



A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

MONTHLY MEMO
AUGUST 2025

Wellness Matters



CLICK THE ARROW ABOVE TO VIEW SOME WELLNESS WEDNESDAY FUN!

DON'T MISS WELLNESS WEDNESDAY ON AUGUST 6TH

Join us Wednesday, 8/6, at Hasbrouck Park from 10am to 11am and discover simple, powerful breathing techniques to calm your body, reset your nervous system, and return to a place of ease.

Heather Barton, MSW - life coach, Reiki master, and experienced breathwork guide, will lead this **FREE**, community-based wellness session. No experience necessary. Just bring yourself and your willingness to exhale...

***Rain Location: Community Room, Redeemer Church- 90 Rt. 32 South, New paltz**

PAINTING IN THE PICNIC GROVE WELCOMES COMMUNITY OF ALL AGES!

Art offers various pathways to improve mental well-being, including stress reduction, emotional expression, and enhanced self-awareness. Engaging with art, whether creating or viewing it, can lower stress levels, boost mood, and foster a sense of accomplishment.

Come chill, relax and de-stress in the shade and enjoy this **FREE** community activity. We provide everything and will be at Historic Huguenot Street from 11:00am to 1:00pm on Thursday, 8/7. Can't wait to see YOU there!



Join the
FUN
Thursday,
8/7 at
Historic
Huegeunot
Street!

Gather with family, friends and neighbors and enjoy a **FREE** outdoor movie and **FREE** popcorn!

Bring your favorite beach chair or blanket and get ready to experience Steven Spielberg's 1982 movie, **E.T. - The Extra-Terrestrial**

IT DOESN'T GET BETTER THAN THIS, FOLKS!



FREE OUTDOOR MOVIE NIGHT

When: Monday, August 18th (rain date 8/19)

Where: Water Street Market, New Paltz

What: **FREE** Movie and **FREE** Popcorn

Grab your spot anytime after 7:00pm.

Movie Starts at sunset



Engaging with community offers numerous benefits, including strengthened social connections, a sense of belonging, improved well-being, and opportunities for personal growth and collective action. It fosters trust, collaboration, and a sense of shared identity, contributing to a more resilient and empowered community.

Bonus..., it's FUN!



like us and follow us on facebook and instagram



[CLICK HERE TO SIGN UP & RECEIVE WELLNESS MATTERS!](#)

**DON'T
MISS OUT**

FREE Blood Pressure Screenings
FREE Reiki Sessions
FREE Acupuncture
FREE information resources available to you!

Join us.

WELLNESS POP-UP

Saturday, August 9th

12:00 pm - 2:00 pm

Redeemer Church

90 Rt. 32 in New Paltz

INFORMATION, RESOURCES, NARCAN TRAINING, AND MORE!

See descriptions of FREE HEALTH & WELLNESS OFFERINGS and logos from participating organizations below.



The Institute for Family Health will be providing health resources and blood pressure screening.



Free 10 min reiki share paired with an introduction to experiencing life through the lens of energy. This is a unique shift of perception on how we move through our day and manage life's ups and downs.



Experience the restorative and healing effects of acupuncture, delivered in a community-style setting. By using specific points to promote deep relaxation and nervous system regulation you'll experience feeling centered and rejuvenated.





AUGUST 31ST

Chances are, everyone reading this has been affected by substance use in some way.

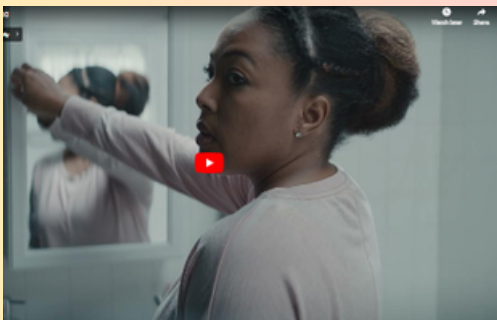
Whether you personally know someone who has struggled with addiction, have lost a loved one to overdose, or are supporting a friend or relative through their journey—this crisis touches us all.

Overdose remains one of the most devastating public health emergencies worldwide. Behind the statistics are real people: parents, children, siblings, friends. And behind every loss, there is deep grief and pain carried by those left behind.

International Overdose Awareness Day is a global event that began in 2001. Its purpose is to raise awareness of overdose and how it can be prevented, to reduce the stigma associated with drug-related deaths, and to acknowledge the grief of families and friends who live with the loss every day.

The time to end the stigma and take action is now. By opening up the conversation, we create space for compassion, education, and hope.

Let us stand together in remembrance, in solidarity, and in the fight for a better future—one where no life is lost to overdose.



Know the Signs of Addiction:

- Difficulties at school, disinterest in school-related activities, and declining grades
- Poor work performance, being chronically late to work, appearing tired and disinterested in work duties, and receiving poor performance reviews
- Changes in physical appearance, such as wearing inappropriate or dirty clothing and a lack of interest in grooming
- Altered behavior, such as an increased desire for privacy



- Drastic changes in relationships
- A noticeable lack of energy when performing daily activities
- Spending more money than usual or requesting to borrow money
- Issues with financial management, such as not paying bills on time
- Changes in appetite, such as a decreased appetite and associated weight loss
- Bloodshot eyes, poor skin tone, and appearing tired or run down
- Defensiveness when asked about substance use



*Where there is
care there is hope*

hope

*If you or someone you know is
struggling with mental health
or substance issues*

CLICK HERE FOR LOCAL RESOURCES

Or consider any of the following resources as they apply to your unique situation...

Mobile Mental Health: 844-277-4820

Family of Woodstock Helpline: 845-679-2485

DIAL 988 for the National Suicide Prevention Lifeline

Dial 911 or

Visit your nearest emergency room

Get Involved Today

**HAVE QUESTIONS ABOUT HOW YOU CAN
MAKE A DIFFERENCE?**

Click [HERE](#) to learn about



**LET'S CHAT!
(845) 275-5413**

WE ABSOLUTELY LOVE WORKING WITH COMMUNITY!

Thriving Together is coordinated through Office for Community Wellness
for the Town of New Paltz.

It is a multifaceted initiative that has evolved
into a community collective comprised of individual community partners
representing local parents, youth, businesses, community-based
organizations, local governments, service providers, the New Paltz School
District, SUNY New Paltz, faith organizations, and more!

BE THE CHANGE