

**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
					August 1 st
3	4 Open Playgroup 10:00 – 11:00am 634 Main Street	5 Cultural Connections – Coffee and Conversation Drop-in group for English Learners 10:00am – 12:00pm Power Yoga 4:45 - 5:45pm Vinnie's Jump & Jive 635 Main Street	6 Power Yoga 4:45 - 5:45pm 634 Main Street	7 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	8
10	11 Sensory Seekers 10:00 – 11:00am 634 Main Street	12 Power Yoga 4:45 - 5:45pm Vinnie's Jump & Jive 635 Main Street	13 Power Yoga 4:45 - 5:45pm 634 Main Street	14 Open Playgroup 9:30 – 11:00am 634 Main Street	15
17	18 Open Playgroup 10:00 – 11:00am 634 Main Street	19 Diaper Bank Pick - Up 12:00 – 3:00pm 634 Main Street Power Yoga 4:45 – 5:45pm Vinnie's Jump & Jive 635 Main Street	20 Power Yoga 4:45 - 5:45pm 634 Main Street	21 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	22
24/31	25 Sensory Seekers 10:00 – 11:00am 634 Main Street	26 Power Yoga 4:45 – 5:45pm Vinnie's Jump & Jive 635 Main Street	27 Power Yoga 4:45 - 5:45pm 634 Main Street	28 Open Playgroup 9:30 – 11:00am 634 Main Street	29 