

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


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

familywellness.chc1.com

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2023

Mon	Tue	Wed	Thu	Fri	Sat
August 28 	August 29	August 30	August 31	September 1 Open Playgroup 10:00-11:30am 634 Main Street Breastfeeding Support Group - Zoom 11:00 am – 12:00 pm Power Yoga 4:30-5:30pm 634 Main Street	2
4 LABOR DAY	5	6 Power Yoga 4:30-5:30pm 634 Main Street	7	8 Open Playgroup 10:00-11:30am 634 Main Street Breastfeeding Support Group - Zoom 11:00 am – 12:00 pm Power Yoga – 634 Main Street 4:30-5:30pm	9
11 Music and Movement Playgroup 10:00 – 11:00 am 634 Main Street	12	13 Power Yoga 4:30-5:30pm 634 Main Street	14	15 Open Playgroup 10:00-11:30am 634 Main Street Breastfeeding Support Group - Zoom 11:00 am – 12:00 pm Power Yoga 4:30 – 5:30 pm 634 Main Street	16
18 Music and Movement Playgroup 10:00 – 11:00 am 634 Main Street	19	20 Diaper Bank Pick-Up 12:00 -3:00pm 634 Main Street Power Yoga 4:30-5:30pm 634 Main Street	21 Babywearing CT, Inc. Monthly Meeting 10:00 – 11:00 am 634 Main Street	22 Open Playgroup 10:00-11:30am 634 Main Street Breastfeeding Support Group - Zoom 11:00 am – 12:00 pm Power Yoga 4:30-5:30pm 634 Main Street	23
25 Music and Movement Playgroup 10:00 – 11:00 am 634 Main Street	26 Cultural Connections Potluck Picnic at Harbor Park Pre – Registration Required 11:00 am – 1:00 pm (Meet at Melilli Plaza parking area)	27 Power Yoga 4:30-5:30pm 634 Main Street	28	29 Open Playgroup 10:00-11:30am 634 Main Street Breastfeeding Support Group - Zoom 11:00 am – 12:00 pm Power Yoga 4:30-5:30pm 634 Main Street	30 