

Nutrition Education Classes- September 2016

Clases de Nutricion

EAST AUSTIN

COMMUNITY CARE
211 COMAL
AUSTIN TX 78702
512-972-4942

Tuesday 8:00-5:00PM CLOSED 12:00-1:00PM

TUESDAY, SEPTEMBER 6TH, 2016

1:15 CHILD SPANISH

TUESDAY, SEPTEMBER 13TH, 2016

1:15 CHILD SPANISH

TUESDAY, SEPTEMBER 20TH, 2016

1:15 CHILD ENGLISH

TUESDAY, SEPTEMBER 27TH, 2016

1:15 CHILD SPANISH

ROSEWOOD-ZARAGOSA

2800 WEBBERVILLE RD
AUSTIN TX 78702
512-972-4942

Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM

Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM

Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM

CLOSED 2ND WEDNESDAY

THURS 7:30AM-4:30PM CLOSED 12:00-12:30PM

FRI 7:30AM-12PM

2ND SATURDAY 8:00AM-12:00PM

SATURDAY, SEPTEMBER 10TH, 2016

8:15 PREGNANT SPANISH

9:00 CHILD SPANISH

10:15 COOKING CLASS

TUESDAY, SEPTEMBER 20TH, 2016

8:15 INFANT SPANISH

9:30 CHILD SPANISH

10:30 INFANT ENGLISH

1:15 PREGNANT ENGLISH

2:30 INFANT ENGLISH

3:45 CHILD ENGLISH

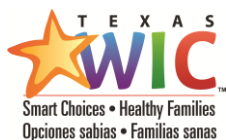
4:30 INFANT SPANISH

5:45 CHILD SPANISH

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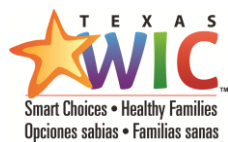


South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	THURSDAY, SEPTEMBER 1ST, 2016 8:00 CHILD ENGLISH 9:00 INFANT ENGLISH 10:00 PREGNANT ENGLISH 11:00 CHILD ENGLISH 1:00 INFANT EGLISH 3:00 PREGNANT ENGLISH THURSDY, SEPTEMBER 15TH, 2016 9:00 CHILD SPANISH 10:00 INFANT SPANISH 11:00 PREGNANT SPANISH 12:45 CHILD SPANISH 2:00 INFANT SPANISH 3:15 PREGNANT SPANISH THURSDAY, SEPTEMBER 22ND, 2016 8:30 INFANT SPANISH 9:45 COOKING CLASS 10:45 INFANT ENGLISH 1:00 CHILD SPANISH 2:00 CHILD SPANISH 3:00 PREGNANT ENGLISH MONDAY, SEPTEMBER 26TH, 2016 1:00 PREGNANT SPANISH 2:00 PREGNANT ENGLISH 3:15 INFANT SPANISH 4:30 CHILD ENGLISH 5:30 CHILD SPANISH
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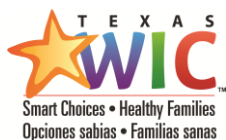


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, SEPTMEBER 6TH, 2016 1:15 CHILD ENGLISH 2:00 INFANT EGNLISH 3:15 PREGNANT ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH SATURDAY, SEPTEMBER 10TH, 2016 8:15 CHILD SPANISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH MONDAY, SEPTEMBER 19TH, 2016 8:00 CHILD SPANISH 9:00 PREGNANT SPANISH 10:00 INFANT SPANISH 1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:15 PREGNANT SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH
Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, SEPTEMBER 6TH, 2016 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 COOKING CLASS SPANISH 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH 6:00 CHILD SPANISH SATURDAY, SEPTEMBER 10TH, 2016 8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENLGISH

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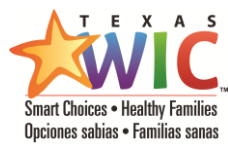


Northwest, continue	11:00 CHILD ENGLISH
	MONDAY, SEPTEMBER 12TH, 2016
	11:00 INFANT VIETNAMESE
	MONDAY, SEPTEMBER 19TH, 2016
	11:00 PREGNANT VIETNAMESE
	TUESDAY, SEPTEMBER 20th, 2016
	8:30 INFANT ENGLISH
	9:30 PREGNANT ENGLISH
	10:15 COOKING CLASS ENGLISH
	1:15 INFANT SPANISH
	2:30 PREGNANT ENGLISH
	3:15 CHILD SPANISH
	4:00 INFANT SPANISH
	5:15 CHILD SPANISH
	MONDAY, SEPTEMBER 26TH, 2016
	11:00 CHILD VIETNAMESE

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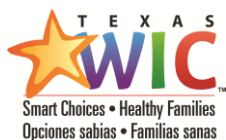


Montopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942 Mon 8am-7pm closed 12:00-1:00pm Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thurs 8am-4:30pm closed 12:00-12:30pm Fri 8am-12pm 2nd Saturday 8:00am-12:00pm	WEDNESDAY, SEPTEMBER 7TH, 2016 8:15 INFANT ENGLISH 10:30 GARDEN ENGLISH 1:15 COOKING CLASS ENGLISH 3:00 PREGNANT ENGLISH WEDNESDAY, SEPTEMBER 21ST, 2016 8:15 INFANT SPANISH 10:30 GARDEN SPANISH 1:15 COOKING SPANISH 3:00 PREGNANT SPANISH
Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, SEPTEMBER 6TH, 2016 8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS ENGLISH 6:00 PREGNANT ENGLISH TUESDAY, SEPTEMBER 13TH, 2016 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD SPANISH 2:15 INFANT SPANISH 4:00 PREGNANT SPANISH 5:00 INFANT SPANISH TUESDAY, SEPTEMBER 27TH, 2016 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH

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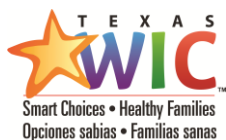


Far South, continue	1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS SPANISH 6:00 PREGNANT ENGLISH
Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12:00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm	WEDNESDAY, SEPTEMBER 7TH, 2016 8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING SPANISH 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH WEDNESDAY, SEPTEMBER 21ST, 2016 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS ENGLISH 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH WEDNESDAY, SEPTEMBER 28TH, 2016 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 12:45 INFANT SPANISH

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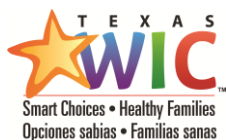


Dove Springs, continue	1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH
Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 1 ST & 3 RD Tues 8:30pm-6:00pm closed 12:00-1:00pm Thurs 8:30am-4:00pm closed 12:00pm-12:30pm	THURSDAY, SEPTEMBER 8TH, 2016 8:15 CHILD SPANISH 9:15 CHILD ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, SEPTEMBER 6TH, 2016 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH TUESDAY, SEPTMEBER 20TH, 2016 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH

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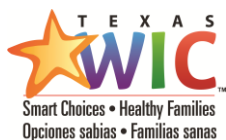


Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday	MONDAY, SEPTEMBER 19TH, 2016 8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH
Del Valle Clinic South Rural Community Center 3518 FM 973 Del Valle, TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm closed 12-12:30	THURSDAY, SEPTEMBER 1ST, 2016 8:00 INFANT SPANISH 9:20 INFANT ENGLISH 10:40 CHILD ENGLISH 11:20 CHILD SPANISH

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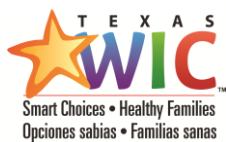


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues closed Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri closed 2nd Saturday 8:00am-12:00pm	WEDNESDAY, SEPTEMBER 7TH, 2016 12:30 INFANT SPANISH 1:45 PREGNANT SPANISH 2:45 PREGNANT ENGLISH SATURDAY, SEPTEMBER 10TH, 2016 9:00 COOKING CLASS SPANISH 10:00 COOKING CLASS ENGLISH
Elgin Clinic 218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942 Tues 8:00am-5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm	TUESDAY, SEPTEMBER 27TH, 2016 8:15 CHILD BILINGUAL 9:00 INFANT ENGLISH 10:30 PREGNANT BILINGUAL 12:30 INFANT ENGLISH

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Pregnant/Embarazada

This class uses group discussion and visual aids. The facilitator will guide the discussion, encouraging the participants to share their own knowledge and expertise on what helped them to get breastfeeding off to a good start. The facilitator will be using the Breastfeeding Educational Activity Kits, breast, models, baby dolls and the How Do I Know Breastfeeding is Going Well instructional guide to help the moms understand what they can do to get off to a good start and then continue breastfeeding as long as the recommendations.

Esta clase utiliza la discusión en grupo y ayudas visuales. El facilitador guiará la discusión, animando a los participantes a compartir sus propios conocimientos y experiencia en lo que les ayudó a que la lactancia tenga un buen comienzo. El facilitador va a utilizar los kits de actividad de La lactancia materna para la Educación, de mama, modelos, muñecas de bebé, y el ¿cómo sé que la lactancia va bien guía educativa para ayudar a las madres a entender lo que pueden hacer para tener un buen comienzo y luego continuar la lactancia materna siempre que las recomendaciones.

Infant/Infantes

This class is a group discussion about promoting healthy weight in infancy and throughout life. Parents and caregivers will discuss hunger and fullness cues, healthy infant feeding practices such as limiting juice and appropriately starting solids, and ways to incorporate physical activity from birth to 24 months.

Esta clase es un grupo de discusión sobre la promoción de peso saludable en la infancia y durante toda la vida. Los padres y cuidadores discutirán las señales de hambre y saciedad, las prácticas de alimentación de lactantes sanos, tales como limitar el jugo y de manera adecuada empezar comidas sólidas, y las maneras de incorporar la actividad física desde el nacimiento hasta los 24 meses.

Child/General / Niño/General

This class uses discussion and a hands-on activity to teach participants the health benefits of drinking fewer sugar-sweetened drinks, how to find sugar on a beverage label, and how to recognize "hidden sugars" in the ingredients. The class also covers healthy choices for specialty drinks" like sports drinks, coffee drinks, and smoothies.

Esta clase utiliza la discusión y una actividad práctica para enseñar a los participantes los beneficios de beber menos bebidas endulzadas con azúcar, cómo encontrar el azúcar en una etiqueta de la bebida, y cómo reconocer los "azúcares ocultos" en los ingredientes. La clase también incluye opciones saludables para bebidas especiales "como las bebidas deportivas, bebidas de café, y **batidos**.

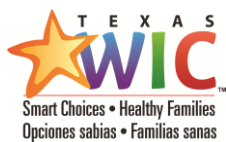
WIC Cooking Class Demonstrations

This class features easy fruit & vegetable recipes taught through demonstrations and facilitated

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discussion, focuses on basic cooking and facilitated discussion focuses on basic cooking and preparation skills, correct portion sizes for toddlers and adults nutritional benefits of fruits/vegetables, cooking with kids, information on shopping local at farmer's market. At the end of class participants are given a sample to taste, the recipe, and educational reinforcement. This class is part of the obesity Prevention Mini Grant.

Clase de Cocinar Demostraciones

Esta clase cuenta con recetas fáciles de frutas y verduras que se enseñan a través de demostraciones y discusión facilitada, se centra en la cocina básica y discusión facilitada en cocina básica y preparación de habilidades básicas, porción de tamaño correcto para niños pequeños y para los adultos los beneficios nutricionales de las frutas / verduras, cocinar con los niños, información sobre compras locales en mercado agrícola. Al final de la clase a los participantes de la clase se les da una muestra al gusto, la receta, y el refuerzo educativo. Esta clase es parte del Obesidad Prevención de Mini Grant.

Garden/Jardinería

This lesson is only taught at Montopolis WIC and is a basic gardening class featuring vegetable/or fruit plants, learning about the nutrients and health benefits from vegetables/fruits. After each class, this lesson includes a cooking demonstration using the featured produce. Participants are able to taste a sample, and receive an educational reinforcement, recipe or recipe book, and seedlings or seeds if available. This class is part of the Obesity Prevention Mini Grant.

Esta lección solamente se enseña en Montopolis WIC y es una clase básica de jardinería con plantas vegetales / o frutas, aprenderá acerca de los nutrientes y beneficios para la salud de las verduras / frutas. Después de cada clase, esta lección incluye una demostración de cocción con el producto ofrecido. Participantes son capaces de degustar una muestra, y recibir un refuerzo, receta o recetas de libros educativos y plántulas o semillas si está disponible. Esta clase es parte del Prevención de la Obesidad Mini Grant.

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