



March 2021



**RACIAL/ETHNIC
EQUITY
INITIATIVE**

InterCommunity Health Care

A Message from Kim Beauregard,
President & CEO

InterCommunity has a long tradition of hiring the BEST PEOPLE and being a great place to work. However, the death of George Floyd last spring and events that followed brought into focus the need for InterCommunity to challenge itself to be more racially equitable and inclusive.

[READ MORE](#)

COVID-19 UPDATES

COVID-19 testing is happening Tuesday through Thursday this month at various locations in Hartford, West Hartford, and Windsor, from 10 am - 4 pm.

[MARCH TESTING SCHEDULE](#)

Questions about the COVID vaccine?
Learn about the myths and facts!

[READ MORE](#)



**You can get your
COVID-19 vaccine
at InterCommunity!**

InterCommunity Health Care is offering **COVID-19 vaccinations** in our East Hartford office to:

- People 55 years of age and over
- School teachers and administrators
- Day care workers



Making an appointment is easy:

Call 860-569-5900 today!

Representatives are standing by to get you scheduled quickly.

What is a Gambling Disorder?



March is [National Problem Gambling Awareness Month](#). Millions of Americans meet the criteria for problem gambling, but for many, gambling is a hidden addiction. How do you know when gambling has crossed the line from a harmless, fun activity to a problem?

[READ MORE](#)

What Parents Can Do

Teen rates for problem gambling are higher than for adults. Are you worried your kids are gambling too much during March Madness?

[READ MORE](#)



**PROBLEM GAMBLING
AWARENESS MONTH**

→ **AWARENESS+ACTION**



Are You Getting Enough Sleep?

[March 14 - 20, 2021 is National Sleep Awareness Week](#), a reminder that good sleep habits are vital at all stages of life. Are you getting enough sleep for your age?

[READ MORE](#)



Let your family and friends know
they can get all the health care
they need at InterCommunity!

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

