

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

For More Info:
Visit our website!

familywellness.chc1.com

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Community Wellness &
Engagement Program
Specialist
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2025

Mon	Tue	Wed	Thu	Fri	Sat
	April 1 Open Playgroup 10:00 – 11:00am 634 Main Street	2 Cultural Connections Coffee & Conversation Drop in group for English Learners 10:00am-12:00pm 634 Main Street	3 Power Yoga 4:45-5:45pm 634 Main Street	4 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	5
7 Music and Movement 10:00 – 11:00 am 634 Main Street Power Yoga – 4:45-5:45pm 634 Main Street	8 Open Playgroup 10:00 – 11:00am 634 Main Street	9	10 Sensory Seekers 10:00 – 11:00am 634 Main Street Power Yoga 4:45-5:45pm 634 Main Street	11 Open Playgroup 9:30 – 11:00am 634 Main Street	12
14 Music and Movement 10:00 – 11:00 am 634 Main Street Power Yoga 4:45-5:45pm 634 Main Street	15 Open Playgroup 10:00 – 11:00am 634 Main Street	16 Diaper Bank Pick - Up 12:00 – 3:00pm 634 Main Street	17 Power Yoga 4:45-5:45pm 634 Main Street	18 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	19
21 Music and Movement 10:00 – 11:00 am 634 Main Street Power Yoga 4:45 – 5:45pm 634 Main Street	22 Open Playgroup 10:00 – 11:00am 634 Main Street	23	24 Sensory Seekers 10:00 – 11:00am 634 Main Street Power Yoga 4:45-5:45pm 634 Main Street	25 Open Playgroup 9:30 – 11:00am 634 Main Street	26
28 Music and Movement 10:00 – 11:00am 634 Main Street Power Yoga 4:45-5:45pm 634 Main Street	29 Open Playgroup 10:00 – 11:00am 634 Main Street	30			