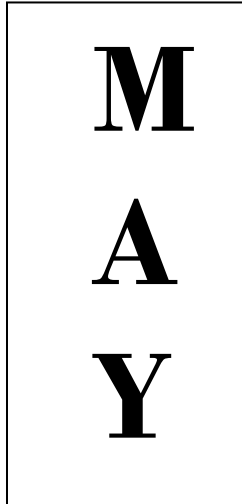


**Middletown  
Family Wellness  
Center**  
634 Main Street  
Middletown, CT


**For More Info:  
Visit our website!**

[familywellness.chc1.com](http://familywellness.chc1.com)

**Nat Holmes**  
Community Wellness &  
Engagement Program  
Specialist  
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860-347-6971 x3662



**2024**

Mon	Tue	Wed	Thu	Fri	Sat
		May 1	<b>2</b> <b>Power Yoga</b> 4:30 – 5:30pm 634 Main Street	<b>3</b> <b>Open Playgroup</b> 9:30 – 11:00am 634 Main Street  <b>Breastfeeding Support Group - Zoom</b> 11:00 am – 12:00pm	<b>4</b>
<b>6</b> <b>Music and Movement Playgroup</b> 10:00 – 11:00am 634 Main Street  <b>Power Yoga –</b> 4:30 – 5:30pm 634 Main Street	<b>7</b> <b>It Takes a Village – New and Expecting Mothers Support Group</b> 9:30 – 10:30am 634 Main Street	<b>8</b>	<b>9</b> <b>Sensory Seekers</b> 10:00 – 11:00am 634 Main Street  <b>Power Yoga</b> 4:30 – 5:30pm 634 Main Street	<b>10</b> <b>Open Playgroup</b> 9:30 – 11:00am 634 Main Street  <b>Breastfeeding Support Group - Zoom</b> 11:00 am – 12:00pm	<b>11</b>
<b>13</b> <b>Music and Movement Playgroup</b> 10:00 – 11:00am 634 Main Street  <b>Power Yoga</b> 4:30-5:30pm 634 Main Street	<b>14</b> <b>It Takes a Village – New and Expecting Mothers Support Group</b> 9:30 – 10:30am 634 Main Street	<b>15</b> <b>Diaper Bank Pick-Up</b> 12:00 -3:00pm 634 Main Street	<b>16</b> <b>Power Yoga</b> 4:30 – 5:30pm 634 Main Street	<b>17</b> <b>Open Playgroup</b> 9:30 – 11:00am 634 Main Street  <b>Breastfeeding Support Group - Zoom</b> 11:00 am – 12:00pm	<b>18</b>
<b>20</b> <b>Music and Movement Playgroup</b> 10:00 – 11:00am 634 Main Street  <b>Power Yoga</b> 4:30-5:30pm 634 Main Street	<b>21</b> <b>It Takes a Village – New and Expecting Mothers Support Group</b> 9:30 – 10:30am 634 Main Street	<b>22</b> <b>Sensory Seekers</b> 10:00 – 11:00am 634 Main Street	<b>23</b> <b>Power Yoga</b> 4:30-5:30pm 634 Main Street	<b>24</b> <b>Open Playgroup</b> 9:30 – 11:00am 634 Main Street  <b>Breastfeeding Support Group - Zoom</b> 11:00 am – 12:00pm	<b>25</b>
<b>27</b> <b>Power Yoga</b> 4:30-5:30pm 634 Main Street	<b>28</b> <b>It Takes a Village – New and Expecting Mothers Support Group</b> 9:30 – 10:30am 634 Main Street	<b>29</b>	<b>30</b> <b>Power Yoga</b> 4:30-5:30pm 634 Main Street	<b>31</b> <b>Open Playgroup</b> 9:30 – 11:00am 634 Main Street  <b>Breastfeeding Support Group - Zoom</b> 11:00 am – 12:00pm	