



FOR IMMEDIATE RELEASE

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**COMMUNITY HEALTH CENTER, INC.'S FAMILY WELLNESS CENTER
OFFERS NEW SOCIAL NETWORKING WORKSHOP FOR PARENTS**

MIDDLETOWN, Conn. (March 22, 2011) – To help parents connect with one another easily, the Family Wellness Center – part of Community Health Center, Inc. (CHC) – is hosting a new blogging and social networking breakfast discussion for parents on March 29 from 10 a.m. to noon. Breakfast and childcare will be provided, and the event is open to the public.

Community Health Center, Inc. Social Media Manager Aldon Hynes will lead a discussion on how busy parents can connect to one another through social networks like Facebook and Twitter, as well as blogging.

“More and more, parents are going online to share stories of their families, support one another and perhaps even earn a little extra money,” said Hynes. “Some people are afraid to start a blog or don’t know how to get started. This discussion will help parents recognize the risks and rewards of going online and provide them with the knowledge to begin connecting through social networks.”

The Family Wellness Center provides education and support to parents to help them better understand child development and offers stimulating programs for parents, care providers and children of all ages, ranging from infant massage and toddler dance to breastfeeding assistance and support groups.

For more information on these or other Family Wellness Center programs, contact Program Coordinator Julie Deak at (860) 347-6971, ext. 3662 or e-mail deakj@chc1.com. The Family Wellness Center is located next to the Community Health Center of Middletown at 635 Main Street, Middletown, CT 06457.

About Community Health Center, Inc.

Since 1972, Community Health Center, Inc. has been one of the leading healthcare providers in the state of Connecticut, building a world-class primary health care system committed to caring for special populations. CHC is focused on improving health outcomes for its more than 130,000 patients as well as building healthy communities. Currently, CHC delivers service in 173 locations statewide, offering primary care in medical, dental and behavioral health services. For more information, visit chc1.com.

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