Middletown Wellness Month 2025

Sponsored by Middletown Prevention Coalition

Bringing Health & Wellness Opportunities to Middletown.






Community Wellness Series

YANA – 770 Aquidneck Ave., Middletown

Mindfulness for Health *Find peace and tranquility through silent and guided mindfulness exercises. No previous experience necessary. Can be seated in a chair or lay on a mat on the floor. Bring yoga mat/limited mats available.*
March 8 – 1pm-2:30pm

Yoga *Guided movement through yoga poses with moments of focus to encourage a sense of peace and well-being.* ***Bring yoga mat/limited mats available.***
March 15 – 1pm-2:30pm

Mindfulness Through Art *A creative process integrated with mindfulness techniques which bring about calm while igniting one's creative spirit.* ***Art supplies provided.***
March 22 – 1pm-2:30pm

Register for all YANA Workshops: kbowling101@gmail.com

Mindfulness for Seniors

Middletown Senior Center – 650 Green End Ave.

Find peace and tranquility through silent and guided mindfulness exercises. No previous experience necessary. Can be seated in a chair or lay on a mat on the floor.
March 13, 27 – 11am-12pm
Register: akaull@middletownri.gov

Norman Bird Sanctuary Wellness Activities

583 Third Beach Rd., Middletown

Guided Mindfulness Meditation *Find peace and tranquility through mindfulness practices. Sessions blend both guided and silent meditations. Workshops open to beginners to experienced practitioners. You can be seated in a chair or lay on the floor.* ***FREE. Mabel's Studio at NBS.***
March 7 – 9am-10am
Register: normanbirdsanctuary.org/events/guided-mindfulness-meditation-4/
March 21 – 9am-10am
Register: normanbirdsanctuary.org/events/guided-mindfulness-meditation-5/

Wednesday Nature Walks *Stretch your legs, get some fresh air and end the day with a walk in nature on the unique trails that meander throughout the diverse habitats and ecosystems of the sanctuary.*
March 5, 12 – 3pm-3:45pm
FREE. Meet at Welcome Center. No registration required.

Newport County YMCA

Sunday Get Healthy Days!
Sundays in March – 2, 9, 16, 23, 30
FREE admission.
YMCA open to all MPS personnel with your school ID.

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Mental Health First Aid Teacher Workshops

Learn how to identify, understand and respond to signs of mental health and substance use challenges among children/adolescents aged 6 to 18.

April 1, 8 – 2:30pm – Gaudet Middle School Library

Registration: Interested teachers should let their respective principals know and sign up on Frontline.

Middletown Library Wellness Series

Middletown Library, 700 W. Main Rd.

Fit, Free and Fab Workshop

Join us as we come together to reboot, reconnect and recharge in this dynamic, interactive workshop. Two hours of motivation, mindfulness, self-discovery and the tools to get you where you want to be...fit and fabulous! FREE.

March 4 – 5:30pm-7:30pm

Register: middletownpubliclibraryri.libcal.com/event/14084861

Self-Care Tool Kit Workshop

Join us at the Middletown Public Library for a hands-on workshop where you'll create your very own DIY Self-Care Tool Kit! In this session, we'll guide you through crafting personalized items designed to promote relaxation, mindfulness, and well-being. FREE.

March 10 – 6pm -7pm

Register: middletownpubliclibraryri.libcal.com/event/14084864

Wellness Book Club

*Join us for a lively discussion of **The Power of Fun**, a book about rediscovering joy and balance in our lives by embracing playful fun! FREE.*

March 25 – 6pm -7pm

Register: middletownpubliclibraryri.libcal.com/event/14084874

Community Dodgeball Tournament

The culmination to Wellness Month! Enjoy a fun, friendly competition between, friends, teachers, or co-workers. More info at middletownri.com/mpc

April 11

Gaudet Middle School Gym, 223 Turner Rd.

Middle School Division (Grades 6-8) – 3pm-4:30pm

Registration forms in main office.

MHS/Adult Division – 5pm-6:30pm

Register: https://www.eventbrite.com/o/middletown-prevention-coalition-41587669053

Wellness Month School Assemblies Forest Avenue, Aquidneck School & GLA

Gaudet Learning Academy, Forest Ave., Aquidneck School

"Positive Power Inside: Me, You, We"

Through music, song and interactive experiences students will learn healthier ways of relating to self and others.

March 19 Gaudet Learning Academy

March 25 – Aquidneck School

March 28 – Forest Avenue

Find Your Vibe, Lead Your Tribe

A creative and dynamic 6 session youth leadership series designed to help students develop their unique leadership skills, and enhance personal growth.

For more information, contact Principal Sweet at dsweet@mpsri.net.

Register, at https://forms.gle/cFL9NzDGzBUaNqcC9

MPC Middletown Prevention Coalition

Islanders Committed

For more on Wellness Month Activities, visit middletownri.gov/mpc or scan the QR Code.