

WIC Nutrition Education Classes-December 2014

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	TUES DEC 9 2014 1:00 CHILD SPANISH TUES DEC 16 2014 1:00 CHILD ENGLISH TUES DEC 23 2014 9:45 CHILD ENGLISH 1:00 CHILD SPANISH
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 DEC 12 2014 8:15 CHILD ENGLISH 9:15 INFANT ENGLISH 10:15 CHILD SPANISH SATURDAY DEC 13 2014 8:15 PREGNANT SPANISH 9:15 PREGNANT ENGLISH 10:30 COOKING CLASS SPANISH TUESDAY DEC 16 2014 8:15 CHILD SPANISH 9:30 CHILD ENGLISH 10:30 INFANT SPANISH 1:15 PREGNANT SPANISH 2:15 INFANT ENGLISH 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 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	THURSDAY DEC 4 2014 8:00 PREGNANT SPANISH 9:00 CHILD ENGLISH 10:00 PREGNANT ENGLISH 11:00 CHILDREN ENGLISH 1:00 INFANT SPANISH 3:00 CHILD ENGLISH THURSDAY DEC 18 2014 8:30 INFANT SPANISH 9:45 CHILD SPANISH 10:45 INFANT ENGLISH 1:00 CHILD SPANISH' 2:00 CHILD SPANISH 3:00 PREGNANT ENGLISH FRIDAY DECEMBER 26 2014 8:00 CHILD SPANISH 9:00 CHILD ENGLISH

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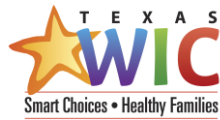
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2nd Saturday 8:00am-12:00pm	10:00 INFANT SPANISH 11:00 PREGNANT SPANISH
St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm 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 DEC 1 2014 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 5:00 CHILD ENGLISH FRIDAY DEC 12 2014 8:00 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH SATURDAY DEC 13 2014 8:00 CHILD SPANISH 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 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 DEC 2 2014 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 DEC 13 2014 8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH TUESDAY DEC 16 2014 7:45 INFANT SPANISH 9:00 PREGNANT ENGLISH 10:00 COOKING CLASS ENGLISH 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 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	MONDAY DEC 1 2014 8:15 CHILD ENGLISH 9:00 INFANT SPANISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 1:15 PREGNANT ENGLISH 2:30 INFANT ENGLISH 4:00 CHILD ENGLISH 5:00 COOKING CLASS ENGLISH SATURDAY DEC 13 2014 8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH MONDAY DEC 22 2014 1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:30 CHILD SPANISH 5:00 COOKING CLASS ENGLISH
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 DEC 2 2014 8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD ENGLISH 5:00 CHILD ENGLISH 6:00 PREGNANT ENGLISH TUES DEC 9 2014 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 FRIDAY DEC 26 2014 8:15 CHILDREN ENGLISH 9:30 INFANT ENGLISH 10:30 CHILD ENGLISH WEDNESDAY DEC 31 2014 12:45 INFANT SPANISH 2:00 PREGNANT SPANISH 3:00 CHILD SPANISH

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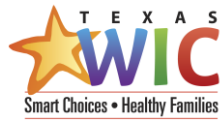
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Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tues 1:30pm-5:00pm Thurs 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY DEC 11 2014 9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 CHILD SPANISH
Dove Springs 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 2 nd 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 ENGLISH 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

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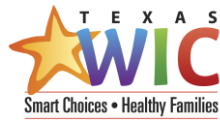
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Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday	MONDAY DEC 8 2014 8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH MONDAY DEC 22 2014 8:15 CHILD ENGLISH 8:45 CHLD SPANISH 3:00 CHILD ENGLISH 3:45 CHILD SPANISH
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 DEC 4 2014 8:20 INFANT SPANISH 9:40 CHILD SPANISH 10:20 CHILD SPANISH 11:00 CHILD ENGLISH MONDAY DEC 15 2014 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 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	MONDAY DEC 1 2014 3:30 INFANT SPANISH 5:00 CHILD ENGLISH 5:00 PREGNANT ENGLISH 6:00 PREGNANT SPANISH SATURDAY DEC 13 2014 8:15 INFANT ENGLISH 9:30 CHILD ENGLISH 10:30 CHILD ENGLISH
Elgin Clinic 218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942 Tues 8:00am-5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm	TUESDAY DEC 9 2014 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 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	

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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.

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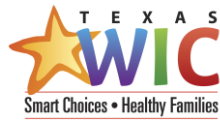
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WIC Nutrition Education Classes-January 2015 <i>Clases de Nutricion</i>	
East Austin Clinic Community Care 211 Comal Austin, TX. 78702 512-972-4942 Tues 8:00am - 7:00pm closed 12:00pm-1:00pm	TUESDAY, JANUARY 6, 2015 1:00 CHILD SPANISH TUESDAY, JANUARY 13, 2015 1:00 CHILD SPANISH TUESDAY, JANUARY 20, 2015 1:00 CHILD ENGLISH TUESDAY, JANUARY 27, 2015 1:00 CHILD SPANISH
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

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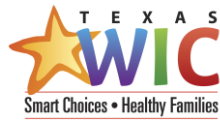
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Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm 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 TUESDAY, JANUARY 20, 2015 7:45 INFANT SPANISH 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

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<p>Montopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>Mon 8am-7pm closed 12:00-1:00pm</p> <p>Tues 8am-7pm closed 12:00-1:00pm</p> <p>Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday</p> <p>Thurs 8am-4:30pm closed 12:00-12:30pm</p> <p>Fri 8am-12pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>MONDAY, JANUARY 5, 2015 8:15 CHILD ENGLISH 9:00 INFANT SPANISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 1:15 PREGNANT ENGLISH 2:30 INFANT ENGLISH 4:00 CHILD ENGLISH 5:30 COOKING CLASS ENGLISH/SPANISH</p> <p>SATURDAY, JANUARY 10, 2015 8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH</p> <p>MONDAY, JANUARY 26,, 2015 1:15 INFANT SPANISH 2:30 CHILD SPANISH 5:00 COOKING ENGLISH/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</p> <p>Tues 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday</p> <p>Thurs 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>Fri 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, JANUARY 6, 2015 8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD ENGLISH 6:00 PREGNANT ENGLISH</p> <p>TUESDAY, JANUARY 13, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD SPANISH 2:00 INFANT SPANISH 4:00 PREGNANT SPANISH 5:00 INFANT SPANISH</p> <p>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</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</p> <p>Tue 7:30-7:00pm close 12-00-1:00pm</p>	<p>WEDNESDAY, JANUARY 7, 2015 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</p> <p>WEDNESDAY, JANUARY 21, 2015 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH</p>

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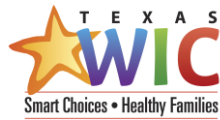
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<p>Wed 7:30-4:30 close 12:00-12:30pm</p> <p>Thu 7:30-4:30 close 12:00-12:30pm</p> <p>Fri 7:30-12:00</p> <p>2nd Saturday 8:00-12:00pm</p>	<p>10:30 COOKING CLASS ENGLISH 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH</p> <p>WEDNESDAY, JANUARY 28, 2015 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</p>
<p>Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942</p> <p>3rd Tues 1:30pm-5:00pm</p> <p>Thurs 9:00am-2:30pm closed 12:00pm-12:30pm</p>	<p>THURSDAY, JANUARY 8, 2015 9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 INFANT SPANISH</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</p> <p>Tues 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday</p> <p>Thurs 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>Fri 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, JANUARY 6, 2015 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH</p> <p>TUESDAY, JANUARY 20, 2015 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH</p> <p>TUESDAY, JANUARY 27, 2015 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH</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</p> <p>Fri 8:00am-12:00pm closed the 2nd Friday</p>	<p>MONDAY, JANUARY 12, 2015 8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH</p> <p>MONDAY, JANUARY 26, 2015 8:15 CHILD ENGLISH 8:45 CHILD SPANISH 3:00 CHILD ENGLISH 3:45 CHILD SPANISH</p>

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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	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 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, 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 Tues 8:00am-5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm	TUESDAY, JANUARY 13, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 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. <i>Embarazada-</i> <i>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.</i> Infant/Infantil	

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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.

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