New Britain Family Wellness Center 85 Lafayette Street New Britain, CT

For More Info: Visit our website! familywellness.chc1.com

## **Nat Holmes**

Community Wellness & Engagement Program Specialist

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> J U L Y

2025

Mon	Tue	Wed	Thu	Fri	Sat
Communety Health Center, Inc.	July 1	2 Open Playgroup 9:30-11:00am	3 Open Playgroup 9:30-11:00am	<sup>4</sup> Fourth of July	5
7	8 Prenatal Yoga 10:45am-12:00pm	9	10	11	12
14 Mobile Food Pantry 10:30-11:15am CHC New Britain	Prenatal Yoga 10:45am-12:00pm	16 <b>Open Playgroup</b> 9:30-11:00am	Open Playgroup 9:30-11:00am	18	19
21	Prenatal Yoga 10:45am-12:00pm	Open Playgroup 9:30-11:00am	Open Playgroup 9:30-11:00am	25	26
Mobile Food Pantry 10:30-11:15am CHC New Britain	Prenatal Yoga 10:45am-12:00pm	30 <b>Open Playgroup</b> 9:30-11:00am	31 Open Playgroup 9:30-11:00am		The Family Wellness Center