

# EVENTS

## Yoga

Prenatal yoga April, 6th, 20th  
9:30-11:00 A.M  
Urban Zen April 6th, 20th  
3:00-4:30p.m.

## World Health Day Great River walk

Join us for a river walk and spring cleaning. Healthy snacks and fun activities will be provided. April 7th 3:30-5:30p.m.

**Location:** 301 E River Dr. East Hartford

## Parents As Teachers Open House

Prenatal and postnatal education  
April 8th 12:00-2:00p.m.

## Gentle Yoga

April 10th and 24th 2:30-3:30p.m.  
Pre-registration is required RSVP  
860-610-6192 located at 92 Connecticut  
boulevard E Hartford

## Prediabetes

Recently diagnosed, learn how to prevent  
diabetes April 13th 3:00-4:30p.m.

## Easter Egg coloring

Parents and children enjoy some Easter  
egg coloring. April 14th 4:00-5:30p.m.

## Earth Day Gardening


Community gardening at 770 Main St  
East Hartford YMCA help build a garden  
April 21st 3:30-5:30p.m.

All programs are located at 110  
Connecticut boulevard conference room  
unless otherwise noted.

**Teresa Parker**  
Phone: 860-610-6168  
tparker@firstchc.org  
First Choice Health Centers  
110 Connecticut Boulevard  
East Hartford, CT 06108



# APRIL 2017 Happy Easter!!

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