

2026 -25

RESOLUTION

PROCLAMATION MIDDLETOWN WELLNESS MONTH 2026

- WHEREAS: The health and well-being of our residents are the foundation of a vibrant and prosperous community, and the Town of Middletown is committed to fostering an environment where every family can thrive; and
- WHEREAS: The **Middletown Prevention Coalition**, in partnership with local businesses, healthcare practitioners, and community leaders, has dedicated itself to promoting wellness, resilience, and proactive healthy choices for residents of all ages; and
- WHEREAS: **Middletown Wellness Month 2026** serves as a unified call to action to prioritize mental, physical, and emotional health through education, skill-building, community engagement, and accessible local resources; and
- WHEREAS: A "Healthy Community" is built upon the strength of "Healthy Families," and by supporting one another through mindful living, nutrition, exercise, and substance use prevention, we ensure a brighter future for the next generation; and
- WHEREAS: The collaboration between our local business owners and health professionals during this month highlights the unique spirit of Middletown—where the success of the individual and the wellness of the collective are deeply intertwined.

THEREFORE, BE IT

- RESOLVED: That the Town Council of the Town of Middletown hereby proclaims the Month of March 2026 as MIDDLETOWN WELLNESS MONTH and encourages all residents to participate in the workshops, activities, and programs offered this month. We further urge every resident to take this time to invest in their personal health and to support the local practitioners and businesses that make our town a sanctuary for wellness.

IN WITNESS WHEREOF, We have hereunto set our hands and caused the seal of the Town of Middletown to be affixed this 2<sup>ND</sup> Day of March A.D. 2026.

*Paul M. Rodrigues*

Paul M. Rodrigues, President  
Middletown Town Council

*Thomas W. Welch, III*

Thomas W. Welch, III  
Councillor

*Peter D. Connerton, Sr.*

Peter D. Connerton, Sr.  
Councillor

*Christopher M. Logan*

Christopher M. Logan  
Councillor

*Charles R. Roberts*

Charles R. Roberts  
Councillor

*Dennis B. Turano*

Dennis B. Turano  
Councillor

*Barbara A. VonVillas*

Barbara A. VonVillas  
Councillor

MARCH 2, 2026

READ AND PASSED IN COUNCIL

*Wendy J. W. Marshall*

Wendy J. W. Marshall, MMC  
Town Clerk

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