

Nutrition Education Classes- January 2017

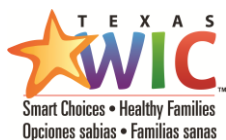
Clases de Nutricion

<p>EAST AUSTIN COMMUNITY CARE 211 COMAL AUSTIN TX 78702 512-972-4942</p> <p>Tuesday 8:00-5:00PM CLOSED 12:00-1:00PM</p>	<p>TUESDAY, JANUARY 3RD, 2017</p> <p>1:15 CHILD SPANISH</p> <p>TUESDAY, JANUARY 17TH, 2017</p> <p>1:15 CHILD ENGLISH</p> <p>TUESDAY, JANUARY 24TH, 2017</p> <p>1:15 CHILD SPANISH</p>
<p>ROSEWOOD-ZARAGOSA 2800 WEBBERVILLE RD AUSTIN TX 78702 512-972-4942</p> <p>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</p> <p style="text-align: center;">CLOSED 2ND WEDNESDAY</p> <p>THURS 7:30AM-4:30PM CLOSED 12:00-12:30PM FRI 7:30AM-12PM</p> <p>2ND SATURDAY 8:00AM-12:00PM</p>	<p>SATURDAY, JANUARY 14TH, 2017</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 9:45 INFANT ENGLISH 11:00 PREGNANT ENGLISH</p> <p>TUESDAY, JANUARY 17TH, 2017</p> <p>8:15 INFANT SPANISH 10:15 COOKING CLASS BILINGUAL 1:15 CHILD SPANISH 2:30 INFANT ENGLISH 3:45 CHILD ENGLISH 4:30 INFANT SPANISH 5:45 CHILD SPANISH</p>

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Bộ Canh Nông Hoa-Kỳ (USDA) là cơ quan phục vụ và tuyển dụng bình đẳng.

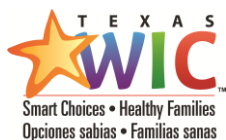


<p>South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>THURSDAY, JANUARY 5TH, 2017</p> <p>8:00 CHILD ENGLISH 9:00 INFANT ENGLISH 10:00 PREGNANT ENGLISH 11:00 CHILD ENGLISH 1:00 INFANT ENGLISH 3:00 PREGNANT ENGLISH</p> <p>THURSDAY, JANUARY 19TH, 2017</p> <p>9:00 CHILD SPANISH 10:00 INFANT SPANISH 11:00 PREGNANT SPANISH 12:45 CHILD SPANISH 2:00 INFANT SPANISH 3:15 PREGNANT SPANISH</p> <p>THURSDAY, JANUARY 26TH, 2017</p> <p>8:30 INFANT SPANISH 9:45 COOKING CLASS ENGLISH/SPANISH 10:45 INFANT ENGLISH 1:00 CHILD SPANISH 2:00 CHILD SPANISH 3:00 PREGNANT ENGLISH</p>
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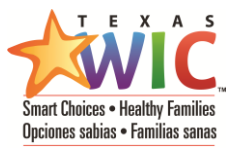


<p>St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, JANUARY 3RD, 2017</p> <p>1:15 INFANT ENGLISH 2:30 CHILD ENGLISH 3:15 PREGNANT ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH</p> <p>SATURDAY, JANUARY 14TH, 2017</p> <p>8:15 CHILD SPANISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH</p> <p>TUESDAY, JANUARY 17TH, 2017</p> <p>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</p>
<p>Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942</p> <p>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</p>	<p>TUESDAY, JANUARY 3RD, 2016</p> <p>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</p> <p>MONDAY, JANUARY 9TH, 2017</p> <p>11:00 INFANT VIETNAMESE</p>

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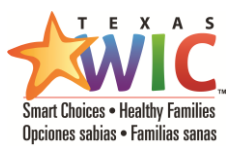


Northwest Clinic, continue	SATURDAY, JANUARY 14TH, 2017
	8:15 INFANT SPANISH
	9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH
	TUESDAY, JANUARY 17TH, 2017
	8:30 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:15 COOKING CLASS ENGLISH 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH
	MONDAY, JANUARY 23RD, 2017
	11:00 PREGNANT VIETNAMESE
	MONDAY, JANUARY 30TH, 2017
	11:00 CHILD VIETNAMESE

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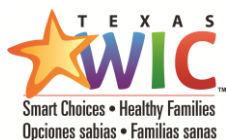


<p>Montopolis Clinic Neighborhood Center 2901 Montopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>Mon 8am-7pm closed 12:00-1:00pm Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thurs 8am-4:30pm closed 12:00-12:30pm Fri 8am-12pm 2nd Saturday 8:00am-12:00pm</p>	<p>WEDNESDAY, JANUARY 4TH, 2017</p> <p>8:15 INFANT ENGLISH 10:30 GARDEN ENGLISH 1:15 COOKING ENGLISH 3:00 PREGNANT ENGLISH</p> <p>WEDNESDAY, JANUARY 18TH, 2017</p> <p>8:15 INFANT SPANISH 10:30 GARDEN SPANISH 1:15 COOKING SPANISH 3:00 PREGNANT SPANISH</p>
<p>Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942</p> <p>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</p>	<p>TUESDAY, JANUARY 3RD, 2017</p> <p>8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS 6:00 PREGNANT ENGLISH</p> <p>TUESDAY, JANUARY 10TH, 2017</p> <p>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</p> <p>TUESDAY, JANUARY 24TH, 2017</p> <p>8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH</p>

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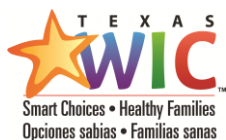


<p>Far South, continue</p>	<p>1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS SPANISH 6:00 PREGNANT ENGLISH</p>
<p>Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942</p> <p>Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12-00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm</p>	<p>WEDNESDAY, JANUARY 4TH, 2017</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:00 COOKING CLASS SPANISH 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH</p> <p>WEDNESDAY, JANUARY 18TH, 2017</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH</p>

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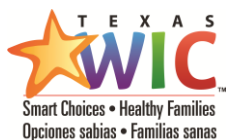


<p>Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942</p> <p>1st and 3rd Tues 8:30pm-6:00pm Close for lunch 12:00-1:00pm</p> <p>Thurs 8:30am-4:00pm closed for lunch 12:00pm-12:30pm</p>	<p>THURSDAY, JANUARY 12TH, 2016</p> <p>8:30 CHILD SPANISH 9:30 CHILD ENGLISH</p>
<p>Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942</p> <p>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</p>	<p>TUESDAY, JANUARY 3RD, 2017</p> <p>1:30 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH</p> <p>TUESDAY, JANUARY 17TH, 2017</p> <p>1:30 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH</p>

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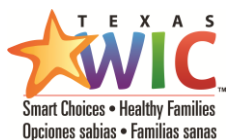


<p>Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942</p> <p>Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday</p>	<p>MONDAY, JANUARY 23RD, 2017</p> <p>8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH</p>
<p>Del Valle Clinic South Rural Community Center 3518 FM 973 Del Valle, TX. 78617 512-972-4942</p> <p>Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm closed 12-12:30</p>	<p>MONDAY, JANUARY 9TH, 2017</p> <p>5:00 CHILD SPANISH 5:40 CHILD ENGLISH</p>

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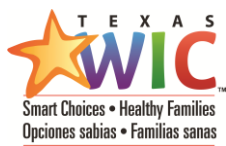


<p>Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues closed Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri closed 2nd Saturday 8:00am-12:00pm</p>	<p>WEDNESDAY, JANUARY 4TH, 2017</p> <p>8:00 INFANT SPANISH 9:30 INFANT ENGLISH 1:00 PREGNANT SPANISH 2:00 PREGNANT ENGLISH</p> <p>SATURDAY, JANUARY 14TH, 2017</p> <p>9:00 COOKING DEMO SPANISH 10:00 COOKING DEMO ENGLISH</p>
<p>Elgin Clinic 218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942</p> <p>Tues 8:00am-5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm</p>	<p>TUESDAY, JANUARY 24TH, 2017</p> <p>8:15 CHILD BILINGUAL 9:00 INFANT SPANISH 10:30 PREGNANT BILINGUAL 12:30 INFANT ENGLISH</p>

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Pregnant/Embarazada

This class is designed to educate pregnant participants about food packages choices for moms and infants and the importance of exclusive breastfeeding for at least the first month.

Esta clase está diseñada para educar a las participantes embarazadas sobre las opciones de paquetes de alimentos para las mamás y los bebés y la importancia de la lactancia materna exclusiva durante al menos el primer mes.

Infant/Infante

This lesson uses group discussion to encourage participants to learn about and share common concerns about caring for infants. Participants are able to select from ten common concerns about caring for infants to discuss a group.

Esta lección usa la discusión en grupo para animar a los participantes a aprender y compartir preocupaciones comunes sobre el cuidado de los niños. Los participantes son capaces de seleccionar entre diez preocupaciones comunes sobre el cuidado de los niños para discutir un grupo.

Child/General / Niño/General

This class uses a short video that focuses on healthy foods for kids and tips for feeding picky eaters. The video is followed by a group discussion to help participants share their ideas and experiences about getting their kids to eat healthy.

Esta clase utiliza un video corto que se centra en alimentos saludables para los niños y consejos para la alimentación de los consumidores quisquillosos. El video es seguido por un grupo de discusión para ayudar a los participantes a compartir sus ideas y experiencias acerca de cómo conseguir que sus hijos coman saludablemente.

WIC Cooking Class Demonstrations

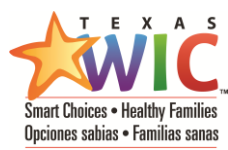
This class features easy fruit & vegetable recipes taught through demonstrations and facilitated discussion, focuses on basic cooking and preparation skills, correct portion sizes for toddlers and adults, nutritional benefits of fruits/vegetables, cooking with kids, information on shopping local at farmer's 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.

Esta clase cuenta con fáciles recetas de frutas y verduras enseñadas a través de demostraciones y discusión facilitada, se centra en la cocina básica y habilidades de preparación, tamaños de porciones correctas para niños y adultos, beneficios nutricionales de frutas y verduras, cocina con niños, información sobre compras locales en el mercado de agricultores. Al final de la clase se les da una

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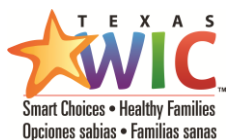


muestra a gusto, la receta y el refuerzo educativo. Esta clase es parte de la Obesidad Prevención Mini Grant.

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Nutrition Education Classes- February 2017

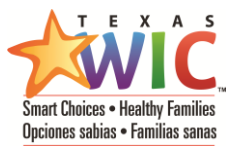
Clases de Nutricion

<p>EAST AUSTIN COMMUNITY CARE 211 COMAL AUSTIN TX 78702 512-972-4942</p> <p>Tuesday 8:00-5:00PM CLOSED 12:00-1:00PM</p>	<p>TUESDAY, FEBRUARY 7TH, 2017</p> <p>1:15 CHILD SPANISH</p> <p>TUESDAY, FEBRUARY 14TH, 2017</p> <p>1:15 CHILD SPANISH</p> <p>TUESDAY, FEBRUARY 21ST, 2017</p> <p>1:15 CHILD ENGLISH</p> <p>TUESDAY, FEBRUARY 28TH, 2017</p> <p>1:15 CHILD SPANISH</p>
<p>ROSEWOOD-ZARAGOSA 2800 WEBBERVILLE RD AUSTIN TX 78702 512-972-4942</p> <p>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</p> <p style="text-align: center;">CLOSED 2ND WEDNESDAY</p> <p>THURS 7:30AM-4:30PM CLOSED 12:00-12:30PM FRI 7:30AM-12PM</p> <p>2ND SATURDAY 8:00AM-12:00PM</p>	<p>SATURDAY, FEBRUARY 11TH, 2017</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 9:45 INFANT ENGLISH 11:00 PREGNANT ENGLISH</p> <p>TUESDAY, FEBRUARY 21ST, 2017</p> <p>8:15 INFANT SPANISH 10:15 COOKING CLASS BILINGUAL 1:15 CHILD SPANISH 2:30 INFANT ENGLISH 3:45 CHILD ENGLISH 4:30 INFANT SPANISH 5:45 CHILD SPANISH</p>

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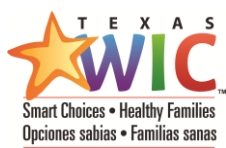


<p>South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>THURSDAY, FEBRUARY 2ND, 2017</p> <p>8:00 CHILD ENGLISH 9:00 INFANT ENGLISH 10:00 PREGNANT ENGLISH 11:00 CHILD ENGLISH 1:00 INFANT ENGLISH 3:00 PREGNANT ENGLISH</p> <p>THURSDAY, FEBRUARY 16TH, 2017</p> <p>9:00 CHILD SPANISH 10:00 INFANT SPANISH 11:00 PREGNANT SPANISH 12:45 CHILD SPANISH 2:00 INFANT SPANISH 3:15 PREGNANT SPANISH</p> <p>THURSDAY, FEBRUARY 23RD, 2017</p> <p>8:30 INFANT SPANISH 9:45 COOKING CLASS BILINGUAL 10:45 INFANT ENGLISH 1:00 CHILD SPANISH 2:00 CHILD SPANISH 3:00 PREGNANT ENGLISH</p> <p>MONDAY FEBRUARY 27TH, 2017</p> <p>1:00 PREGNANT SPANISH 2:00 PREGNANT ENGLISH 3:15 INFANT SPANISH 4:30 CHILD ENGLISH 5:30 CHILD SPANISH</p>
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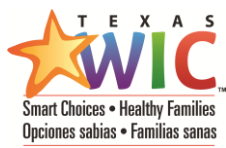


<p>St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm</p>	<p>MONDAY, FEBRUARY 6TH, 2017</p> <p>1:15 INFANT ENGLISH 2:30 CHILD ENGLISH 3:15 PREGNANT ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH</p> <p>SATURDAY, FEBRUARY 11TH, 2017</p> <p>8:15 CHILD SPANISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH</p> <p>TUESDAY, FEBRUARY 21ST, 2017</p> <p>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</p>
<p>Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942</p> <p>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</p>	<p>MONDAY, FEBRUARY 6TH, 2017</p> <p>11:00 VIETNAMESE INFANT</p> <p>TUESDAY, FEBRUARY 7TH, 2017</p> <p>7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 COOKING CLASS 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH 6:00 CHILD SPANISH</p>

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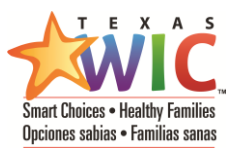


Northwest Clinic, continue	SATURDAY, FEBRUARY 11TH, 2017
	8:15 INFANT SPANISH
	9:15 CHILD SPANISH
	10:00 INFANT ENGLISH
	11:00 CHILD ENGLISH
	MONDAY, FEBRUARY 13TH, 2017
	11:00 PREGNANT VIETNAMESE
	TUESDAY, FEBRUARY 21ST, 2017
	8:30 INFANT ENGLISH
	9:30 PREGNANT ENGLISH
	10:15 COOKING CLASS ENGLISH
	1:15 INFANT SPANISH
	2:30 PREGNANT ENGLISH
	3:15 CHILD SPANISH
	4:00 INFANT SPANISH
	5:15 CHILD SPANISH
	MONDAY, FEBRUARY 27TH, 2017
	11:00 CHILD VIETNAMESE

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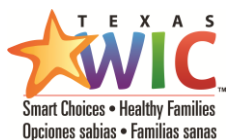


<p>Montopolis Clinic Neighborhood Center 2901 Montopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>Mon 8am-7pm closed 12:00-1:00pm Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thurs 8am-4:30pm closed 12:00-12:30pm Fri 8am-12pm 2nd Saturday 8:00am-12:00pm</p>	<p>WEDNESDAY, FEBRUARY 1ST, 2017</p> <p>8:15 INFANT ENGLISH 10:30 GARDEN ENGLISH 1:15 COOKING CLASS ENGLISH 3:00 PREGNANT ENGLISH</p> <p>WEDNESDAY, FEBRUARY, 15TH, 2017</p> <p>8:15 INFANT SPANISH 10:30 GARDEN SPANISH 1:15 COOKING CLASS SPANISH 3:00 PREGNANT SPANISH</p>
<p>Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942</p> <p>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</p>	<p>TUESDAY, FEBRUARY 7TH, 2017</p> <p>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</p> <p>TUESDAY, FEBRUARY 14TH, 2017</p> <p>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</p> <p>TUESDAY, FEBRUARY 28TH, 2017</p> <p>8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH</p>

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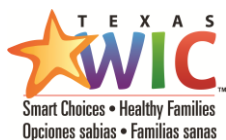


<p>Far South Clinic, continue</p>	<p>1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS 6:00 PREGNANT ENGLISH</p>
<p>Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942</p> <p>Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12-00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm</p>	<p>WEDNESDAY, FEBRURARY 1ST, 2017</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH</p> <p>WEDNESDAY, FEBRUARY 15TH, 2017</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH</p>

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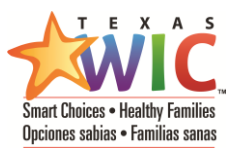


<p>Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942</p> <p>1st and 3rd Tues 8:30pm-6:00pm Close for lunch 12:00-1:00pm</p> <p>Thurs 8:30am-4:00pm closed for lunch 12:00pm-12:30pm</p>	<p>THURSDAY, FEBRUARY 9TH, 2017</p> <p>8:30 CHILD SPANISH 9:30 CHILD ENGLIHS</p>
<p>Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942</p> <p>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</p>	<p>TUESDAY, FEBRUARY 7TH, 2017</p> <p>1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH</p> <p>TUESDAY, FEBRUARY 21ST, 2017</p> <p>1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH</p>

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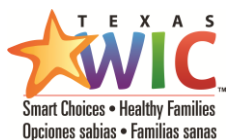


<p>Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942</p> <p>Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday</p>	<p>MONDAY, FEBRUARY 20TH, 2017</p> <p>8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH</p>
<p>Del Valle Clinic South Rural Community Center 3518 FM 973 Del Valle, TX. 78617 512-972-4942</p> <p>Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm closed 12-12:30</p>	<p>MONDAY FEBRUARY 6TH, 2017</p> <p>5:00 CHILD SPANISH 5:40 CHILD ENGLISH</p>

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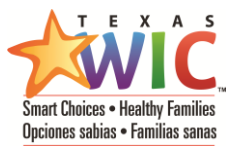


<p>Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues closed Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri closed 2nd Saturday 8:00am-12:00pm</p>	<p>WEDNESDAY, FEBRUARY 1ST, 2017</p> <p>8:00 INFANT SPANISH 9:30 INFANT ENGLISH 1:00 PREGNANT SPANISH 2:00 PREGNANT ENGLISH</p> <p>SATURDAY, FEBRUARY 11TH, 2017</p> <p>9:00 COOKING DEMO SPANISH 10:00 COOKING DEMO ENGLISH</p>
<p>Elgin Clinic 218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942</p> <p>Tues 8:00am-5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm</p>	<p>TUESDAY, FEBRUARY 28TH, 2017</p> <p>8:15 CHILD BILINGUAL 9:00 INFANT SPANISH 10:30 PREGNANT BILINGUAL 12:30 INFANT ENGLISH</p>

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Pregnant/Embarazada

This class is designed to educate pregnant participants about food packages choices for moms and infants and the importance of exclusive breastfeeding for at least the first month.

Esta clase está diseñada para educar a las participantes embarazadas sobre las opciones de paquetes de alimentos para las mamás y los bebés y la importancia de la lactancia materna exclusiva durante al menos el primer mes.

Infant/Infante

This lesson uses group discussion to encourage participants to learn about and share common concerns about caring for infants. Participants are able to select from ten common concerns about caring for infants to discuss a group.

Esta lección usa la discusión en grupo para animar a los participantes a aprender y compartir preocupaciones comunes sobre el cuidado de los niños. Los participantes son capaces de seleccionar entre diez preocupaciones comunes sobre el cuidado de los niños para discutir un grupo.

Child/General / Niño/General

This class uses a short video that focuses on healthy foods for kids and tips for feeding picky eaters. The video is followed by a group discussion to help participants share their ideas and experiences about getting their kids to eat healthy.

Esta clase utiliza un video corto que se centra en alimentos saludables para los niños y consejos para la alimentación de los consumidores quisquillosos. El video es seguido por un grupo de discusión para ayudar a los participantes a compartir sus ideas y experiencias acerca de cómo conseguir que sus hijos coman saludablemente.

WIC Cooking Class Demonstrations

This class features easy fruit & vegetable recipes taught through demonstrations 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.

Esta clase cuenta con fáciles recetas de frutas y verduras enseñadas a través de demostraciones y discusión facilitada, se centra en la cocina básica y habilidades de preparación, tamaños de porciones correctas para niños y adultos, beneficios nutricionales de frutas y verduras, cocina con niños, información sobre compras locales en el mercado de agricultores. Al final de la clase se les da una

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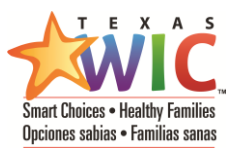


muestra a gusto, la receta y el refuerzo educativo. Esta clase es parte de la Obesidad Prevención Mini Grant.

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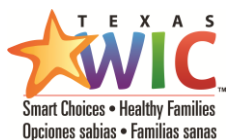


<p>South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>THURSDAY, MARCH 16TH, 2017</p> <p>9:00 CHILD SPANISH 10:00 PREGNANT ENGLISH 11:00 PREGNANT SPANISH</p> <p>THURSDAY, MARCH 23RD, 2017</p> <p>8:30 INFANT SPANISH 9:45 COOKING CLASS BILINGUAL 10:45 INFANT ENGLISH 1:00 CHILD SPANISH 2:00 CHILD ENGLISH 3:00 PREGNANT ENGLISH</p>
<p>St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942</p> <p>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</p>	<p>MONDAY, MARCH 6TH, 2017</p> <p>1:15 INFANT ENGLISH 2:30 CHILD ENGLISH 3:15 PREGNANT ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH</p> <p>MONDAY, MARCH 20TH, 2017</p> <p>8:00 CHILD SPANISH 9:00 PREGNANT SPANISH 10:00 INFANT SPANISH</p> <p>1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:15 PREGNANT SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH</p>

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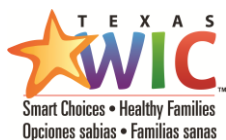


<p>Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, MARCH 7TH, 2017</p> <p>7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 COOKING CLASS SPANISH</p> <p>1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH 6:00 CHILD SPANISH</p> <p>SATURDAY, MARCH 11TH, 2017</p> <p>8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH</p> <p>TUESDAY, MARCH 21ST, 2017</p> <p>8:30 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:15 COOKING CLASS ENGLISH</p> <p>1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH</p>
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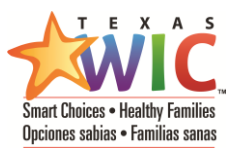


<p>Montopolis Clinic Neighborhood Center 2901 Montopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>Mon 8am-7pm closed 12:00-1:00pm Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thurs 8am-4:30pm closed 12:00-12:30pm Fri 8am-12pm 2nd Saturday 8:00am-12:00pm</p>	<p>WEDNESDAY, MARCH 1ST, 2017</p> <p>8:15 INFANT ENGLISH 10:30 GARDEN ENGLISH</p> <p>1:15 COOKING CLASS ENGLISH 3:00 PREGNANT ENGLISH</p> <p>WEDNESDAY, MARCH 15TH, 2017</p> <p>8:15 INFANT SPANISH 10:30 GARDEN SPANISH</p> <p>1:15 COOKING CLASS SPANISH 3:00 PREGNANT SPANISH</p>
<p>Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942</p> <p>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</p>	<p>TUESDAY, MARCH 14TH, 2017</p> <p>1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING ENGLISH 6:00 PREGNANT ENGLISH</p> <p>TUESDAY, MARCH 28TH, 2017</p> <p>8:15 INFANT SPANISH 9:30 PREGNANT ENGLISH 10:30 CHILD SPANISH 1:15 CHILD SPANISH 2:15 INFANT SPANISH 4:00 COOKING SPANISH 6:00 PREGNANT SPANISH</p>

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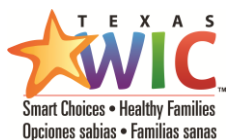


<p>Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942</p> <p>Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12:00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm</p>	<p>WEDNESDAY, MARCH 1ST, 2017</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS SPANISH</p> <p>12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH</p> <p>WEDNESDAY, MARCH 15TH, 2017</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS ENGLISH 12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH</p>
<p>Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942</p> <p>1st and 3rd Tues 8:30pm-6:00pm Close for lunch 12:00-1:00pm</p> <p>Thurs 8:30am-4:00pm closed for lunch 12:00pm-12:30pm</p>	<p>THURSDAY, MARCH 9TH, 2017</p> <p>8:30 CHILD SPANISH 9:30 CHILD ENGLISH</p>

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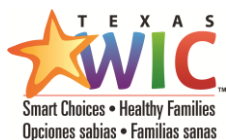


<p>Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, MARCH 7TH, 2017</p> <p>1:30 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH</p> <p>TUESDAY, MARCH 21ST, 2017</p> <p>1:30 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH</p>
<p>Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942</p> <p>Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday</p>	<p>MONDAY, MARCH 20TH, 2017</p> <p>8:15 CHILD SPANISH 9:15 CHILD ENGLISH</p> <p>12:45 CHILD SPANISH 1:45 CHILD ENGLISH</p>
<p>Del Valle Clinic South Rural Community Center 3518 FM 973 Del Valle, TX. 78617 512-972-4942</p> <p>Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm closed 12-12:30</p>	<p>MONDAY, MARCH 6TH, 2017</p> <p>5:00 CHILD SPANISH 5:40 CHILD ENGLISH</p>

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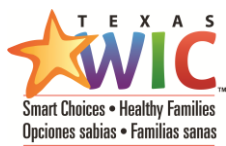


<p>Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues closed Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri closed 2nd Saturday 8:00am-12:00pm</p>	<p>WEDNESDAY, MARCH 1ST, 2017</p> <p>8:00 INFANT SPANISH 9:30 INFANT ENGLISH 1:00 PREGNANT SPANISH 2:00 PREGNANT ENGLISH</p> <p>SATURDAY, MARCH 11TH, 2017</p> <p>9:00 COOKING CLASS SPANISH 10:00 COOKING CLASS ENGLISH</p>
<p>Elgin Clinic 218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942</p> <p>Tues 8:00am-5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm</p>	<p>TUESDAY, MARCH 28TH, 2017</p> <p>8:15 CHILD BILINGUAL 9:00 INFANT SPANISH 10:30 PREGNANT BILINGUAL 12:30 INFANT ENGLISH</p>

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Pregnant/Embarazada

This class is designed to educate pregnant participants about food packages choices for moms and infants and the importance of exclusive breastfeeding for at least the first month.

Esta clase está diseñada para educar a las participantes embarazadas sobre las opciones de paquetes de alimentos para las mamás y los bebés y la importancia de la lactancia materna exclusiva durante al menos el primer mes.

Infant/Infante

This lesson uses group discussion to encourage participants to learn about and share common concerns about caring for infants. Participants are able to select from ten common concerns about caring for infants to discuss a group.

Esta lección usa la discusión en grupo para animar a los participantes a aprender y compartir preocupaciones comunes sobre el cuidado de los niños. Los participantes son capaces de seleccionar entre diez preocupaciones comunes sobre el cuidado de los niños para discutir un grupo.

Child/General / Niño/General

This class uses a short video that focuses on healthy foods for kids and tips for feeding picky eaters. The video is followed by a group discussion to help participants share their ideas and experiences about getting their kids to eat healthy.

Esta clase utiliza un video corto que se centra en alimentos saludables para los niños y consejos para la alimentación de los consumidores quisquillosos. El video es seguido por un grupo de discusión para ayudar a los participantes a compartir sus ideas y experiencias acerca de cómo conseguir que sus hijos coman saludablemente.

WIC Cooking Class Demonstrations

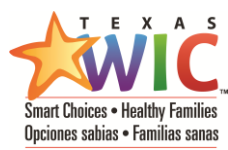
This class features easy fruit & vegetable recipes taught through demonstrations and facilitated discussion, focuses on basic cooking and preparation skills, correct portion sizes for toddlers and adults, nutritional benefits of fruits/vegetables, cooking with kids, information on shopping local at farmer's 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.

Esta clase cuenta con fáciles recetas de frutas y verduras enseñadas a través de demostraciones y discusión facilitada, se centra en la cocina básica y habilidades de preparación, tamaños de porciones correctas para niños y adultos, beneficios nutricionales de frutas y verduras, cocina con niños, información sobre compras locales en el mercado de agricultores. Al final de la clase se les da una

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muestra a gusto, la receta y el refuerzo educativo. Esta clase es parte de la Obesidad Prevención Mini Grant.

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