



# WIC Nutrition Education Classes March 2015

## Clases de Nutricion

<b>East Austin Clinic</b> Community Care 211 Comal Austin, TX. 78702 512-972-4942  Tues 8:00am - 7:00pm closed 12:00pm-1:00pm	<b>TUESDAY, MARCH 3, 2015</b> 1:00 CHILD SPANISH  <b>TUESDAY, MARCH 10, 2015</b> 1:00 CHILD ENGLISH  <b>TUESDAY, MARCH 17, 2015</b> 1:00 CHILD ENGLISH  <b>TUESDAY, MARCH 24, 2015</b> 1:00 CHILD SPANISH  <b>TUESDAY, MARCH 31, 2015</b> 1:00 CHILD SPANISH
<b>Rosewood-Zaragosa Clinic</b> 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	<b>SATURDAY, MARCH 14, 2015</b> 8:15 PREGNANT SPANISH 9:15 PRENANT ENGLISH 10:30 WIC COOKING CLASS SPANISH  <b>TUESDAY, MARCH 17, 2015</b> 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  <b>TUESDAY, MARCH 31, 2015</b> 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
<b>South Austin Clinic</b> 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	<b>THURSDAY, MARCH 5, 2015</b> 8:00 PREGNANT SPANISH 9:00 CHILD SPANISH 10:00 PREGNANT ENGLISH 11:00 CHILD ENGLISH 1:00 INFANT SPANISH 3:00 CHILD ENGLISH  <b>THURSDAY, MARCH 12, 2015</b> 9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 PREGNANT SPANISH 12:45 INFANT ENGLISH 2:00 CHILD ENGLISH 3:15 INFANT SPANISH  <b>MONDAY, MARCH 16, 2015</b>

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<p>Fri 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>1:00 PREGNANT SPANISH</p> <p>2:00 PREGNANT ENGLISH</p> <p>3:15 CHILD SPANISH</p> <p>4:30 CHILD ENGLISH</p> <p>5:30 CHILD SPANISH</p> <p><b>THURSDAY, MARCH 26, 2015</b></p> <p>8:30 INFANT SPANISH</p> <p>9:45 CHILD SPANISH</p> <p>10:45 INFANT ENGLISH</p> <p>1:00 CHILD SPANISH</p> <p>2:00 CHILD SPANISH</p> <p>3:00 PREGNANT ENGLISH</p>
<p><b>St. John's Community Center</b></p> <p>7500 Blessing Ave</p> <p>Austin, TX. 78752</p> <p>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</p> <p>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><b>MONDAY, MARCH 2, 2015</b></p> <p>8:00 INFANT SPANISH</p> <p>9:15 CHILD SPANISH</p> <p>10:00 PREG SPANISH</p> <p>1:15 CHILD ENGLISH</p> <p>2:00 INFANT ENGLISH</p> <p>3:15 PREGNANT ENGLISH</p> <p>4:00 CHILD ENGLISH</p> <p>5:00 CHILD ENGLISH</p> <p><b>FRIDAY, MARCH 13, 2015</b></p> <p>8:00 CHILD SPANISH</p> <p>9:00 CHILD SPANISH</p> <p>10:00 CHILD ENGLISH</p> <p><b>SATURDAY, MARCH 14, 2015</b></p> <p>8:15 CHILD SPANISH</p> <p>9:00 CHILD SPANISH</p> <p>10:00 CHILD ENGLISH</p> <p><b>MONDAY, MARCH 16, 2015</b></p> <p>8:00 CHILD SPANISH</p> <p>9:00 CHILD ENGLISH</p> <p>10:00 INFANT ENGLISH</p> <p>1:15 INFANT SPANISH</p> <p>2:30 CHILD SPANISH</p> <p>3:15 PREGNANT SPANISH</p> <p>4:30 CHILD SPANISH</p> <p>5:00 CHILD SPANISH</p>

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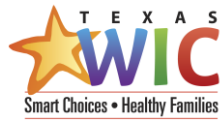


	5:00 WIC COOKING CLASS BILINGUAL
<b>Far South Clinic</b> 405 W. Stassney Austin, TX. 78745 512-972-4942  Mon 7:30am-7:00pm closed 12:00pm-1:00pm  Tues 7:30am-7:00pm closed 12:00pm-1:00pm  Wed 7:30am-4:30pm closed 12:00pm-12:30pm  closed 2nd Wednesday  Thurs 7:30am-4:30pm closed 12:00pm-12:30pm  Fri 7:30am-12:00pm  2nd Saturday 8:00am-12:00pm	<b>TUESDAY, MARCH 3, 2015</b> 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  <b>TUESDAY, MARCH 10, 2015</b> 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  <b>TUESDAY, MARCH 24, 2015</b> 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
<b>Manor Clinic</b> 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	<b>THURSDAY, MARCH 12, 2015</b> 9:15 CHILD SPANISH 10:00 CHILD ENGLISH
<b>Dove Springs</b> 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 <sup>nd</sup> Saturday 8:00-12:00pm	<b>WEDNESDAY, MARCH 04, 2015</b> 8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 WIC COOKING CLASS SPANISH 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH  <b>WEDNESDAY, MARCH 18, 2015</b> 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 WIC COOKING CLASS ENGLISH 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH

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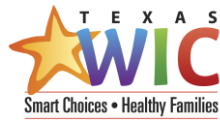


	<b>WEDNESDAY, MARCH 25, 2015</b> 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH
<b>Pflugerville Clinic</b> North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942  Mon 7:30am-7:00pm 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	<b>TUESDAY, MARCH 03, 2015</b>  1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH  <b>TUESDAY, MARCH 17, 2015</b>  1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH  <b>TUESDAY, MARCH 24, 2015</b>  1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH
<b>Oakhill Clinic</b> 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	<b>MONDAY, MARCH 9, 2015</b> 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH  <b>MONDAY, MARCH 23, 2015</b> 8:15 CHILD ENGLISH 3:00 CHILD ENGLISH 3:45 CHILD SPANISH
<b>Del Valle Clinic</b> 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	<b>THURSDAY, MARCH 5, 2015</b> 8:20 INFANT SPANISH 9:40 CHILD SPANISH 10:20 CHILD SPANISH 11:00 CHILD ENGLISH  <b>MONDAY, MARCH 16, 2015</b> 1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH 3:20 INFANT ENGLISH 4:40 PREGNANT SPANISH 5:20 CHILD SPANISH 6:00 CHILD ENGLISH

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<b>Bastrop Clinic</b> 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	<b>MONDAY, MARCH 9, 2015</b> 1:45 INFANT SPANISH 3:30 PREGNANT ENGLISH 4:45 PREGNANT SPANISH  <b>SATURDAY, MARCH 14, 2015</b> 8:15 INFANT SPANISH 9:30 CHILD SPANISH 10:30 CHILD ENGLISH  <b>THURSDAY, MARCH 19, 2015</b> 10:00 WIC COOKING CLASS BILINGUAL
<b>Elgin Clinic</b> 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	<b>TUESDAY, MARCH 10, 2015</b> 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH  <b>TUESDAY, MARCH 24, 2015</b> 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH
<b>Pregnant/Embarazada</b>  <b>Breastfeeding &amp; Returning to Work</b>  This lesson addresses the question “how am I going to continue breastfeeding when I go back to work?”, and provides resources to instill confidence in that decision.  Esta lección trata la pregunta “cómo voy a continuar amamantando cuando regrese a trabajar”, y provee recursos para infundir confianza en esa decisión.  <b>Infant/Infante</b>  <b>Baby Bingo</b>  This lesson uses group discussion and focuses on basic guidelines when introducing solid foods to infants, using a Bingo game to make it fun and exciting.  Esta lección usa discusión en grupo y se enfoca en guías básicas cuando introduce comida solida a infantes, usando el juego Bingo para hacerlo divertido y emocionante.  <b>Child/General / Niño/General</b>  <b>Family Meals: MyPlate for My Family</b>  This lesson uses group discussion and hands on activities to explore the USDA MyPlate tool.  Esta lección usa discusión en grupo y manos en actividades para explorar la herramienta de USDA de Mi Plato.	

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**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.

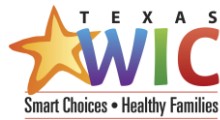
**Clase de Cocinar Demostraciones**

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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# WIC Nutrition Education Classes April 2015

## Clases de Nutricion

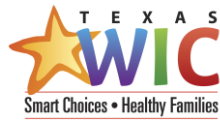
<b>East Austin Clinic</b> Community Care 211 Comal Austin, TX. 78702 512-972-4942  Tues 8:00am - 7:00pm closed 12:00pm-1:00pm	<b>TUESDAY, APRIL 14, 2015</b> 1:00 CHILD SPANISH  <b>TUESDAY, APRIL 21, 2015</b> 1:00 CHILD ENGLISH  <b>TUESDAY, APRIL 28, 2015</b> 1:00 CHILD SPANISH
<b>Rosewood-Zaragosa Clinic</b> 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	<b>SATURDAY, APRIL 11, 2015</b> 8:15 PREGNANT SPANISH 9:30 PREGNANT ENGLISH 10:30 WIC COOKING CLASS SPANISH  <b>TUESDAY, APRIL 14, 2015</b> 5:30 CHILD SPANISH  <b>THURSDAY, APRIL 23, 2015</b> 8:30-11:15 FRUIT AND VEGGIE FAIR 1:00-3:30 FRUIT AND VEGGIE FAIR
<b>South Austin Clinic</b> 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	<b>THURSDAY, APRIL 9, 2015</b> 8:30-11:00 FRUIT AND VEGGIE FAIR 1:00-3:00 FRUIT AND VEGGIE FAIR
<b>St. John's Community Center</b> 7500 Blessing Ave Austin, TX. 78752 512-972-4942	<b>MONDAY, APRIL 6, 2015</b> 8:30-11:00 FRUIT AND VEGGIE FAIR 1:15-5:45 FRUIT AND VEGGIE FAIR  <b>FRIDAY, APRIL 10, 2015</b> 8:00 CHILD SPANISH 9:00 CHILD SPANISH

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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	10:00 CHILD ENGLISH  <b>SATURDAY, APRIL 11, 2015</b> 8:15 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH  <b>MONDAY, APRIL 20, 2015</b> 8:00 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 INFANT ENGLISH 1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:15 PREGNANT SPANISH 4:30 CHILD SPANISH 5:15 CHILD SPANISH
<b>Northwest Clinic</b> 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	<b>TUESDAY, APRIL 21, 2015</b> 8:30-11:00 FRUIT AND VEGGIE FAIR 1:30-5:30 FRUIT AND VEGGIE FAIR
<b>Montopolis Clinic</b> 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	<b>TUESDAY, APRIL 7, 2015</b> 1:30-4:45 FRUIT AND VEGGIE FAIR  <b>SATURDAY, APRIL 11, 2015</b> 8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH

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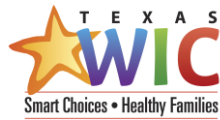


<p>Fri 8am-12pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	
<p><b>Far South Clinic</b> 405 W. Stassney Austin, TX. 78745 512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Tues 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday</p> <p>Thurs 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><b>TUESDAY, APRIL 14, 2015</b> 1:30-4:45 FRUIT AND VEGGIE FAIR</p>
<p><b>Manor Clinic</b> 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><b>THURSDAY, APRIL 9, 2015</b> 9:15 CHILD SPANISH 10:15 CHILD ENGLISH</p>
<p><b>Dove Springs</b> 6801 South IH-35 Suite I&amp;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>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>2<sup>nd</sup> Saturday 8:00-12:00pm</p>	<p><b>WEDNESDAY, APRIL 15, 2015</b> 8:30-11:00 FRUIT AND VEGGIE FAIR 1:00-3:00 FRUIT AND VEGGIE FAIR</p>
<p><b>Pflugerville Clinic</b> 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</p>	<p><b>TUESDAY, APRIL 28, 2015</b> 1:30-5:30 FRUIT AND VEGGIE FAIR</p>

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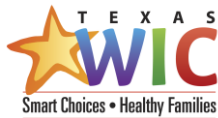


<p>closed 2nd Wednesday</p> <p>Thurs 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>Fri 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	
<p><b>Oakhill Clinic</b> West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942</p> <p>Mon 8:00am -5:00pm closed 12:00pm-12:30pm</p> <p>Fri 8:00am-12:00pm</p> <p>closed the 2nd Friday</p>	<p><b>MONDAY, APRIL 13, 2015</b> 8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH</p> <p><b>MONDAY, APRIL 27, 2015</b> 8:15 CHILD ENGLISH 8:30 CHILD SPANISH 3:00 CHILD ENGLISH 3:45 CHILD SPANISH</p>
<p><b>Del Valle Clinic</b> South Rural Community Center 3518 FM 973 Del Valle TX. 78617 512-972-4942</p> <p>Mon 8:00am-7pm closed 12:00 -1pm</p> <p>1st and 3rd Thursday of each month 8am-4:30pm closed 12-12:30</p>	<p><b>THURSDAY, APRIL 2, 2015</b> 8:20 INFANT SPANISH 9:40 CHILD SPANISH 10:20 CHILD SPANISH 11:00 CHILD ENGLISH</p> <p><b>MONDAY, APRIL 20, 2015</b> 1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH 3:20 INFANT ENGLISH 4:40 PREGNANT SPANISH 5:20 CHILD SPANISH 6:00 CHILD ENGLISH</p>
<p><b>Bastrop Clinic</b> 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</p> <p>Tues closed</p> <p>Wed 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>closed 2nd Wednesday</p> <p>Thurs 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>Fri closed</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p><b>SATURDAY, APRIL 11, 2015</b> 8:15 INFANT ENGLISH 9:30 CHILD SPANISH 10:30 CHILD ENGLISH</p> <p><b>MONDAY, APRIL 13, 2015</b> 1:45 INFANT SPANISH 3:30 PREGNANT ENGLISH 4:45 PREGNANT SPANISH</p>

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<b>Elgin Clinic</b> 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	<b>TUESDAY, APRIL 14, 2015</b> 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH  <b>TUESDAY, APRIL 28, 2015</b> 8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH
<p><b>Pregnant</b></p> <p>This class uses facilitated discussion to encourage participants to learn about and share common breastfeeding concerns. 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, materials, visual aids, and optional corresponding activities.</p> <p>Esta clase utiliza discusión facilitada para animar a los participantes a conocer y compartir las preocupaciones comunes de la lactancia. Los participantes seleccionarán al menos tres de cada diez temas para discutir de un tablón de anuncios o carteles. Cada tema incluye sugerencias para preguntas de discusión, materiales, ayudas visuales y actividades correspondientes opcionales.</p> <p><b>Infant</b></p> <p>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.</p> <p>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 hambre y saciedad señales, las prácticas de alimentación de lactantes sanos tales como limitar el jugo y apropiadamente a partir de sólidos, y las maneras de incorporar la actividad física desde el nacimiento hasta los 24 meses.</p> <p><b>Child</b></p> <p>This class uses group discussion and handouts to encourage participants to learn about and share healthy breakfast recipes/ideas, the benefits of eating breakfast, and tips to make time for breakfast.</p> <p>Esta clase utiliza la discusión en grupo y folletos para animar a los participantes a conocer y compartir recetas saludables para el desayuno / ideas, los beneficios de comer el desayuno, y consejos para hacer que el tiempo para el desayuno</p> <p><b>WIC Cooking Class Demonstrations</b></p> <p>This class demonstrates easy healthy recipes that incorporate fruits and vegetables. A sampling of the recipe is provided, along with the recipe.</p> <p><b>Clase de Cocinar Demostraciones</b></p> <p>Esta clase muestra recetas fáciles y saludables que incorporan frutas y verduras. Se proporciona una muestra de la receta, junto con la receta.</p>	

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