

Nutrition Education Classes- JUNE 2016

Clases de Nutricion

EAST AUSTIN

COMMUNITY CARE

211 COMAL

AUSTIN TX 78702

512-972-4942

Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM

TUESDAY, JUNE 7TH, 2016

1:15 CHILD SPANISH

TUESDAY, JUNE 14TH, 2016

1:15 CHILD SPANISH

TUESDAY, JUNE 21ST, 2016

1:15 CHILD ENGLISH

TUESDAY, JUNE 28TH, 2016

1:15 CHILD SPANISH

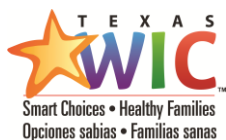
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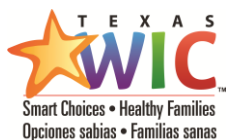


SOUTH AUSTIN, continue	2:00 CHILD SPANISH 3:00 PREGNANT ENGLISH MONDAY, JUNE 27TH, 2016 1:00 PREGNANT SPANISH 2:00 PREGNANT ENGLISH 3:15 CHILD SPANISH 4:30 CHILD ENGLISH 5:30 CILD SPANISH
St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm 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	MONDAY, JUNE 6TH, 2016 8:00 CHILD ENGLISH 9:00 CHILD ENGLISH 10:00 INFANT ENGLISH 1:15 CHILD ENGLISH 2:00 INFANT ENGLISH 3:15 PREGNANT ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH FRIDAY, JUNE 10TH, 2016 8:00 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH SATURDAY, JUNE 11TH, 2016 8:15 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH MONDAY, JUNE 20TH, 2016 8:00 CHILD SPANISH 9:00 PREGNANT SPANISH

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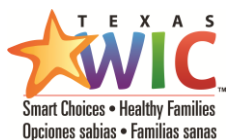


ST JOHNS, continue	10:00 INFANT SPANISH 1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:15 PREGNANT SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH
Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm 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	MONDAY, JUNE 6TH, 2016 11:00 INFANT VIETNAMESE TUESDAY, JUNE 7TH, 2016 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 INFANT 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, JUNE 11TH, 2016 8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH MONDAY, JUNE 13TH, 2016 11:00 PREGNANT VIETNAMESE MONDAY, JUNE 20TH, 2016 11:00 CHILD VIETNAMESE

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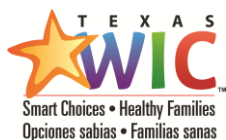


NORTHWEST, continue	TUESDAY, JUNE 21ST, 2016 8:00 CHILD ENGLISH 9:00 INFANT ENGLISH 10:00 PREGNANT ENGLISH 1:15 INFANT ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH TUESDAY, JUNE 28TH, 2016 7:45 CHILD SPANISH 8:45 INFANT SPANISH 10:00 COOKING CLASS 1:15 INFANT SPANISH 2:30 INFANT SPANISH 3:45 CHILD SPANISH
Montopolis Clinic Neighborhood Center 2901 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, JUNE 1ST, 2016 8:15 INFANT ENGLISH 10:30 GARDEN ENGLISH 1:15 COOKING ENGLISH 3:00 PREGNANT ENGLISH WEDNESDAY, JUNE 15TH, 2016 8:15 INFANT SPANISH 10:30 GARDEN SPANISH 1:15 COOKING SPANISH 3:00 PREGNANT SPANISH

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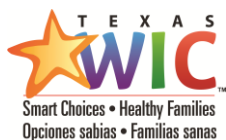


Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, JUNE 7TH, 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 6:00 PREGNANT ENGLISH TUESDAY, JUNE 14TH, 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, JUNE 28TH, 2016 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS 6:00 PREGNANT ENGLISH
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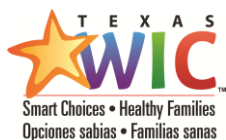


Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12:00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm	WEDNESDAY JUNE 1ST, 2016 8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS SPANISH 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH WEDNESDAY, JUNE 15TH, 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, JUNE 22ND, 2016 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH WEDNESDAY, JUNE 29TH, 2016 8:15 CHILD ENGLISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 CHILD SPANISH
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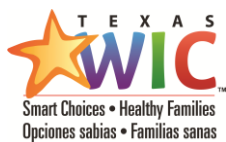


Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tues 1:30pm-5:00pm Thurs 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY, JUNE 9TH, 2016 9:15 SPANISH 10:15 ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 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, JUNE 7TH, 2016 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH TUESDAY, JUNE 21ST, 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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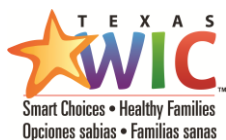


Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday	MONDAY, JUNE 20TH, 2016 8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH
Del Valle 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 Del Valle, continue.	MONDAY, JUNE 6TH, 2016 8:00 INFANT SPANISH 9:20 INFANT ENGLISH 10:40 CHILD ENGLISH 11:20 CHILD SPANISH

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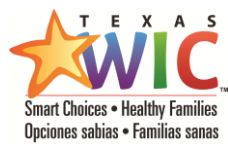


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues closed Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri closed 2nd Saturday 8:00am-12:00pm	WEDNESDAY, JUNE 1ST, 2016 12:30 INFANT SPANISH 1:45 PREGNANT SPANISH 2:45 PREGNANT ENGLISH SATURDAY, JUNE 11TH, 2016 8:15 INFANT ENGLISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH THURSDAY, JUNE 16TH, 2016 10:00 COOKING CLASS
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, JUNE 28TH, 2016 8:15 CHILD BILINGUAL 9:00 INFANT ENGLISH 10:30 PREGNANT BILINGUAL 12:30 INFANT ENGLISH

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Pregnant/Embarazada

Through facilitated discussion and a MyPlate activity, participants explore healthy weight gain and healthy eating during pregnancy. Additional topics covered include: food safety during pregnancy, benefits of breastfeeding and diet for the breastfeeding mom.

A través de discusión facilitada y una actividad MyPlate, los participantes exploran el aumento de peso saludable y una alimentación saludable durante el embarazo. Otros temas cubiertos incluyen: seguridad alimentaria durante el embarazo, la lactancia materna y los beneficios de la dieta de la madre lactante.

Infant/Infante

This lesson offers group discussion and a short video that shows babies at different stages of readiness to eat solid foods. Families will learn healthy ways to introduce baby foods, new tastes, and textures.

Esta lección ofrece discusión en grupo y un breve vídeo que muestra los bebés en diferentes etapas de preparación para comer alimentos sólidos. Las familias aprenderán formas saludables para introducir alimentos para bebés, nuevos sabores y texturas.

Child/General / Niño/General

This lesson uses discussion and interactive jeopardy game to discuss the benefits of eating locally grown fruits and vegetables while shopping at a farmers' market. Additionally this class is designed to increase participants' confidence in shopping for Texas seasonal produce.

Esta lección utiliza la discusión y el juego interactivo jeopardy para discutir los beneficios de comer frutas y verduras cultivadas localmente mientras que las compras en un mercado de agricultores. Además, esta clase está diseñada para aumentar la confianza de los participantes en la compra de productos de temporada de Texas.

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.

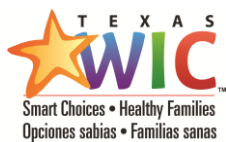
Clase de Cocina/Demostraciones de WIC

Esta clase cuenta con recetas fáciles de frutas y verduras que se enseñan a través de demostraciones y discusión facilitada, se centra en conocimientos básicos de cocina y preparación, la porción correcta

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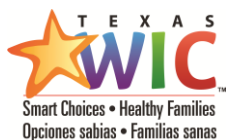


tamaños para niños y adultos, los beneficios nutricionales de las frutas / verduras, cocinar con los niños, información sobre compras locales en el mercado del agricultor. Al final de participantes de la clase se les da un sencillo al gusto, la receta, y el refuerzo educativo. Esta clase es parte de la prevención de la obesidad Mini Grant.

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Nutrition Education Classes- JULY 2016

Clases de Nutricion

EAST AUSTIN

COMMUNITY CARE

211 COMAL

AUSTIN TX 78702

512-972-4942

Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM

TUESDAY, JULY 5TH, 2016

1:15 CHILD SPANISH

TUESDAY, JULY 12TH, 2016

1:15 CHILD SPANISH

TUESDAY JULY 19TH, 2016

1:15 CHILD ENGLISH

TUESDAY JULY 26TH, 2016

1:15 CHILD SPANISH

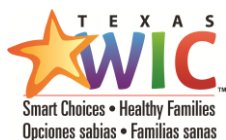
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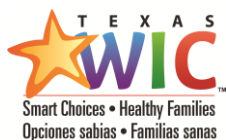


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, JULY 5TH, 2016 1:15 CHILD ENGLISH 2:00 INFANT ENGLISH 3:15 PREGNANT ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH SATURDAY, JULY 9TH, 2016 8:15 CHILD SPANISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH MONDAY, JULY 18TH, 2016 1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:15 PREGNANT SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH WEDNESDAY, JULY 20TH, 2016 8:00 CHILD SPANISH 9:00 PREGNANT SPANISH 10:00 INFANT 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, JULY 5TH, 2016 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 INFANT 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

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Northwest, continue

SATURDAY, JULY 9TH, 2016

8:15 INFANT SPANISH
9:15 CHILD SPANISH
10:00 INFANT ENGLISH
11:00 CHILD ENGLISH

MONDAY, JULY 11TH, 2016

11:00 INFANT VIETNAMESE

MONDAY, JULY 18TH, 2016

11:00 PREGNANT VIETNAMESE
1:15 INFANT ENGLISH
2:30 PREGNANT ENGLISH
3:15 CHILD ENGLISH
4:00 INFANT ENGLISH
5:15 CHILD ENGLISH

WEDNESDAY, JULY 20TH, 2016

8:00 CHILD ENGLISH
9:00 INFANT ENGLISH
10:00 PREGNANT ENGLISH

MONDAY, JULY 25TH, 2016

11:00 CHILD VIETNAMESE

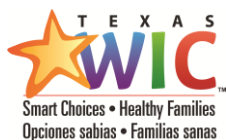
TUESDAY, JULY 26TH, 2016

7:45 CHILD SPANISH
8:45 INFANT SPANISH
10:00 COOKING CLASS
1:15 INFANT SPANISH
2:30 INFANT SPANISH
3:45 CHILD SPANISH

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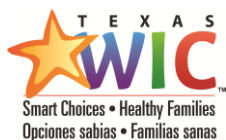


Montopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942 Mon 8am-7pm closed 12:00-1:00pm Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thurs 8am-4:30pm closed 12:00-12:30pm Fri 8am-12pm 2nd Saturday 8:00am-12:00pm	WEDNESDAY, JULY 6, 2016 8:15 INFANT ENGLISH 10:30 GARDEN ENGLISH 1:15 COOKING ENGLISH 3:00 PREGNANT ENGLISH MONDAY, JULY 18TH, 2016 1:15 CHILD SPANISH 2:15 PREGNANT SPANISH 3:15 INFANT SPANISH 4:45 CHILD SPANISH 5:45 PREGNANT SPANISH WEDNESDAY, JULY 20TH, 2016 8:15 INFANT SPANISH 9:45 PREGNANT SPANISH 10:45 CHILD 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, JULY 5TH, 2016 8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFAN T ENGLISH 4:00 COOKING ENGLISH 6:00 PEGNANT ENGLISH MONDAY, JULY 18TH, 2016 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 PREGNANT ENGLISH TUESDAY, JULY 26TH, 2016 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD SPANISH

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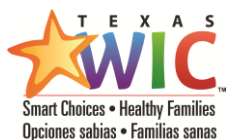


Far South, continue	2:15 INFANT SPANISH 4:00 COOKING SPANISH 6:00 PREGNANT SPANISH
Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12-00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm	WEDNESDAY, JULY 6TH, 2016 8:15 PREGANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS SPANISH 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH MONDAY, JULY 18TH, 2016 12:45 INFANT ENGLISH 1:45 CHILD ENGLISH 2:45 PREGNANT ENGLISH 3:45 CHILD ENGLISH 4:45 CHILD ENGLISH 5:45 CHILD ENGLISH WEDNESDAY, JULY 20TH, 2016 8:15 CHILD ENGLISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 CHILD SPANISH

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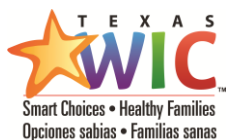


Dove Springs, continue	WEDNESDAY, JULY 27TH, 2016 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH
Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tues 1:30pm-5:00pm Thurs 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY, JULY 14TH, 2016 9:15 CHILD SPANISH 10:15 CHILD ENGLISH

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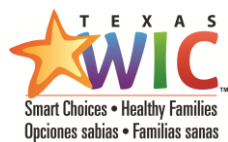


Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, JULY 5TH, 2016 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH MONDAY, JULY 18TH, 2016 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH WEDNESDAY, JULY 20TH, 2016 8:30 CHILD SPANISH 10:00 CHILD ENGLISH
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, JULY 18TH, 2016 12:45 CHILD SPANISH 1:45 CHILD ENGLISH 2:45 CHILD SPANISH 3:45 CHILD ENGLISH

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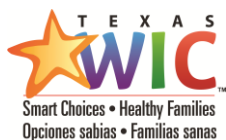


Del Valle Clinic South Rural Community Center 3518 FM 973 Del Valle, TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm closed 12-12:30 Del Valle, continue.	MONDAY, JULY 18TH, 2016 1:20 INFANT SPANISH 2:40 INFANT ENGLISH 4:00 CHILD ENGLISH 5:00 CHILD SPANISH
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	SATURDAY, JULY 9TH, 2016 9:00 COOKING SPANISH 10:00 COOKING ENGLISH MONDAY, JULY 18TH, 2016 1:00 INFANT SPANISH 2:30 INFANT ENGLISH 4:00 PREGNANT SPANISH 5:00 PREGNANT ENGLISH WEDNESDAY, JULY 20TH, 2016 9:00 CHILD SPANISH 10:00 CHILD ENGLISH

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



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, JULY 26TH, 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 educacional 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

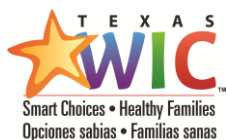
This class is a group discussion about promoting healthy weight in infancy and throughout life. Parents and caregivers will discuss hunger and fullness cues, healthy infant feeding practices such as limiting juice and appropriately starting solids, and ways to incorporate physical activity from birth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

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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 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.

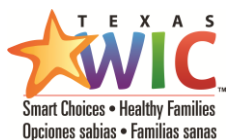
Clase de Cocinar Demostraciones

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.

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Nutrition Education Classes- AUGUST 2016

Clases de Nutricion

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

Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM

TUESDAY, AUGUST 2ND, 2016

1:15 CHILD SPANISH

TUESDAY, AUGUST 9TH, 2016

1:15 CHILD SPANISH

TUESDAY, AUGUST 16TH, 2016

1:15 CHILD ENGLISH

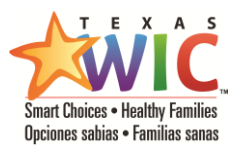
TUESDAY, AUGUST 23RD, 2016

1:15 CHILD SPANISH

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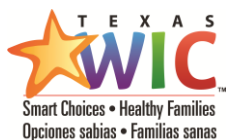


ROSEWOOD-ZARAGOSA 2800 WEBBERVILLE RD AUSTIN TX 78702 512-972-4942 Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM CLOSED 2ND WEDNESDAY THURS 7:30AM-4:30PM CLOSED 12:00-12:30PM FRI 7:30AM-12PM 2ND SATURDAY 8:00AM-12:00PM	THURSDAY, AUGUST 11TH, 2016 9:00-11:30 BREASTFEEDING FAIR 12:45-3:00 BREASTFEEDING FAIR SATURDAY, AUGUST 13TH, 2016 8:15 INFANT SPANISH 9:00 CHILD ENGLISH 10:15 COOKING CLASS EN/SP TUESDAY, AUGUST 16TH, 2016 8:15 INFANT SPANISH 9:30 CHILD SPANISH 10:30 INFANT ENGLISH
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, AUGUST 4TH, 2016 8:30 CHILD ENGLISH 9:45 INFANT ENGLISH 1:00 - 3:00 BREASTFEEDING FAIR THURSDAY, AUGUST 25TH, 2016 8:30 INFANT SPANISH 9:45 COOKING CLASS SPANISH 10:45 CHILD SPANISH 1:00 INFANT ENGLISH 2:00 INFANT SPANISH 3:00 CHILD SPANISH

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

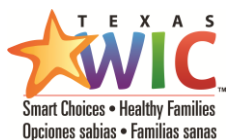


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	MONDAY, AUGUST 1st, 2016 8:00 CHILD ENGLISH 9:00 CHILD ENGLISH 10:00 CHILD ENGLISH 1:30-5:30 BREASTFEEDING FAIR SATURDAY, AUGUST 13th, 2016 8:15 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH MONDAY, AUGUST 15th, 2016 2:15 INFANT SPANISH 3:30 CHILD SPANISH 4:30 CHILD SPANISH 5:30 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, AUGUST 2nd 2016 1:30-5:30 BREASTFEEDING FAIR SATURDAY, AUGUST 13th, 2016 8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH MONDAY, AUGUST 15th, 2016 11:00 CHILD VIETNAMESE TUESDAY, AUGUST 23, 2016 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:45 CHILD SPANISH 10:45 CHILD ENGLISH 1:15 INFANT ENGLISH

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

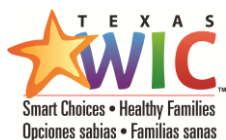


	2:30 CHILD SPANISH 3:15 CHILD ENGLISH 4:00 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD SPANISH
Montopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942 Mon 8am-7pm closed 12:00-1:00pm Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thurs 8am-4:30pm closed 12:00-12:30pm Fri 8am-12pm 2nd Saturday 8:00am-12:00pm	WEDNESDAY, AUGUST 3RD, 2016 8:30-11:00 BREASTFEEDING FAIR 12:30-3:30 BREASTFEEDING FAIR
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	TUESDY, AUGUST 2ND, 2016 8:15 CHILD ENGLISH 10:30 CHILD ENGLISH 2:15 CHILD ENGLISH 4:00 COOKING CLASS ENGLISH 6:00 CHILD ENGLISH TUESDAY, AUGUST 16TH, 2016 8:15 CHILD SPANISH 10:30 CHILD SPANISH 2:15 CHILD SPANISH 4:00 COOKING CLASS SPANISH 6:00 CHILD SPANISH TUESDAY, AUGUST 23RD, 2016 1:30-4:00 BREASTFEEDING FAIR

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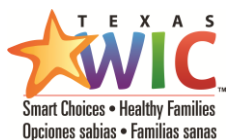


Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12:00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm	WEDNESDAY, AUGUST 3RD, 2016 8:15 INFANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS PANISH 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 CHILD SPANISH 3:15 CHILD SPANISH WEDNESDAY, AUGUST 17TH, 2016 8:15 INFANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS ENGLISH 12:45-3:30 BREASTFEEDING FAIR WEDNESDAY, AUGUST 24TH, 2016 8:15 INFANT ENGLISH 9:00 CHILD ENGLISH 10:00 CHILD ENGLISH 11:00 CHILD SPANISH 12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH WEDNESDAY, AUGUST 31ST, 2016 8:15 CHILD ENGLISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 CHILD SPANISH

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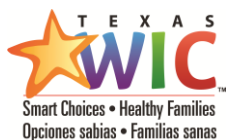


Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tues 1:30pm-5:00pm Thurs 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY, AUGUST 11TH, 2016 8:15 CHILD SPANISH 9:15 CHILD ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, 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, AUGUST 9TH, 2016 1:30 – 4:45 BREASTFEEDING FAIR TUESDAY, AUGUST 16TH, 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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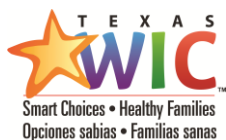


Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday	MONDAY, AUGUST 15TH, 2016 8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH
Del Valle 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	MONDAY, AUGUST 1ST, 2016 8:00 INFANT SPANISH 9:20 INFANT ENGLISH 10:40 CHILD ENGLISH 11:20 CHILD SPANISH

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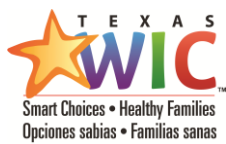


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues closed Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri closed 2nd Saturday 8:00am-12:00pm	SATURDAY, AUGUST 13TH, 2016 9:00 COOKING CLASS SPANISH 10:00 COOKING CLASS SPANISH THURSDAY, AUGUST 18TH, 2016 1:30-3:30 BREASTFEEDING FAIR
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, AUGUST 23RD, 2016 8:15 CHILD BILINGUAL 9:00 INFANT ENGLISH 10:30 PREGNANT BILINGUAL 12:30 INFANT ENGLISH

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Breastfeeding Fair

Fair style education scheduled during the month of August, which is World Breast Feeding Month. The fair will provide breastfeeding and/or pregnant WIC participants with education, support, promotion, and resources that encourage or support breastfeeding for stay home mothers as well as working mothers. Community partners will host booths that provide educational and informational brochures, along with hands on activities.

Feria de la Lactancia Materna

La educación al estilo Feria durante el mes de Agosto, que es el mes Mundial de la Lactancia Materna. La feria ofrecerá la lactancia materna y / o participantes de WIC embarazadas con la educación, el apoyo, promoción y recursos que fomentan o apoya a la lactancia para las madres amas de casa, así como las madres trabajadoras. Socios de la comunidad será el anfitrión de cabinas que proporcionan folletos informativos y educativos, junto con las manos en actividades.

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 guía Bien educacional para ayudar a las madres a entender lo que pueden hacer para bajar a un buen comienzo y luego continuar la lactancia materna siempre que las recomendaciones.

Infant/Infante

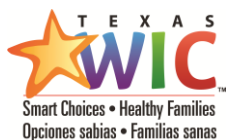
This class is a group discussion about promoting healthy weight in infancy and throughout life. Parents and caregivers will discuss hunger and fullness cues, healthy infant feeding practices such as limiting juice and appropriately starting solids, and ways to incorporate physical activity from birth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

Esta clase es un grupo de discusión sobre la promoción de peso saludable en la infancia y durante toda

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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 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 Demostraciones de Cocina

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.

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