

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


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

familywellness.chc1.com

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2024

Mon	Tue	Wed	Thu	Fri	Sat
April 1 Music and Movement Playgroup 10:00 – 11:00am 634 Main Street Power Yoga – 4:30 – 5:30pm 634 Main Street	2 It Takes a Village – New and Expecting Mothers Support Group 9:30 – 10:30am 634 Main Street	3	4 Sensory Seekers 10:00 – 11:00am 634 Main Street Power Yoga 4:30 – 5:30pm 634 Main Street	5 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00 am – 12:00pm	6
8 Power Yoga – 4:30 – 5:30pm 634 Main Street	9 It Takes a Village – New and Expecting Mothers Support Group 9:30 – 10:30am 634 Main Street	10	11 Power Yoga 4:30 – 5:30pm 634 Main Street	12 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00 am – 12:00pm	13
15 Music and Movement Playgroup 10:00 – 11:00am 634 Main Street Power Yoga 4:30-5:30pm 634 Main Street	16 It Takes a Village – New and Expecting Mothers Support Group 9:30 – 10:30am 634 Main Street	17 Sensory Seekers 10:00 – 11:00am 634 Main Street Diaper Bank Pick-Up 12:00 -3:00pm 634 Main Street	18 Power Yoga 4:30 – 5:30pm 634 Main Street	19 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00 am – 12:00pm	20
22 Music and Movement Playgroup 10:00 – 11:00am 634 Main Street Power Yoga 4:30-5:30pm 634 Main Street	23 It Takes a Village – New and Expecting Mothers Support Group 9:30 – 10:30am 634 Main Street	24	25 Power Yoga 4:30-5:30pm 634 Main Street	26 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00 am – 12:00pm	27
29 Music and Movement Playgroup 10:00 – 11:00am 634 Main Street Power Yoga 4:30-5:30pm 634 Main Street	30 It Takes a Village – New and Expecting Mothers Support Group 9:30 – 10:30am 634 Main Street	May 1			30 