

Middletown

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

For More Info:
Visit our website!

familywellness.chc1.com

Nat Holmes

Community Wellness &
Engagement Program
Specialist

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2026

Mon	Tue	Wed	Thu	Fri	Sat
			January 1 New Year's Day	2 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	3  Community Health Center, Inc.
5	6 Open Playgroup 10:00 – 11:00am 634 Main Street	7 Power Yoga 4:45-5:45pm 634 Main Street	8 Power Yoga 4:45-5:45pm 634 Main Street	9 Open Playgroup 9:30 – 11:00am 634 Main Street	10
12	13 Sensory Seekers 10:00 – 11:00am 634 Main Street	14 Power Yoga 4:45-5:45pm 634 Main Street	15 Power Yoga 4:45-5:45pm 634 Main Street	16 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	17
19 Music and Movement 10:00 – 11:00am	20 Open Playgroup 10:00 – 11:00am 634 Main Street	21 Diaper Bank Pick - Up 12:00 – 3:00pm 634 Main Street Power Yoga 4:45 – 5:45pm 634 Main Street	22 Power Yoga 4:45-5:45pm 634 Main Street	23 Open Playgroup 9:30 – 11:00am 634 Main Street	24
26 Music and Movement 10:00 – 11:00am	27 Sensory Seekers 10:00 – 11:00am 634 Main Street	28 Power Yoga 4:45 – 5:45pm 634 Main Street	29 Power Yoga 4:45-5:45pm 634 Main Street	30 Open Playgroup 9:30 – 11:00am 634 Main Street	31 