

Life Health & Wellness Center 2025 NEWS LETTER

COMMUNITY

IMPACT

Warm Greetings from LHW

We are passionate about improving the lives of individuals and families in our community by providing a safe and welcoming space where people can come together to learn, grow, and share.

A YEAR OF GROWTH, SERVICE, AND COMMUNITY IMPACT

From food distributions and childcare enhancements to educational initiatives and health awareness programs, our commitment to supporting individuals of all ages has remained unwavering. This year has been a testament to the power of community, generosity, and service, and we are excited to share the highlights of our journey with you.



As we reflect on 2025, Life Health & Wellness Center, Inc. celebrates a year filled with impactful programs, meaningful community outreach, and the continued expansion of our services. Our mission to promote education, health, and wellness through collaborative partnerships has guided us in delivering vital resources to families in need. We are passionate about improving the lives of individuals and families in our community by providing a safe and welcoming space where people can come together to learn, grow, and share.



Where Compassion Meets Community: Stories of Hope, Healing, and Impact



"I didn't know how I was going to make it that week. I stopped by the pantry and was able to get food for my children. No questions, no judgment just help when I needed it most. It made all the difference."
LHW Community Member

"Coming here has helped me more than just physically. I've learned how to take better care of my health, and I don't feel alone anymore. The students, the staff, really care."
Senior Community Participant

Every day at the Life Health and Wellness Center (LHW), we meet families where they are sometimes at a bus stop, sometimes at our pantry, and sometimes during life's most difficult moments. What we see is not just need, but strength. And what we strive to provide is not just support, but hope.



Giving Back

To Families In Need

In 2025, LHW served more than 2,800 families across the Lower Naugatuck Valley, reaching thousands of individuals in Ansonia, Derby, Shelton, Seymour, Oxford, and surrounding communities. Many of these families return not just for resources, but because they know they will be treated with dignity, respect, and care.



Here's how we are making an impact:

One of the most powerful moments each year is our Thanksgiving Giveaway, where over 600 families receive a full meal to prepare at home turkeys, all the fixings, and health supplies. It's more than food; it's the ability for families to come together, celebrate, and create memories.

FOOD INSECURITY

Food insecurity continues to be a growing challenge, and we see its impact every day. Through our pop-up food giveaways, hardship referrals, and our 24/7 Little Free Pantry, we work to make sure no family has to wonder where their next meal will come from. With the support of our partners and community, we distribute hundreds of thousands of pounds of food each year, helping families not only eat but eat healthier, supporting the prevention of chronic disease.





OUR WORK GOES BEYOND FOOD

In October, we stood together as a community during our Breast Cancer and Domestic Violence Awareness Candlelight Walk at a time of reflection, support, and unity for those affected. That same month, we met children right where they are at their bus stops through our “Healthy Eating, Healthy Mind” Giveaway, providing nutritious food, resources, and encouragement to start healthy habits early.



Health promotion is also a key part of what we do. With the support of nursing students, we provide health awareness screenings, education, and prevention services throughout the community. These experiences not only support residents in managing their health but also prepare future nurses to understand real-life community needs and the importance of compassionate, culturally responsive care.



OUR WORK GOES BEYOND FOOD



Our commitment to dignity and basic needs is also seen in our Warm the Valley Coat Giveaway, where over 200 individuals are served at each distribution, ensuring families have access to warm clothing during the colder months.

A major highlight this year was our Collaborative Health Fair, which brought together over 275 families for a day of screenings, education, and resources. Families received valuable health information, connected with local organizations, and children enjoyed activities including free bicycles, helmets, and safety education creating a day that supported both wellness and community connection.



Collabrative Community



'Healthy Together'

HEALTH FAIR





ABUNDANCE OF JOY LEARNING CENTER

We also continue to invest in our youngest community members through the Abundance of Joy Learning Center (AOJ). AOJ is now NAEYC Recognized, taking an important step toward full accreditation by 2027. Licensed for 63 children, AOJ serves infants through school-age youth with programs that include STEM, mentorship, financial literacy, and parenting support.

What makes AOJ truly special is the sense of community it builds. High school students are mentored and now attend college they return during breaks to support younger children, creating a cycle of leadership and care. Inside our classrooms and outdoor play spaces, children learn through hands-on activities, exploration, and joy. From the Winter Ball to Easter celebrations, every moment is designed to support both learning and happiness.





Life Health & Wellness Center INC.

Across all our programs from food access and health screenings to education and seasonal events, we hear the same message from families: they feel supported, respected, and not alone.

**This is the heart of LHW.
We are not just a place people come for services; we are a place where community is built, where barriers are removed, and where hope is restored.
Thank you to our partners and our volunteers who helped us with every event and serving the valley community!**

2025



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