

Living Well

Rare Reminder, Inc.

January 2024

222 Dividend Rd., PO Box 289, Rocky Hill, CT 06067 • 860-563-9386



**DOLAN DENTAL
GROUP**

***Looking for a new Dentist?
Call Dolan Dental Today!***

860-397-6407

- Relaxed Atmosphere - Our Dentists and Team Love to Laugh!
- Cohesive Excellence - We Work Exceptionally Well Together
- Multitude of Options - From Veneers to Implants to Invisalign



From Our Family to Yours | Wethersfield's Trusted Dentists

At Dolan Dental, patients can look forward to an oral healthcare experience that far exceeds their expectations!

Dr. Brendan Dolan and Dr. Riley Gionfriddo are proud to offer not only a wide variety of general and advanced services for patients of all ages, but a comfortable and fun atmosphere where you and your loved ones can feel truly at ease. Patient comfort is always a priority, and we won't rest until you're 100% satisfied with our efforts.

Dental Implants | Dental Crowns & Bridges | Root Canals & Dental Emergencies

Invisalign Clear Braces | Cosmetic Dentistry | Family Checkups & Cleanings

Dental Emergency? We're Here When You Need Us



**DOLAN DENTAL
GROUP**

1160 Silas Deane Hwy #103, Wethersfield

860-397-6407

We Accept Most Insurances | Multiple Financing Options



Stroll Around Town Feeling Great! (Mentally and Physically)

Hailey Keel, Freelance Writer

If you're like, me who hates the social presence of being at a gym filled with tons of young adults flexing their muscles but want to exercise healthily, look no further than walking.

"But what are the health benefits of walking? It's so simple to do?" You may ask.

According to the Mayo Clinic, walking daily, even a simple brisk around the neighborhood, can help with many things, such as burning fat, building muscle, improving balance, and straightening the immune system. It also can help build metabolism. To add a pep in your step and upgrade your walk to a "workout", the Mayo Clinic recommends swinging your arms as you walk as well as keeping your head up and not looking towards the ground.

However, walking also can help with mental health and overall mood. In a poll by the American Psychological Association (APA), 25% of young adults who walked an average of 150 minutes a week saw a lowered risk of depression. The APA also found that 1 in 9 cases of depression can be prevented if one walks an average of 30 minutes a day.

Many walk to help clear their mind and build cre-

ativity. For me, I like to put on my AirPods and find a good playlist, usually one fixed around classic rock, and walk around my neighborhood with my French Bulldog, Hazel. When I finish walking, I feel energized and not so panicky about things that can bother me, such as graduating from school in May or thinking about the 50-page thesis I have to write this semester (yikes!).

"But what if I don't have a nice neighborhood to walk around in?" you may ask.

A great easy walking "trail" I found is Main Street in Old Wethersfield. With its charming history such as the Webb-Dean-Stevens Museum that has three Revolutionary-time houses, the Old Wethersfield Cove, and the Old Wethersfield Village Cemetery, Main Street is an easy, flat street. I usually start



continued on page 9

Maple View
Health & Rehabilitation Center

Life Happens Here

Whether you join us for a brief stay or call us home, we are here for you.

Our specialties include:

- Heart Failure Services
- Pulmonary Rehabilitation
- IV Therapies
- Orthopedic Injury & Post-Surgical Care
- Stroke Recovery
- Wound Management

Our Passport™ Approach

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Short Term Rehab for Memory Care
- Transitional Care Planning to get you Home Safely

856 Maple Street | Rocky Hill, CT
860.563.2861 | MapleViewRehab.com

Scan the QR Code to Step Inside Maple View!

OUR EXPERT STAFF CAN SCAN YOUR FEET, FIT INSERTS AND CREATE A PAIR OF CUSTOM ORTHOTICS JUST FOR YOU.



We Can Help

- Plantar Fasciitis
- Bunions
- Arthritis
- Diabetic Foot Conditions
- Much More!

FOOT PAIN?

** NOW ask about a pair of Custom Made Orthotics!*

*3 types of custom orthotics available:
Accommodative, Semi Rigid, & Functional*

Variety of Orthotics

- Top Brands off the Shelf
- Superfeet
- Lynco
- Power-Step
- Jobst & OS1st – compression socks

From Athletes to Elderly...See our Certified Pedorthist

FOOTPRINTS

Shoes & Accessories

79 Costello Road, Newington • (860) 666-3100
Mon-Sat 9:30-5:30 • Sun 10:00-5:00
footprintsshoes.com • Follow Us @footprintsshoesandaccessories

Rare Reminder, Inc. Living Well • January 2024

When it comes to
healing,
there's no place like home.



Our Care at Home team comes to your home to provide a full range of health services—from nursing and rehabilitation to hospice and palliative care. And we're on-call 24 hours a day, 7 days a week throughout central Connecticut and the shoreline. It all adds up to the smarter choice for Care at Home.

[MiddlesexHealth.org/ CareatHome](https://MiddlesexHealth.org/CareatHome)

Call: 860-358-5600





START YOUR
WELLNESS
JOURNEY
WITH US

Andrea Luttrell
RDN, LDN

Carrie Taylor
RDN, LDN, KYT



- **Ask the Dietitian Email Service**
- **Virtual Store Tours, Presentations, Support Groups & Cook-Alongs**
- **One-on-One Virtual Discovery Sessions**
- **Weekly #BigYMondayMotivation E-Newsletters**



Kathy Jordan, MS, RDN, CPT
Massachusetts Consulting Dietitian



Natalie Webb, MS, RDN, LD, FAND
Connecticut Consulting Dietitian



Sue Mazrolle, MS, RDN
Virtual Consulting Dietitian



Jacqui Campbell, MS, RD, CDN
Consulting Dietitian - Recipe Specialist



Scan here or visit bigy.com/be-well
to learn more and get started.



We Will Beat Any Competitor's Price!



Apples to Apples



We loved our Magee experience

Vinyl Siding • Windows & Doors
 GAF Master Elite Roofing Contractor
 Gutter & Leaf Protection • Custom Decks
 Kitchen & Bathroom Renovations
 Building/Facility Maintenance
 HOA & Commercial Property Mgt.

Why Choose Magee for Your Project?

- Over 50 Years in Business
 - Over 17,000 Local Customers Served
 - BBB A+ Rating
 - Best of Hartford Magazine Winner
 - GAF Master Elite Certified Contractor
 - GAF President's Club Award Recipient
 - GAF Triple Excellence Award Winner
 - Velux Skylight Specialist
 - #61 of Top 295 Full-Service Remodelers Nationwide
 - Locally Owned, Operated & Trusted Since 1972
- Put us to the test. Call today!**

FREE Lifetime Warranty

ALL NEW Shingle Roof Installations

0% Interest for 18 MONTHS

For Qualified Applicants. Call for details.



Fully Insured, Licensed & Bonded • References Available

CT HIC.0510051 | CT CAM.0001198

Office & Showroom - 7 Cody Street, West Hartford
 www.MageeCompanies.com • 860-953-2200

FREE Written Estimate

Like & Follow Us on



LOOKING TO CHANGE YOUR LIFE?

GROW A HEALTHY FAMILY THROUGH
SPECIFIC CHIROPRACTIC CARE

COMMON CONDITIONS KIDS AND ADULTS



HEADACHES
LOW BACK PAIN
NECK PAIN
SCIATICA
LACK OF SLEEP
DEPRESSION
ANXIETY
ASTHMA
ADHD

EAR INFECTIONS
VERTIGO
NAUSEA
DIGESTIVE ISSUES
SEIZURES
TREMORS
BRAIN FOG
DYSLEXIA



(860) 667-3636

133 LOUIS ST. NEWINGTON, CT 06111
JUDSONCHIROPRACTIC.COM

  @JUDSONFAMILYCHIROPRACTIC



Working Out In Style: Some Pros To Hitting The Local Gym

Hailey Keel, Freelance Writer

It is almost perhaps one of the most common New Year's resolutions of all time: losing weight or working out. If one does not like the typical walk in the park around the neighborhood and wants to have a fun time trying all sorts of equipment such as weights and bikes, then the local gym is the best place.

The gym may sound scary for some due to the number of people or the amount of machinery (that some can see as overstimulating), but working out at the local gym outweighs the cons. After all, it is what you want to do at the gym that makes your experience whether a good or bad time.

Going to the local gym has many health benefits, some obvious and some not. Working out for at least 150 minutes per week (or 30 minutes per day) is proven to help lose weight, decrease anxiety and depression, and build muscle. In an article by [livestrong.com](https://www.livestrong.com), a not-so-obvious benefit of working out daily is that it helps strengthen your heart. It not only allows the heart to pump with less strain but helps keep cholesterol levels at bay and blood pressure at a healthy range.

One other benefit of going to the gym versus hitting the pavement is that you don't have to rely on the weather to get a great workout. Whether it is snowing a foot of snow outside or if it's raining cats and dogs, the gym is dry and warm. Going to the local gym also provides you with showers so you don't end up driving home in a puddle of sweat.

Equipment is also a benefit of hitting the gym. Rather than spend thousands of dollars on a home gym, you can go to the gym and try many pieces of machinery for a low price, allowing you to customize your workout each time you go. You can also challenge yourself (of course, in a safe way), on different machinery and weights and see if you can go for longer periods or lift heavier weights.

Although it is easy to join chain gyms like Work Out World or Anytime Fitness, one local gym in Newington has been proven to help families in the area. Located at 37 Ann Street in Newington, CT Workout's goal, according to their website, is to "help people look better, feel better, and move better."

Unlike some other gyms, CT Workout allows you to work one-on-one with a personal trainer. However, there is also group training for those who still want to work with others. There is also the six-week challenge, where the gym works with you to help you lose significant weight with boot-camp style workouts that will guarantee help you lose weight as well as build muscle.

For owner Benjamin Petitpas, he says that working out "is the closest thing to the fountain of youth." It not only helps with muscle strengthening and improving bone density, but it can help with enhancing your everyday life mentally.

When someone signs up for a membership at a chain gym, Petitpas says they are often left without guidance or support. However, at CT Workout, the gym specializes in "coaching-based programs such as personal training and group training workouts, offers distinct benefits when compared to larger commercial facilities."

"Ultimately, our success is based on our members' success, and choosing a gym like CT Workout provides a unique blend of expertise, community, and personalized support for a more fulfilling and effective fitness experience," continues Petitpas.

Want to start but don't know where to begin? CT Workout even has a program for that. For \$99, you get 28 days of personal training in the 28-Day Jump Start Program. Start with a personal coach that will help you lose weight as well as even find a new hobby or two through personalized workouts and trainings. The gym also helps you find healthy recipes to help you feel better even when you are not working out.

The gym is open from 5 a.m. to 7 p.m. daily with personal trainers ready to train. Pricing ranges from \$30 to \$40 a week and \$300 to \$400 a month for personal training. To learn more about how to join CT Workout or to sign up for a free consultation, go to www.ctworkout.com.



2024 Living Well

General Manager/Advertising Director

Greg Barden

Production Manager

Colette Breton

Design Team

Deb Prater, Jim Heffernan

Ad Sales

Holly Shuler

Libby Lord

Rob Zapulla

Carey Gause

Rare Reminder Living Well 2024 is a publication of
Rare Reminder, Inc., 222 Dividend Rd., P.O. Box 289,
Rocky Hill, CT 06067 • 860-563-9386

Stroll Around Town Feeling Great!

continued from page 2

my walk by parking near the Heirloom Market and getting a warm, golden latte before making a sharp left to walk toward the cove. It is always fascinating to see if the cove is flooded or not, or to see how many geese and birds are still here during winter. Next, I stop and look at the Cove Warehouse (built in 1690), before walking down a small path to the left of it, dropping me off where the old state prison once stood. Eventually, I walk down some neighborhoods before making my way to where I started.



Now, if you want to be more specific and look at nearly all of the historical sights in Old Wethersfield, the town has a walk simply called the Wethersfield Heritage Walk. It is three miles, and a self-guided tour as you make your way along houses and histor-

ical areas with each of the 22 stops with a sign with historical information. You can begin the tour at any of the places, but if you want to walk in order, the map for the trail is found on the Historic Wethersfield website under "What To See and Do".

If you want to head on a farther trail than the three-mile self-guided tour, there is a six-mile track around town as well as a 10-mile heritage trail that covers multiple terrains. Both trails' routes are also found on the Historic Wethersfield website.

So next time you're thinking of seeing a different view other than your neighbor's house and all the other houses on your street, get in your car and drive to Main Street in Wethersfield for a fun, scenic path that will never bore you!



The image shows an elderly man and woman standing on a sandy beach. The man is on the left, wearing a grey sweater and khaki pants, holding a silver bicycle. The woman is on the right, wearing a light blue turtleneck and white pants, holding a bicycle with a wicker basket. They are both smiling and looking towards the camera.

You plan for everything else...
We can help you plan your funeral too

Call today for your **FREE** no obligation consultation with our licensed funeral director and pre-planning consultant Casey Biega, CPC

<p>NEWINGTON MEMORIAL Newington 860-666-0600 www.duksa.net</p>	<p>BURRITT HILL FUNERAL HOME New Britain 860-229-9021 www.duksa.net</p>
--	---

The logo for DUKSA Family Funeral Homes, featuring a stylized heart shape above the word "DUKSA" in a serif font, with "FAMILY FUNERAL HOMES" in a smaller sans-serif font below it.

Family Owned and Operated for Over 70 Years

How Cherries Benefit Your Body

The first image to come to many people's minds when they think of cherries may be one of these tiny stone fruits sitting atop an ice cream sundae. That's an undeniably appealing image, but cherries are more than just a must-have sundae topping.

Cherries benefit the body in various ways. Nutritious and delicious, cherries may find their way into even more people's diets once people recognize the many ways cherries can improve overall health.

- **Cherries and blood sugar:** The American Diabetes Association notes that cherries can help people with diabetes control their blood sugar levels. The glycemic index (GI) is a system that rates foods which contain carbohydrates, and foods with a low GI rating slowly release glucose into a person's blood. Cherries have a low GI and can help anyone living with diabetes manage their blood sugar more easily.

- **Cherries and inflammation:** Cherries are rich in antioxidants, which means they boast similar anti-inflammatory properties to fruits such as blueberries. Vitamin A, vitamin C and vitamin E are antioxidants present in cherries, and the Cleveland Clinic notes that one study found that consuming 45 cherries per day can reduce inflammation brought on by free radicals. However, anyone considering consuming so many cherries is urged to speak with their physician first, as individ-



continued on page 15

BodyCare Treatment Center

2307 Silas Deane Highway, Rocky Hill, CT

Specializing in Relaxation,
Pain Management and
Post-operative Care.



**\$50
New Client
Special**

*Therapeutic Massage
for the whole family!*

Karen has over 15 years
experience in Specialized
Therapeutic Massage.



Call/Text/Email for an Appointment

860-681-5560

Day, Evening & Weekend Availability.

HERITAGE COMMONS

RENTAL RETIREMENT COMMUNITY
38 Boston Road ~ Middletown, CT



HAPPY NEW YEAR from Heritage Commons!

We are an Active Senior Living Community offering spacious remodeled efficiencies and 1 & 2 bedroom apartments, with many included amenities, such as; utilities, daily dinner, weekly housekeeping, transportation and dozens of activities and entertainment are offered.

Apartments currently available, **CALL NOW** for your private tour to learn more about our warm and welcoming community to enjoy retired life to the fullest! 860-344-1221



Martial Arts Center To Open In Rocky Hill

Hailey Keel, Freelance Writer

Want to find a workout that helps you stay in shape and gives you skills that can help you protect yourself?

Opening Jan. 13 at 13 New Britain Avenue in Rocky Hill, Trinity Martial Art & Boxing will offer a range of martial arts from jiu-jitsu, a type of martial art that focuses on grappling and groundfishing without striking, to muay thai, also known as Thai Boxing, that uses stand-up striking and multiple clinching techniques.

For owner John Roderick, martial arts has always been a part of him. His father boxed in the Army and as a kid, he got bullied.

When one enters Trinity Arts, a range of flags hang on the wall. Each represents either countries where martial arts originate from or flags of the nationalities of members. There is also large red and blue mats lined along the floor, making sure that if one does fall, they are falling on padded material.

Until Jan. 31, to start an adult membership is \$99 for the first month. After Feb. 1, it is \$129 a month. Children's memberships are \$50 for the first month if signed up in January, and anytime after Feb. 1 is

\$75 a month. Just like going to a regular gym, members have access to all of the classes and can go to as many as they want per week. Classes run from 5:30 to 8:30 p.m. Monday to Thursday, and on Fridays from 6:30 to 8:30 p.m. is an open mat where you have a choice of "working out" on the mat or in the ring. Soon, other classes, either taught by the coaches at Trinity or guest trainers, will be offered such as women's self-defense.

For more information regarding Trinity Martial Arts and Boxing, please visit their website <https://ct-muaythai.com/> or follow them on Facebook.



Connecticut Hearing Center

A Subsidiary of Connecticut Ear, Nose & Throat

**Complete Hearing Healthcare
by Doctors of Audiology**

Services Include:

- Diagnostic hearing evaluations
- Customized hearing aid fitting
- Hearing aid repairs
- Assistive listening devices

<https://cthearing.com>

988 Silas Deane Highway
Wethersfield, CT 06109
860-380-1049

499 Farmington Ave, Suite 210
Farmington, CT 06032
860-380-1049

300 Hebron Ave, Suite 202
Glastonbury, CT 06033
860-380-1049

2800 Tamarack Avenue, Suite 108
South Windsor, CT 06074
860-380-1049

15 Palomba Drive, First Floor
Enfield, CT 06082
860-380-1049

300 Queen Street
Southington, CT 06489
860-380-1049

Sandals®



REKINDLE ROMANCE PACKAGE

\$999 FOR TWO

Package reflects over 25% in savings

ADD-ON PACKAGE DETAILS:

TROPICAL PARADISE CHAMPAGNE AND CHOCOLATE:

Celebrate with the luxurious delight and decadence of Moët & Chandon Champagne perfectly paired with chocolate that is certain to leave you wanting more, make any occasion even more special.

COASTAL CRUISE:

Set sail for a two-hour cruise and take in the views of the serene coastline from the best seat in the house and rock to the melodic notes on this romantic experience. Choose from a selection of sparkling or house wines.

CANDLELIGHT DINNER:

Culminate the evening with a private candlelight dinner with white-glove service, including a bottle of Ruffino Prosecco and unlimited pours of Robert Mondavi Twin Oaks® wines.

SPA REFRESHER:

The Lavender Scalp Massage or Foot Massage at the beach or pool cabana.

ROMANCE VACATION PHOTOBOOK:

All your romantic experiences packaged in a vacation book for cherished memories.

TO BOOK, CONTACT
YOUR TRAVEL ADVISOR:

Time Travel in Rocky Hill
860-563-6600

Visit www.sandals.com/dis-litery/rekindle-romance/ for important terms and conditions. Sandals® is a registered trademark. Unique Vacations, Inc. is an affiliate of Unique Travel Corp., the worldwide representative of Sandals Resorts. 67110271

Moderate-Intensity Activities That Can Improve Overall Health

Exercise is an important component of a healthy lifestyle. The current Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services indicates adults need 150 minutes of moderate-intensity physical activity each week. But what constitutes moderate-intensity physical activity?

Moderate-intensity physical activity gets the heart pumping, but only around one in five adults and teens get enough exercise to maintain good health, says the American Heart Association. It may be because people are having difficulty figuring out what constitutes moderate-intensity activity. Here is a more detailed explanation of the types of activities considered moderate-intensity.

- Walking very briskly (roughly four miles per hour)
- Heavy cleaning, like washing windows, vacuuming and mopping
- Mowing the lawn with a power mower
- Bicycling with light effort (10 to 12 miles per hour)
- Playing recreational badminton

- Playing doubles tennis
- Slow dancing
- Shooting a basketball
- Water aerobics
- Playing volleyball
- Heavy gardening
- Painting and decorating

Anything that doesn't increase heart rate and breathing speed will not count as moderate-intensity activity towards the recommended amount of activity. However, any exercise is better than no exercise at all. As long as an activity breaks up long periods of sitting still, doctors say it is still beneficial.



CT LIC. #534608

The Genuine. The Original.



Call
BERICH POWELL
Colchester
The Area's Expert on
Garage Doors & Awnings

NEW YEAR'S SPECIAL

2 for \$3300
COMPLETELY INSTALLED

Two Single Model 194 9 x 7 Garage Doors & Two .5 HP Electric Operators

INCLUDES: Well Insulated Steel Doors. Take Down, Disposal of Old Doors & Openers, Installation, Weather Seal, Two Remotes, Wireless Keypad, Wall Button & Photo Safety Eyes. Window Upgrades available for additional price. Excludes Previous Orders. Not Valid with any other offer. Plus tax. Offer expires 2/15/24

FOUR CONVENIENT LOCATIONS

TOLLAND
70 Merrow Road
860 872-1466

PRESTON
88 Route 2A
860 889-3848

BROOKLYN
93 Hartford Road
860 779-8910

CROMWELL
97 Berlin Road
860 856-5538

• GARAGE DOOR & OPERATOR • RETRACTABLE AWNINGS • WINDOWS AND ROOFING •

"OVERHEAD DOOR"

WWW.OHDCT.COM or **860.334.8184**
1.800.462.4003

Self-Care Strategies To Protect Long-Term Mental Health

Mental health has always been important, but the need for people to prioritize their emotional, psychological and social well-being gained greater attention during the COVID-19 pandemic. Social distancing restrictions designed to reduce cases of COVID-19 contributed to feelings of isolation, depression and anxiety in millions of individuals across the globe, sparking a heightened sense of curiosity about what people can do to safeguard their mental health in the short-term but also over the course of their lives. Pandemic-related restrictions have long since been lifted throughout much of the world. But the need to prioritize mental health remains. The National Institute of Mental Health notes that self-care can play a vital role in maintaining mental health. With that in mind, individuals can consider these strategies as they look to safeguard their mental health over the long haul.

- **Exercise regularly.** Exercise benefits the body in myriad ways, and those benefits extend to mental health. The NIMH reports that a 30-minute daily walk can boost mood. In addition, the United Kingdom-based Mental Health Foundation reports that regular physical activity positively affects self-esteem and can even lead to a reduction in stress and anxiety. That's important to note, as the online medical resource Healthline reports that chronic anxiety can adversely affect the body's nervous, cardiovascular, digestive, immune, and respiratory systems.
- **Maintain social connections.** The NIMH also touts the benefits of maintaining social connections, including relying on friends and family for emotional support and practical help. The Centers for Disease Control and Prevention notes that people who are socially connected and maintain stable and supportive relationships are more likely to have better mental health outcomes than those who don't.
- **Eat a nutritious, balanced diet.** The American Society for Nutrition notes that diet can be an important ally for people looking to improve and preserve their mental health. Numerous studies have examined the relationship between diet and mental



health, and the ASN notes a growing body of research suggests a strong connection between a healthy diet and mental health. A 2019 review published in *The American Journal of Clinical Nutrition* found that increased consumption of fruits and vegetables positively affects psychological health. That same review also indicated daily vegetable consumption provides a therapeutic effect that can help to reduce symptoms among people with clinical depression.

- **Resolve to read more.** Much like exercise, reading has been linked to a host of positive health outcomes, including mental health benefits. A 2009 study from researchers at the University of Sussex found that reading can reduce stress by as much as 68 percent. Escapism is another potentially potent benefit of reading, as a recent report in *Psychology Today* noted that researchers believe narrative absorption, which refers to the experience of being immersed or engaged while reading a story, provides an escape or opportunity for mental reflection.

Self-care can go a long way toward promoting long-term mental health. Various strategies and activities fall under the umbrella of self-care, and each can have a profound and lasting effect on mental health.

STEPHEN OUELLETTE
HOME IMPROVEMENT LLC

ROOFING & SIDING

Replacement Windows • Gutters
Decks • Doors • Patio Doors



860-667-2160
SteveOHomeImprovement.com

FREE ESTIMATES • FINANCING AVAILABLE



Lic. #00556269

1/24

2024 Living Well Advertiser Index

BodyCare Treatment Center	10	Magee Construction Corp.	6
Big Y Foods, Inc.	5	Maple View Manor	2
Connecticut Hearing Center	11	Middlesex Health	4
Consulting Cardiologists, PC	16	Newington Memorial Funeral Home	9
Dolan Dental.....	1	Overhead Door Co. of Norwich	13
Footprints Fashion & Footwear	3	Quality Plumbing & Drain	15
Heritage Commons.....	10	Stephen Ouellette Home Improvement.....	14
Judson Family Chiropractic.....	7	Time Travel.....	12

The Plumber You Can Count On



- Residential and Commercial Plumbing Services
- Drain Cleaning
- Water Heater Services Repiping Services

Our mission is to provide honest quality service at affordable pricing.

20 Years Experience

24-Hour Emergency Service Plumbing

Quality Plumbing & Drain Services

860-995-3221 • 860-758-5333

qualityplumbingdrain@yahoo.com

qualityplumbingdrain.com

Licensed & Insured
P1-0289084

\$50 OFF

ANY SINK OR TUB DRAIN
LINE CLEANING
Quality Plumbing & Drain Services
860-995-3221

Coupon must be presented at time of service.
Cannot be combined with any other offers or
promotion. Expires 2/29/24

\$75 OFF

ANY WATER HEATER
REPLACEMENT
Quality Plumbing & Drain Services
860-995-3221

Coupon must be presented at time of service.
Cannot be combined with any other offers or
promotion. Expires 2/29/24

\$50 OFF

YOUR NEXT PLUMBING SERVICE CALL
Quality Plumbing & Drain Services
860-995-3221

Coupon must be presented at time of service.
Cannot be combined with any other offers or
promotion. Expires 2/29/24

\$50 OFF

GARBAGE DISPOSAL SUPPLIED
& INSTALLED
Quality Plumbing & Drain Services
860-995-3221

Coupon must be presented at time of service.
Cannot be combined with any other offers or
promotion. Expires 2/29/24

Make Heart Health a Priority in 2024

Heart disease is one of the leading causes
of death in both men and women.

*Appropriate changes in lifestyle
and care coordination from a
top cardiologist can lower your risk.*



*Our exceptional team provides comprehensive care
in a compassionate, personalized, and cost-effective manner.*



CONSULTING
CARDIOLOGISTS, PC

Welcoming new patients in 10 locations.

(860) 522-0604 | (203) 265-9831

consultingcardiologists.com

Avon • Cheshire • Glastonbury • Hartford • Manchester
Middletown • Wallingford • West Hartford • Wethersfield • Windsor