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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> N O V E M B E R

2025

Mon	Tue	Wed	Thu	Fri	Sat
Commun'ty Health Center, Inc.				October 31	November 1
Mobile Food Pantry 10:30-11:15am CHC New Britain	Prenatal Yoga 10:45am-12:00pm	Open Playgroup 9:30-11:00am	Open Playgroup 9:30-11:00am	7	8
10	Prenatal Yoga 10:45am-12:00pm	Open Playgroup 9:30-11:00am	Open Playgroup 9:30-11:00am	14	15
Mobile Food Pantry 10:30-11:15am CHC New Britain	Prenatal Yoga 10:45am-12:00pm	Open Playgroup 9:30-11:00am	Open Playgroup 9:30-11:00am	21	22
24	Prenatal Yoga 10:45am-12:00pm	26 <b>Open Playgroup</b> 9:30-11:00am	THANKSGIVING	28	The Family Wellness Center