethnic Equity Initiative continues to move along on its journey to make us all more knowledgeable and understanding of racial equity, and to take actions on ensuring that InterCommunity is an anti-racist organization.

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Five Strategies for Eating in Moderation



January is Healthy Weight Awareness Month, which coincides with many people's New Year's resolutions to eat better and get healthier. Try these simple tips to balance your diet with healthy, nutritious foods and eat in moderation.

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Building Healthy Habits

Building healthy habits is best done consistently over time. Just a few simple changes every day can make a big difference in your physical and emotional health. Start

slowly and you're more likely to stay on track. Try these four changes this week.

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January is Thyroid Awareness Month

The thyroid produces thyroid hormone, which controls many activities in the body, including how quickly you burn calories and how fast your heart beats. Diseases of the thyroid cause it to make either too much or too little of the hormone. Do you know the signs of thyroid disease?

InterCommunity Health Care
Call us at 860-569-5900
Intercommunityct.org

