

**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
HolmesN@chc1.com
860-347-6971 x3662

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2026

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|---|
| February 2 Music and Movement 10:00 – 11:00am | 3 Sensory Seekers 10:00 – 11:00am 634 Main Street | 4 Cultural Connections – Coffee and Conversation Drop in group for English Learners 10:00am – 12:00pm Power Yoga 4:45-5:45pm 634 Main Street | 5 Power Yoga 4:45-5:45pm 634 Main Street | 6 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm | 7  |
| 9 Music and Movement 10:00 – 11:00am | 10 Open Playgroup 10:00 – 11:00am 634 Main Street | 11 Power Yoga 4:45-5:45pm 634 Main Street | 12 Power Yoga 4:45-5:45pm 634 Main Street | 13 Open Playgroup 9:30 – 11:00am 634 Main Street | 14 |
| 16 Music and Movement 10:00 – 11:00am | 17 Sensory Seekers 10:00 – 11:00am 634 Main Street | 18 Diaper Bank Pick - Up 12:00 – 3:00pm 634 Main Street Power Yoga 4:45-5:45pm 634 Main Street | 19 Power Yoga 4:45-5:45pm 634 Main Street | 20 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm | 21 |
| 23 Music and Movement 10:00 – 11:00am | 24 Open Playgroup 10:00 – 11:00am 634 Main Street | 25 Power Yoga 4:45 – 5:45pm 634 Main Street | 26 Power Yoga 4:45-5:45pm 634 Main Street | 27 Open Playgroup 9:30 – 11:00am 634 Main Street | 28 |
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