





WIC Nutrition Education Classes-December 2014 *Clases de Nutricion*

erases ac reactivities	
East Austin Clinic	TUES DEC 9 2014
Community Care	1:00 CHILD SPANISH
211 Comal	
Austin, TX. 78702	TUES DEC 16 2014
512-972-4942	1:00 CHILD ENGLISH
312 372 13 12	
Tues 8:00am - 7:00pm closed 12:00pm-1:00pm	TUES DEC 23 2014
Tacs stocam /toopin stoca 12100pin 1100pin	9:45 CHILD ENGLISH
	1:00 CHILD SPANISH
Decembed Towards Clinic	FRIDAY DEC 12 2014
Rosewood-Zaragosa Clinic	
Neighborhood Center	8:15 CHILD ENGLISH
2800 Webberville Rd	9:15 INFANT ENGLISH
Austin, TX. 78702	10:15 CHILD SPANISH
512-972-4942	
	SATURDAY DEC 13 2014
	8:15 PREGNANT SPANISH
Mon 7:30am-7:00pm closed 12:00pm-1:00pm	9:15 PREGNANT ENGLISH
·	10:30 COOKING CLASS SPANISH
Tues 7:30am-7:00pm closed 12:00pm-1:00pm	
Wed 7:30am-4:30pm closed 12:00pm-12:30pm	TUESDAY DEC 16 2014
closed 2nd Wednesday	8:15 CHILD SPANISH
·	9:30 CHILD ENGLISH
Thurs 7:30am-4:30pm closed 12:00pm-12:30pm	10:30 INFANT SPANISH
Fri 7:30am-12:00pm	1:15 PREGNANT SPANISH
·	2:15 INFANT ENGLISH
2nd Saturday 8:00am-12:00pm	3:00 PREGNANT ENGLISH
	4:30 INFANT SPANISH
	5:45 CHILD SPANISH
	TUESDAY DEC 23 2014
	8:15 INFANT SPANISH
	9:30 CHILD SPANISH
	10:30 INFANT ENGLISH
	1:15 INFANT SPANISH
	2:30 PREGNANT ENGLISH
	3:30 INFANT ENGLISH
	4:45 CHILD ENGLISH
	5:45 CHILD SPANISH
South Austin Clinic	THURSDAY DEC 4 2014
Multipurpose Center	8:00 PREGNANT SPANISH
2508 Durwood Dr.	9:00 CHILD ENGLISH
Austin, TX. 78704	10:00 PREGNANT ENGLISH
512-972-4942	11:00 CHILDREN ENGLISH
312-372-4342	1:00 INFANT SPANISH
	3:00 CHILD ENGLISH
Man 7,20am 7,00am classed 12,00am 1,00am	3.00 CHILD ENGLISH
Mon 7:30am-7:00pm closed 12:00pm-1:00pm	THURSAY DEC 40 2044
Tues 7,200m 7,000m classed 12,000m 1,000m	THURSAY DEC 18 2014
Tues 7:30am-7:00pm closed 12:00pm-1:00pm	8:30 INFANT SPANISH
Word 7:20am 4:20am closed 12:00am 12:20am	9:45 CHILD SPANISH
Wed 7:30am-4:30pm closed 12:00pm-12:30pm	10:45 INFANT ENGLISH
closed 2nd Wednesday	1:00 CHILD SPANISH'
closed 2nd Wednesday	2:00 CHILD SPANISH
Thurs 7,200m 4,200m slosed 12,000m 42,200m	3:00 PREGNANT ENGLISH
Thurs 7:30am-4:30pm closed 12:00pm-12:30pm	
Fri 7:20am 12:00am	FRIDAY DECEMBER 26 2014
Fri 7:30am-12:00pm	8:00 CHILD SPANISH
	9:00 CHILD ENGLISH







Smart Choices • H	ealthy Families
2nd Saturday 8:00am-12:00pm	10:00 INFANT SPANISH 11:00 PREGNANT SPANISH
Ct. Labrata Carramanta Cantan	MONDAY DEC 1 2014
St. John's Community Center	
7500 Blessing Ave	8:00 INFANT SPANISH
Austin, TX. 78752	9:15 CHILD SPANISH 10:00 INFANT ENGLISH
512-972-4942	
	1:15 CHILD SPANISH
Man 7:20am 7:00am classed 12:00am 1:00am	2:30 PREGNANT SPANISH
Mon 7:30am-7:00pm closed 12:00pm-1:00pm	3:15 PREGNANT ENGLISH
Tues 7:30am-7:00pm closed 12:00pm-1:00pm	4:00 CHILD SPANISH 5:00 CHILD ENGLISH
Wed 7:30am-4:30pm closed 12:00pm-12:30pm	FRIDAY DEC 12 2014
	8:00 CHILD SPANISH
closed 2nd Wednesday	9:00 CHILD SPANISH
	10:00 CHILD ENGLISH
Thurs 7:30am-4:30pm closed 12:00pm-12:30pm	10.00 GINES ENGLISH
Fri 7:30am-12:00pm	SATURDAY DEC 13 2014
·	8:00 CHILD SPANISH
2nd Saturday 8:00am-12:00pm	9:00 CHILD SPANISH
	10:00 CHILD ENGLISH
	MONDAY DEC 15 2014
	8:00 CHILD SPANISH
	9:00 CHILD ENGLISH
	10:00 PREGNANT SPANISH
	1:15 INFANT SPANISH
	2:30 CHILD SPANISH
	3:15 INFANT ENGLISH
	4:30 CHILD ENGLISH
	5:00 CHILD SPANISH
Northwest Clinic	TUESDAY DEC 2 2014
8701 Research Blvd suite A	7:45 CHILD SPANISH
Austin, TX. 78758	8:30 INFANT SPANISH
512-972-4942	9:30 PREGNANT SPANISH
	10:15 CHILD SPANISH
	1:15 INFANT ENGLISH
	2:30 PREGNANT ENGLISH
	3:15 CHILD SPANISH
	4:00 INFANT SPANISH
	5:15 CHILD ENGLISH
Mon 7:30am-7:00pm closed 12:00pm-1:00pm	6:00 CHILD SPANISH
Tues 7:30am-7:00pm closed 12:00pm-1:00pm	SATURDAY DEC 13 2014
W. J. 730 v. 430 v. J. 143 00 v. 43 20 v.	8:15 INFANT SPANISH
Wed 7:30am-4:30pm closed 12:00pm-12:30pm	9:15 CHILD SPANISH
closed and Wednesday	10:00 INFANT ENGLISH
closed 2nd Wednesday	11:00 CHILD ENGLISH
Thurs 7:30am-4:30pm closed 12:00pm-12:30pm	TUESDAY DEC 16 2014
Fri 7.20-m 42.00 m	7:45 INFANT SPANISH
Fri 7:30am-12:00pm	9:00 PREGNANT ENGLISH
2nd Saturday 8:00am-12:00pm	10:00 COOKING CLASS ENGLISH
Ziiu Jaturuay 0.00aiii-12.00piii	1:15 INFANT ENGLISH
	2:30 PREGNANT SPANISH
	3:15 CHILD ENGLISH
	4:00 INFANT SPANISH
	5:15 CHILD ENGLISH
	6:00 CHILD ENGLISH







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	TUESDAY DEC 23 2014	
	7:45 CHILD SPANISH	
	8:30 INFANT SPANISH	
	9:45 CHILD ENGLISH	
	10:30 INFANT ENGLISH	
	1:15 INFANT SPANISH	
	2:30 INFANT SPANISH	
	3:45 CHILD SPANISH	
Montopolis Clinic	MONDAY DEC 1 2014	
•	8:15 CHILD ENGLISH	
Neighborhood Center		
1416 Montopolis Dr.	9:00 INFANT SPANISH	
Austin TX. 78741	10:00 PREGNANT SPANISH	
512-972-4942	11:00 CHILD SPANISH	
J14-J14-4344		
	1:15 PREGNANT ENGLISH	
Mon 8am-7pm closed 12:00-1:00pm	2:30 INFANT ENGLISH	
	4:00 CHILD ENGLSH	
Tugs 82m 7nm closed 12:00 1:00		
Tues 8am-7pm closed 12:00-1:00pm	5:00 COOKING CLASS ENGLISH	
Wed 8am-4:30pm closed 12:00-12:30pm	SATURDAY DEC 13 2014	
	8:15 CHILD SPANISH	
closed 2nd Wednesday		
closed 2nd Wednesday	9:00 CHILD ENGLISH	
	10:00 CHILD SPANISH	
Thurs 8am-4:30pm closed 12:00-12:30pm	10:45 INFANT ENGLISH	
	TO.43 INFAINT ENGLISH	
Fri 8am-12pm		
56111 12-1111	MONDAY DEC 22 2014	
	1:15 INFANT SPANISH	
2nd Saturday 8:00am-12:00pm		
	2:30 CHILD SPANISH	
	3:30 CHILD SPANISH	
	5:00 COOKING CLASS ENGLISH	
	5.00 COCKING CERCO LINGUISTI	
Far South Clinic	TUESDAY DEC 2 2014	
405 W. Stassney	8:15 INFANT ENGLISH	
· ·		
Austin, TX. 78745	9:30 PREGNANT ENGLISH	
512-972-4942	10:30 CHILD ENGLISH	
	1:15 PREGNANT ENGLISH	
Mon 7:30am-7:00pm closed 12:00pm-1:00pm	2:15 INFANT ENGLISH	
Mon 7:30am-7:00pm closed 12:00pm-1:00pm		
	4:00 CHILD ENGLISH	
Tues 7:30am-7:00pm closed 12:00pm-1:00pm	5:00 CHILD ENGLISH	
	6:00 PREGNANT ENGLISH	
Wed 7:30am-4:30pm closed 12:00pm-12:30pm	SIGO I MEGIWARI ENGLIGIT	
7.30am 4.30pm 603cu 12.00pm-12.30pm		
	TUES DEC 9 2014	
closed 2nd Wednesday	8:15 INFANT SPANISH	
Thurs 7:30am-4:30pm closed 12:00pm-12:30pm	9:30 PREGNANT SPANISH	
7.30am 7.30pm 610364 12.00pm-12.30pm	10:30 CHILD SPANISH	
	1:15 CHILD SPANISH	
Fri 7:30am-12:00pm	2:15 INFANT SPANISH	
2nd Saturday 8:00am-12:00pm	4:00 PREGNANT SPANISH	
= Julianay Jiodani IZioopin	5:00 INFANT SPANISH	
	_	
	EDIDAY DEC 3C 3C14	
	FRIDAY DEC 26 2014	
	8:15 CHILDREN ENGLISH	
	9:30 INFANT ENGLISH	
	10:30 CHILD ENGLISH	
	WEDNESDAY DEC 31 2014	
	WEDNESDAY DEC 31 2014	
	12:45 INFANT SPANISH	
	12:45 INFANT 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 DEC 11 2014

9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 CHILD 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 DEC 3 2014

8:15 PREG SPANISH 9:00 CHILD SPANISH

10:30 COOKING CLASS SPANISH

12:15 INFANT CLASS 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH

WEDNESDAY DEC 17 2014

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

WEDNESDAY DEC 31 2014

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 ENGLSIH
3:15 CHILD SPANISH

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 DEC 2 2014

1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH

TUESDAY DEC 16 2014

1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH

TUESDAY DEC 23 2014

1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH







· John I) ·	nart Choices • Healthy Families	
Oakh	ill Clinic	MONDAY DEC 8 2014	
	Rural Community Center	8:15 INFANT ENGLISH	
	Ste Hwy 71 W	8:45 INFANT SPANISH	
	A, Suite B	3:00 PREGNANT SPANISH	
•	n, TX. 78735	3:45 PREGNANT ENGLISH	
	72-4942		
		MONDAY DEC 22 2014	
Mon	8:00am -5:00pm closed 12:00pm-12	:30pm 8:15 CHILD ENGLISH	
		8:45 CHLD SPANISH	
Fri	8:00am-12:00pm	3:00 CHILD ENGLSIH	
	alacad the 2 and Eviden	3:45 CHILD SPANISH	
	closed the 2nd Friday		
Del V	alle Clinic	THURSDAY DEC 4 2014	
South	Rural Community Center	8:20 INFANT SPANISH	
3518	FM 973	9:40 CHILD SPANISH	
	alle TX. 78617	10:20 CHILD SPANISH	
512-9	72-4942	11:00 CHILD ENGLISH	
Mon	8:00am-7pm closed 12:00 -1pm	MONDAY DEC 15 2014	
	·	1:20 INFANT SPANISH	
1st an	nd 3rd Thursday of each month 8am-4:3	30pm 2:40 PREGNANT ENGLISH	
closed	d 12-12:30	3:20 INFANT ENGLISH	
		4:40 PREGNANT SPANISH	
		5:20 CHILD SPANISH	
		6:00 CHILD ENGLISH	
Bastr	op Clinic	MONDAY DEC 1 2014	
443 H	ighway 71	3:30 INFANT SPANISH	
	op, TX. 78602	5:00 CHILD ENGLISH	
	-942-2778	5:00 PREGNANT ENGLISH	
1-512	-972-4942	6:00 PREGNANT SPANISH	
Mon	7:30am-7:00pm closed 12:00pm-1:0	00pm SATURDAY DEC 13 2014	
		8:15 INFANT ENGLISH	
Tues	closed	9:30 CHILD ENGLISH	
	700 400 1 14000 15	10:30 CHILD ENGLISH	
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 S	aturday 8:00am-12:00pm		
Elgin	Clinic	TUESDAY DEC 9 2014	
_	outh Main Street	8:15 INFANT SPANISH	
	TX. 78621	9:30 PREGNANT SPANISH	
	042 2779	10.30 CHILD SPANISH	

1-800-942-2778 1-512-972-4942

Tues 8:00am-5:00pm closed 12:00pm-12:30pm

Fri 8:00am-12:00pm 10:30 CHILD SPANISH

TUESDAY DEC 23 2014

8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH

Pregnant/Embarazada

The Importance of Skin-to-Skin Contact After Birth

This lesson uses group discussion and handouts to encourage participants to learn about the importance of skin-to-skin contact immediately after birth regardless of feeding intent, new baby behaviors, and







how to create a memorable hospital experience.

Embarazada-

La importancia del contacto piel a piel después del nacimiento esta lección utiliza grupos de discusión y folletos para animar a los participantes a aprender acerca de la importancia del contacto piel a piel inmediatamente después del nacimiento independientemente de la intención, nuevos comportamientos de bebé y cómo crear una experiencia memorable en el hospital.

Infant/Infantil

Infant Top Ten Discussion

This class uses facilitated discussion to encourage participants to learn about and share common concerns about infants. Participants will select at least three out of ten topics to discuss from a bulletin board or poster. Each topic includes suggestions for discussion questions, visual aids, and optional corresponding activities.

Discusión sobre los diez temas más discutidos

Esta clase facilita la discusión para animar a los participantes a conocer y compartir inquietudes comunes acerca de los bebés. Los participantes, seleccionará al menos tres de cada diez temas para discutir de un tablón de anuncios o carteles. Cada tema incluye sugerencias de preguntas para la discusión, ayudas visuales y actividades opcionales correspondientes.

Child/General / Niño/General

CCNE: Make the Switch to 1% or Fat Free Milk

This class uses group discussion and emotion-based visual aids to teach participants about the health benefits of switching to 1% and fat free milk.

Niño/General CCNE: Hace el cambio al 1% o grasa libre leche

Esta clase utiliza grupos de discusión y ayudas visuales basadas en emociones para enseñar a los participantes acerca de los beneficios del cambio a leche sin grasa y 1%.

WIC Cooking Class Demonstrations

This class demonstrates easy healthy recipes that incorporate fruits and vegetables. A sampling of the recipe is provided, along with the recipe.

Clase de Cocinar

Esta clase muestra recetas fáciles y saludables que incorporan frutas y verduras. Se proporciona una muestra de la receta, junto con la receta.







WIC Nutrition Education Classes-January 2015 *Clases de Nutricion*

East Austin Clinic Community Care 211 Comal Austin, TX. 78702 512-972-4942

Tues 8:00am - 7:00pm closed 12:00pm-1:00pm

TUESDAY, JANUARY 6, 2015 1:00 CHILD SPANISH

1:00 CHILD SPANISH

TUESDAY, JANUARY 20, 20015

TUESDAY, JANUARY 13, 2015

1:00 CHILD ENGLISH

TUESDAY, JANUARY 27, 2015

1:00 CHILD SPANSIH

Rosewood-Zaragosa Clinic

Neighborhood Center 2800 Webberville Rd Austin, TX. 78702 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 FRIDAY, JANUARY 9, 2015

8:15 CHILD ENGLISH 9:15 INFANT ENGLISH 10:30 CHILD SPANISH

SATURDAY, JANUARY 10, 2015

8:15 PREGNANT SPANISH 9:15 PREGNANT ENGLISH 10:30 COOKING CLASS

TUESDAY, JANUARY 20, 2015

8:15 CHILD SPANISH
9:30 CHILD ENGLISH
10:30 INFANT SPANISH
1:15 PREGNANT SPANISH
2:15 INFANT ENGLISH
3:30 PREGNANT ENGLISH
4:30 INFANT SPANISH
5:45 CHILD SPANISH

TUESDAY, JANUARY 27, 2015

8:15 INFANT SPANISH
9:30 CHILD SPANISH
10:30 INFANT ENGLISH
1:15 INFANT SPANISH
2:30 PREGNANT ENGLISH
3:30 INFANT ENGLISH
4:45 CHILD ENGLISH
5:45 CHILD SPANISH

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, JANUARY, 8 2015

8:30 INFANT SPANISH 9:45 CHILD SPANISH 10:45 INFANT ENGLISH 1:00 CHILD SPANISH 3:00 PREGNANT ENGLISH

THURSDAY, JANUARY, 22 2015

9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 PREGNANT SPANISH 12:45 INFANT ENGLISH 2:00 CHILD ENGLISH 3:15 INFANT 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, JANUARY 5, 2015

8:00 INFANT SPANISH
9:15 CHILD SPANISH
10:00 INFANT ENGLISH
1:15 CHILD SPANISH
2:30 PREGNANT SPANISH
3:15 PREGNANT ENGLISH
4:00 CHILD SPANISH

FRIDAY, JANUARY 9, 2015

8:00 CHILD SPANISH 10:15 CHILD ENGLISH

5:00 CHILD ENGLISH

TUESDAY, JANUARY 20, 2015

8:00 CHILD SPANISH
9:00 CHILD ENGLISH
10:00 PREGNANT SPANISH
1:15 INFANT SPANISH
2:30 CHILD SPANISH
3:15 INFANT ENGLISH
4:00 CHILD ENGLISH
5:00 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, JANUARY 6, 2015

7:45 CHILD SPANISH
8:30 INFANT SPANISH
9:30 PREGNANT SPANISH
10:15 CHILD SPANISH
1:15 INFANT ENGLISH
2:30 PREGNANT ENGLISH
3:15 CHILD SPANISH
4:00 INFANT SPANISH
5:15 CHILD ENGLISH
6:00 CHILD SPANISH

SATURDAY, JANUARY 10, 2015

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

7:45 INFANT SPANISH

TUESDAY, JANUARY 20, 2015

9:00 PREGNANT ENGLISH
10:00 COOKING CLASS ENGLISH/SPANISH
1:15 INFANT ENGLISH
2:30 PREGNANT SPANISH
3:15 CHILD ENGLISH
4:00 INFANT SPANISH
5:15 CHILD SPANISH

TUESDAY, JANUARY 27, 2015

7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:45 CHILD ENGLISH 10:30 INFANT ENGLISH 1:15 INFANT SPANISH 3:45 CHILD SPANISH







Montopolis Clinic	Smart Choices • Healthy Families MONDAY ,JANUARY 5, 2015
Neighborhood Center	8:15 CHILD ENGLISH
1416 Montopolis Dr.	9:00 INFANT SPANISH
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Austin, TX. 78741	10:00 PREGNANT SPANISH
512-972-4942	11:00 CHILD SPANISH
	1:15 PREGNANT ENGLISH
Man. On 7 alara d 12:00 1:00	2:30 INFANT ENGLISH
Mon 8am-7pm closed 12:00-1:00pm	4:00 CHILD ENGLISH
Tues 8am-7pm closed 12:00-1:00pm	5:30 COOKING CLASS ENGLISH/SPANISH
Wed 8am-4:30pm closed 12:00-12:30pn	8:15 CHILD SPANISH
alaced 2nd Wadacaday	9:00 CHILD ENGLISH
closed 2nd Wednesday	10:00 CHILD SPANISH
Thurs 8am-4:30pm closed 12:00-12:30p	m 10:45 INFANT ENGLISH
Fri 8am-12pm	MONDAY, JANUARY 26,, 2015
	1:15 INFANT SPANISH
2nd Saturday 8:00am-12:00pm	2:30 CHILD SPANISH
Zita Sataraa, Giosain IZisopin	5:00 COOKING ENGLISH/SPANISH
Far South Clinic	TUESDAY, JANUARY 6, 2015
405 W. Stassney	8:15 INFANT ENGLISH
Austin, TX. 78745	9:30 PREGNANT ENGLISH
512-972-4942	10:30 CHILD ENGLISH
	1:15 PREGNANT ENGLISH
	2:15 INFANT ENGLISH
Mon 7:30am-7:00pm closed 12:00pm-2	
·	6:00 PREGNANT ENGLISH
Tues 7:30am-7:00pm closed 12:00pm-1	
	TUESDAY, JANUARY 13, 2015
Wed 7:30am-4:30pm closed 12:00pm-3	8:15 INFANT SPANISH
alacad 2nd Wadacada.	9:30 PREGNANT SPANISH
closed 2nd Wednesday	10:30 CHILD SPANISH
Thurs 7:20am 4:20am closed 12:00am 1	1:15 CHILD SPANISH
Thurs 7:30am-4:30pm closed 12:00pm-1	2:30 INFANT SPANISH
Fri 7:30am-12:00pm	4:00 PREGNANT SPANISH
Fri 7:30am-12:00pm	5:00 INFANT SPANISH
2nd Saturday 8:00am-12:00pm	
Zna Saturday 8.00am 12.00pm	TUESDAY, JANUARY 27, 2015
	8:15 INFANT SPANISH
	9:30 PREGNANT SPANISH
	10:30 CHILD SPANISH
	1:15 CHILD ENGLISH
	2:15 INFANT ENGLISH
	4:00 CHILD SPANISH
	5:00 PREGNANT ENGLISH
	6:00 CHILD SPANISH
Dove Springs	WEDNESDAY, JANUARY 7, 2015
6801 South IH-35 Suite I&J	8:15 PREGNANT SPANISH
Austin, TX. 78744	9:00 CHILD SPANISH
512-972-4942	10:30 COOKING CLASS SPANISH
	12:45 INFANT SPANISH
	1:30 CHILD SPANISH
Mon 7:30-7:00pm close 12:00-1:00pm	2:30 PREGNANT SPANISH
	3:15 CHILD SPANISH

9:00 CHILD ENGLISH
USDA is an equal opportunity provider and employer.

Tue 7:30-7:00pm close 12-00-1:00pm

WEDNESDAY, JANUARY 21, 2015

8:15 PREGNANT ENGLISH







		10:20 COOKING CLASS ENGLISH
		10:30 COOKING CLASS ENGLISH
		12:45 INFANT ENGLISH
Wed 7:30-4:30 c	lose 12:00-12:30pm	1:30 CHILD ENGLISH
		2:30 PREGNANT ENGLISH
		3:15 CHILD ENGLISH
Thu 7:30-4:30 c	close 12:00-12:30pm	WEDNESDAY, JANUARY 28, 2015
		8:15 PREGNANT ENGLISH
		9:00 CHILD ENGLISH
Fri 7:30-12:00		10:00 PREGNANT SPANISH
FIT 7:30-12:00		11:00 CHILD SPANISH
		12:45 INFANT SPANISH
		1:30 CHILD ENGLISH
2nd Saturday 8:0	0-12:00pm	2:30 INFANT ENGLISH
		3:15 CHILD SPANISH
Manor Clinic		THIRDONY IANIHADY 9 2015
		THURSDAY, JANUARY 8, 2015
East Rural Comm	•	
600 West Carrie	Manor	9:00 CHILD SPANISH
Manor, TX. 78653	3	10:00 CHILD ENGLISH
512-972-4942		11:00 INFANT SPANISH
J12-3/2-4342		22.00 1117.111 517.111511
2.4.7	F 00	
3rd Tues 1:30pm	-5:UUpm	
Thurs 9:00am-2:	30pm closed 12:00pm-12:30pm	
Pflugerville Clinic	<u> </u>	TUESDAY, JANUARY 6, 2015
North Rural Com		1:15 INFANT ENGLISH
	•	
15822 Foothill Fa	•	2:30 PREGNANT SPANISH
Pflugerville, TX. 7	' 8660	3:30 INFANT SPANISH
512-972-4942		5:00 CHILD SPANISH
		6:00 CHILD ENGLISH
		0.00 CITED ENGLISH
Mon 7:30am-7	:00pm closed 12:00pm-1:00pm	TUESDAY, JANUARY 20, 2015
		1:15 INFANT SPANISH
Tues 7:30am-7	:00pm closed 12:00pm-1:00pm	2:30 PREGNANT ENGLISH
		3:30 INFANT ENGLISH
Wed 7:30am-4	:30pm closed 12:00pm-12:30pm	
7.50aiii-4		5:00 CHILD ENGLISH
		6:00 CHILD SPANISH
closed 2n	nd Wednesday	
		TUESDAY, JANUARY 27, 2015
Thurs 7:30am-4	:30pm closed 12:00pm-12:30pm	1:15 INFANT ENGLISH
Fri 7:30am-1	2:00nm	2:30 PREGNANT SPANISH
, , , , , , , , , , , , , , , , , , ,		3:30 INFANT SPANISH
and Catural and a	00m 12:00nm	5:00 CHILD SPANISH
2nd Saturday 8:0	uam-12:00pm	6:00 CHILD ENGLISH
		0.00 CITED ENGLISH
		1001D AV 1/2012DV 20 2022
Oakhill Clinic		MONDAY, JANUARY 12, 2015
West Rural Comr	nunity Center	
8656 Ste Hwy 71	W	8:15 INFANT ENGLISH
Bldg A, Suite B		8:45 INFANT SPANISH
	-	3:00 PREGNANT SPANISH
Austin, TX. 78735)	
512-972-4942		3:45 PREGNANT ENGLISH
		MONDAY, JANUARY 26, 2015
Mon 8:00am -	5:00pm closed 12:00pm-12:30pm	8:15 CHILD ENGLISH
		8:45 CHILD SPANISH
Eri 0.00	13:00nm	
Fri 8:00am-1	12.00pm	3:00 CHILD ENGLISH
		3:45 CHILD SPANISH
closed th	ne 2nd Friday	
I		1







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, JANUARY 15, 2015

8:20 INFANT SPANISH 9:40 CHILD SPANISH 11:00 CHILD ENGLISH

MONDAY, JANUARY 26, 2015

1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH 3:20 INFANT ENGLISH 4:40 PREGNANT SPANISH 5:20 CHILD SPANISH 6:00 CHILD ENGLISH

Bastrop Clinic

443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942

7:30am-7:00pm closed 12:00pm-1:00pm Mon

Tues closed

7:30am-4:30pm closed 12:00pm-12:30pm Wed

closed 2nd Wednesday

Thurs 7:30am-4:30pm closed 12:00pm-12:30pm

Fri closed

2nd Saturday 8:00am-12:00pm

SATURDAY, JANUARY 10, 2015

8:15 INFANT ENGLISH 9:30 CHILD SPANISH 10:30 CHILD ENGLISH

MONDAY, JANUARY 12, 2015

1:45 INFANT SPANISH 3:30 PREGNANT ENGLISH 4:45 PREGNANT SPANISH

THURSDAY, JANUARY 15, 2015

10:00 COOKING CLASS

Elgin Clinic

218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942

TUESDAY, JANUARY 13, 2015

8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH

Tues

8:00am-5:00pm closed 12:00pm-12:30pm

Fri 8:00am-12:00pm

TUESDAY, JANUARY 27, 2015

8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH

Pregnant/Embarazada

The Importance of Skin-to-Skin Contact After Birth

This lesson uses group discussion and handouts to encourage participants to learn about the importance of skin-to-skin contact immediately after birth regardless of feeding intent, new baby behaviors, and how to create a memorable hospital experience.

Embarazada-

La importancia del contacto piel a piel después del nacimiento esta lección utiliza grupos de discusión y folletos para animar a los participantes a aprender acerca de la importancia del contacto piel a piel inmediatamente después del nacimiento independientemente de la intención, nuevos comportamientos de bebé y cómo crear una experiencia memorable en el hospital.

Infant/Infantil







Infant Top Ten Discussion

This class uses facilitated discussion to encourage participants to learn about and share common concerns about infants. Participants will select at least three out of ten topics to discuss from a bulletin board or poster. Each topic includes suggestions for discussion questions, visual aids, and optional corresponding activities.

Discusión sobre los diez temas más discutidos

Esta clase facilita la discusión para animar a los participantes a conocer y compartir inquietudes comunes acerca de los bebés. Los participantes, seleccionará al menos tres de cada diez temas para discutir de un tablón de anuncios o carteles. Cada tema incluye sugerencias de preguntas para la discusión, ayudas visuales y actividades opcionales correspondientes.

Child/General / Niño/General

CCNE: Make the Switch to 1% or Fat Free Milk

This class uses group discussion and emotion-based visual aids to teach participants about the health benefits of switching to 1% and fat free milk.

Niño/General CCNE: Hace el cambio al 1% o grasa libre leche

Esta clase utiliza grupos de discusión y ayudas visuales basadas en emociones para enseñar a los participantes acerca de los beneficios del cambio a leche sin grasa y 1%.

WIC Cooking Class Demonstrations

This class demonstrates easy healthy recipes that incorporate fruits and vegetables. A sampling of the recipe is provided, along with the recipe.

Clase de Cocinar

Esta clase muestra recetas fáciles y saludables que incorporan frutas y verduras. Se proporciona una muestra de la receta, junto con la receta.