


**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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2026

Mon	Tue	Wed	Thu	Fri	Sat
		April 1 Cultural Connections – Coffee and Conversation Drop in group for English Learners 10:00am – 12:00pm Power Yoga 4:45-5:45pm Vinnie’s Jump and Jive 635 Main Street	2 Power Yoga 4:45-5:45pm 634 Main Street	3 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	4 
6 Music and Movement 10:00 – 11:00am 634 Main Street	7 Open Playgroup 10:00 – 11:00am 634 Main Street	8 Power Yoga 4:45-5:45pm Vinnie’s Jump and Jive 635 Main Street	9 Power Yoga 4:45-5:45pm 634 Main Street	10 Open Playgroup 9:30 – 11:00am 634 Main Street	11
13 Music and Movement 10:00 – 11:00am 634 Main Street	14 Sensory Seekers 10:00 – 11:00am 634 Main Street	15 Diaper Bank Pick - Up 12:00 – 3:00pm 634 Main Street Power Yoga 4:45-5:45pm Vinnie’s Jump and Jive 635 Main Street	16 Power Yoga 4:45-5:45pm 634 Main Street	17 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	18
20 Music and Movement 10:00 – 11:00am 634 Main Street	21 Open Playgroup 10:00 – 11:00am 634 Main Street	22 Power Yoga 4:45 – 5:45pm Vinnie’s Jump and Jive 635 Main Street	23 Power Yoga 4:45-5:45pm 634 Main Street	24 Open Playgroup 9:30 – 11:00am 634 Main Street	25
27 Music and Movement 10:00 – 11:00am 634 Main Street	28 Sensory Seekers 10:00 – 11:00am 634 Main Street	29 Power Yoga 4:45 – 5:45pm Vinnie’s Jump and Jive 635 Main Street	30 Power Yoga 4:45 – 5:45pm 634 Main Street		