







Nutrition Education Classes- May 2015 Clases de Nutricion

EAST AUSTIN	TUESDAY, MAY 5 th , 2015
COMMUNITY CARE	
211 COMAL	1:00 Child General Spanish
AUSTIN TX 78702	
512-972-4942	TUESDAY, MAY 12 th , 2015
Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM	1:00 CHILD SPANISH
	TUESDAY, MAY 19 th , 2015
	1:15 CHILD SPANISH
	TUESDAY, MAY 26 th , 2015
	1:00 CHILD SPANISH
ROSEWOOD-ZARAGOSA	SATURDAY, MAY 9 th , 2015
2800 WEBBERVILLE RD	
AUSTIN TX 78702	8:15 PREGNANT SPANISH
512-972-4942	9:30 PREGNANT ENGLISH
	10:30 COOKING CLASS
Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM	
	TUESDAY, MAY 19 TH , 2015
Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM	
	8:15 CHILD SPANISH
Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM	9:15 CHILD ENGLISH
CLOSED 2ND WEDNESDAYNESDAY	10:30 INFANT SPANISH
	1:15 PREGNANT SPANISH
Thursday 7:30AM-4:30PM CLOSED 12:00-12:30PM	2:15 INFANT ENGLISH
	3:30 PREGNANT ENGLISH
Friday 7:30AM-12PM	4:30 INFANT SPANISH
	5:45 CHILD SPANISH
2 nd Saturday 8:00AM-12:00PM	
	TUESDAY, MAY 26 TH , 2015
	8:15 INFANT SPANISH
	9:30 CHILD SPANISH

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10:30 INFANT ENGLISH 1:15 INFANT SPANISH

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	2:30 PREGNANT ENGLISH
	3:30 INFANT ENGLISH
	4:45 CHILD ENGLISH
	5:45 CHILD SPANISH
South Austin Clinic	THURSDAY, MAY 7 TH , 2015
Multipurpose Center	
2508 Durwood Dr.	8:00 PREGNANT SPANISH
Austin, TX. 78704	9:00 CHILD SPANISH
512-972-4942	10:00 PREGNANT ENGLISH
	11:00 CHILD ENGLISH
Monday 7:30am-7:00pm closed 12:00pm-1:00pm	1:00 INFANT SPANISH
	3:00 CHILD ENGLISH
Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm	
	THURSDAY, MAY 14 TH , 2015
Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm	
closed 2nd Wednesday	9:00 CHILD SPANISH
	10:00 CHILD ENGLISH
Thursday 7:30am-4:30pm closed 12:00pm-12:30pm	11:00 PREGNANT SPANISH
	12:45 INFANT ENGLISH
Friday 7:30am-12:00pm	2:00 CHILD ENGLISH
	3:15 INFANT SPANISH
2nd Saturday 8:00am-12:00pm	
	MONDAY, MAY 18 TH , 2015
	1:00 PREGNANT SPANISH
	2:00 PREGNANT ENGLISH
	3:15 CHILD SPANISH
	4:30 CHILD ENGLISH
	5:30 CHILD SPANISH
	THURSDAY, MAY 25 TH ,2015
	8:30 INFANT SPANISH
	9:45 CHILD SPANISH
	10:45 INFANT ENGLISH
	1:00 CHILD SPANISH
	3:00 PREGNANT ENGLISH

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St. John's Community Center

7500 Blessing Ave Austin, TX. 78752 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

MONDAY, MAY 4TH, 2015

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

FRIDAY, MAY 8TH, 2015

8:00 CHILD SPANISH 10:00 CHILD ENGLISH

SATURDAY, MAY 9TH, 2015

8:15 CHILD SPANISH 10:00 CHILD ENGLISH

MONDAY, MAY 18TH, 2015

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

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Northwest Clinic

8701 Research Blvd suite A Austin, TX. 78758 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

TUESDAY, MAY 5TH, 2015

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

SATURDAY, MAY 9TH, 2015

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

TUESDAY, MAY 19TH, 2015

8:00 INFANT ENGLISH
9:15 CHILD 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, MAY 26, 2015

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

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Mondaytopolis Clinic

Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942

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

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

Wednesday 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday

Thursday 8am-4:30pm closed 12:00-12:30pm

Friday 8am-12pm

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

MONDAY, MAY 4TH, 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

SATURDAY, MAY 9TH, 2015

8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH

MONDAY, MAY 18TH, 2015

1:15 INFANT SPANISH 2:30 CHILD SPANISH 5:00 COOKING CLASS

Far South Clinic

405 W. Stassney Austin, TX. 78745 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

TUESDAY, MAY 5TH, 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

TUESDAY, MAY 12TH, 2015

8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 1:15 PREGNANT SPANISH 4:00 PREGNANT SPAN

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THESDAY	MAY 26 TH , 2015
IULJUAI.	IVIA I ZU . ZUIJ

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

Far South Clinic, continue

Dove Springs

6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942

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

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

Wednesday 7:30-4:30 close 12:00-12:30pm

Thu 7:30-4:30 close 12:00-12:30pm

Friday 7:30-12:00

2nd Saturday 8:00-12:00pm

WEDNESDAY, MAY 6TH, 2015

8:15 PREGNANT SPANISH
9:00 CHILD CLASS
10:30 COOKING CLASS
12:45 INFANT SPANISH
1:30 CHILD SPANISH
2:30 PREGNANT SPANISH
3:15 CHILD SPANISH

WEDNESDAY, MAY 20TH, 2015

8:15 PREGNANT ENGLISH
9:00 CHILD ENGLISH
10:30 COOKING CLASS
12:45 INFANT ENGLISH
1:30 CHILD ENGLISH
2:30 PREGNANT ENGLISH
3:15 CHILD ENGLISH

WEDNESDAY, MAY 27TH, 2015

8:15 PREGNANT ENGLISH
9:00 CHILD ENGLISH
10:00 PREGNANT SPANISH
11:00 CHILD SPANISH
12:45 INFANT ENGLISH
1:30 CHILD ENGLISH
2:30 INFANT ENGLISH
3:15 CHILD SPANISH

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Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tuesday 1:30pm-5:00pm Thursday 9:00am-2:30pm closed 12:00pm-12:30pm	9:15 CHILD SPANISH 10:15 CHILD ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942	TUESDAY, MAY 5 TH , 2015 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH
Monday 7:30am-7:00pm closed 12:00pm-1:00pm	TUESDAY MAY 19 TH , 2015
Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm	1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH
Friday 7:30am-12:00pm	TUESDAY, MAY 26 TH , 2015
2nd Saturday 8:00am-12:00pm	1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH

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Oakhill Clinic	MONDAY, MAY 11 TH , 2015
West Rural Community Center	, ,
8656 Ste Hwy 71 W	8:15 INFANT ENGLISH
Bldg A, Suite B	8:45 INFANT SPANISH
Austin, TX. 78735	3:00 PREGNANT SPANISH
512-972-4942	3:45 PREGNANT ENGLISH
Monday 8:00am -5:00pm closed 12:00pm-12:30pm Friday 8:00am-12:00pm	MONDAY, MAY 18 TH , 2015
closed the 2nd Friday	8:00 CHILD ENGLISH
,	8:45 CHILD SPANISH
	3:00 CHILD ENGLISH
	3:45 CHILD SPANISH
Del Valle Clinic	THURSDAY, MAY 7 TH , 2015
South Rural Community Center	
3518 FM 973	8:20 INFANT SPANISH
Del Valle, TX. 78617	9:20 CHILD SPANISH
512-972-4942	11:00 CHILD ENGLISH
Monday 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each Month 8am-4:30pm closed	MONDAY, MAY 18 TH , 2015
12-12:30	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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Bastrop Clinic	SATURDAY, MAY 9''', 2015
443 Highway 71	
Bastrop, TX. 78602	8:15 INFANT ENGLISH

1-800-942-2778 9:30 CHILD SPANISH 1-512-972-4942 10:30 CHILD ENGLISH

Monday 7:30am-7:00pm closed 12:00pm-1:00pm **MONDAY, MAY 11**TH, **2015**

Tuesday closed 1:45 INFANT SPANISH 3:30 PREGNANT ENGLISH

Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm 4:45 PREGNANT SPANISH

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

closed 2nd Wednesday

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

closed

Friday

Elgin Clinic TUESDAY, MAY 12TH, 2015

 218 South Main Street
 8:15 INFANT SPANISH

 Elgin, TX. 78621
 9:30 PREGNANT SPANISH

 1-800-942-2778
 10:30 CHILD SPANISH

Tuesday 8:00am-5:00pm closed 12:00pm-12:30pm TUESDAY, MAY 26TH, 2015

Friday 8:00am-12:00pm 8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH

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10:30 CHILD ENGLISH

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Pregnant/Embarazada

Breastfeeding Top 10 Discussion

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.

La Lactancia Materna Discusión de los 10 Temas

Esta clase utiliza facilitó la discusión para animar a los participantes a conocer y compartir las preocupaciones comunes de la lactancia materna. 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.

Infant/Infante

Fun & Feeding for a Healthy Weight

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.

La diversión y la comida para un peso saludable

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 el hambre y la saciedad, las señales, las prácticas de alimentación infantil saludables tales como limitar el jugo y apropiadamente a partir de sólidos, y la manera de incorporar la actividad física desde el nacimiento hasta los 24 meses.

Child/General / Niño/General

Breakfast Builds Better Bodies

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.

Desayuno Construye Mejores Cuerpos

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.

Cooking Class Demonstrations

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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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Nutrition Education Classes- June 2015 Clases de Nutricion

EAST AUSTIN TUESDAY, June 2, 2015 **COMMUNITY CARE** 211 COMAL 1:00 CHILD SPANISH AUSTIN TX 78702 512-972-4942 TUESDAY, June 9, 2015 Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM 1:00 CHILD SPANISH **TUESDAY, June 16, 2015** 1:15 CHILD ENGLISH **TUESDAY, June 23, 2015** 1:00 CHILD SPANISH **TUESDAY, JUNE 2, 2015 ROSEWOOD-ZARAGOSA** 2800 WEBBERVILLE RD **AUSTIN TX 78702** 5:30 COOKING CLASS 512-972-4942 SATURDAY, JUNE 13, 2015 Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM 8:15 PREGNANT SPANISH Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM 9:30 PREGNANT ENGLISH 10:30 COOKING CLASS Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM **CLOSED 2ND WEDNESDAY TUESDAY, JUNE 16, 2015** Thursday 7:30AM-4:30PM CLOSED 12:00-12:30PM 8:15 INFANT SPANISH 9:15 CHILD ENGLISH Friday 7:30AM-12PM 10:30 INFANT ENGLISH 1:15 INFANT SPANISH 2nd Saturday 8:00AM-12:00PM 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 4:45 CHILD ENGLISH 5:45 CHILD SPANISH

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	TUESDAY, JUNE 23, 2015
	1:15 PREGNANT ENGLISH
South Austin Clinic	THURSDAY, JUNE 7 TH , 2015
Multipurpose Center	
2508 Durwood Dr.	8:00 PREGNANT SPANISH
Austin, TX. 78704	9:00 CHILD SPANISH
512-972-4942	10:00 PREGNANT ENGLISH
	11:00 CHILD ENGLISH
Monday 7:30am-7:00pm closed 12:00pm-1:00pm	1:00 INFANT SPANISH
	3:00 CHILD ENGLISH
Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm	
	THURSDAY, JUNE 14 TH , 2015
Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm	
closed 2nd Wednesday	9:00 CHILD SPANISH
	10:00 CHILD ENGLISH
Thursday 7:30am-4:30pm closed 12:00pm-12:30pm	11:00 PREGNANT SPANISH
	12:45 INFANT ENGLISH
Friday 7:30am-12:00pm	2:00 CHILD ENGLISH
	3:15 INFANT SPANISH
2nd Saturday 8:00am-12:00pm	
	MONDAY, JUNE 18 TH , 2015
	1:00 PREGNANT SPANISH
	2:00 PREGNANT ENGLISH
	3:15 CHILD SPANISH
	4:30 CHILD ENGLISH
	5:30 CHILD SPANISH
	THURSDAY, JUNE 25 [™] ,2015

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

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St. John's Community Center

7500 Blessing Ave Austin, TX. 78752 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

MONDAY, JUNE 4TH, 2015

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

FRIDAY, JUNE 8TH, 2015

8:00 CHILD SPANISH 10:00 CHILD ENGLISH

SATURDAY, JUNE 9TH, 2015

8:15 CHILD SPANISH 10:00 CHILD ENGLISH

MONDAY, JUNE 18TH, 2015

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

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Northwest Clinic

8701 Research Blvd suite A Austin, TX. 78758 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

TUESDAY, JUNE 5TH, 2015

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

SATURDAY, JUNE 9TH, 2015

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

TUESDAY, JUNE 19TH, 2015

8:00 INFANT ENGLISH
9:15 CHILD 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 26, 2015

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

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Montopolis Clini

Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942

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

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

Wednesday 8am-4:30pm closed 12:00-12:30pm

closed 2nd Wednesday

Thursday 8am-4:30pm closed 12:00-12:30pm

Friday 8am-12pm

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

MONDAY, JUNE 4TH, 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

SATURDAY, JUNE 9TH, 2015

8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH

MONDAY, JUNE 18TH, 2015

1:15 INFANT SPANISH 2:30 CHILD SPANISH 5:00 COOKING CLASS

Far South Clinic

405 W. Stassney Austin, TX. 78745 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

TUESDAY, JUNE 5TH, 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

TUESDAY, JUNE 12TH, 2015

8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 1:15 PREGNANT SPANISH 4:00 PREGNANT SPAN

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THECDAY	JUNE 26 TH . 2015
IUESDAI.	JUNE SD . SOTO

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

Far South Clinic, continue

Dove Springs

6801 South IH-35 Suite I&J

Austin, TX. 78744 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

WEDNESDAY, JUNE 6TH, 2015

8:15 PREGNANT SPANISH

9:00 CHILD CLASS

10:30 COOKING CLASS

12:45 INFANT SPANISH

1:30 CHILD SPANISH

2:30 PREGNANT SPANISH

3:15 CHILD SPANISH

WEDNESDAY, JUNE 20TH, 2015

8:15 PREGNANT ENGLISH

9:00 CHILD ENGLISH

10:30 COOKING CLASS

12:45 INFANT ENGLISH

1:30 CHILD ENGLISH

2:30 PREGNANT ENGLISH

3:15 CHILD ENGLISH

WEDNESDAY, JUNE 27TH, 2015

8:15 PREGNANT ENGLISH

9:00 CHILD ENGLISH

10:00 PREGNANT SPANISH

11:00 CHILD SPANISH

12:45 INFANT ENGLISH

1:30 CHILD ENGLISH

2:30 INFANT ENGLISH

3:15 CHILD SPANISH

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Manor Clini		THURSDAY, JUNE 14 TH , 2015
	ommunity Center	9:15 CHILD SPANISH
600 West Ca	•	10:15 CHILD ENGLISH
Manor, TX.		
512-972-494	12	
3rd Tuesday	1:30pm-5:00pm	
Thursday 9:	00am-2:30pm closed 12:00pm-12:30pm	
Pflugerville		TUESDAY, JUNE 5 TH , 2015
	Community Center	4.4-111111111111111111
	nill Farms Loop	1:15 INFANT ENGLISH
Pflugerville, 512-972-494		2:30 PREGNANT SPANISH 3:30 INFANT SPANISH
312-372-432	12	5:00 CHILD SPANISH
		6:00 CHILD ENGLISH
Monday	7:30AM-7:00PM CLOSED 12:00-1:00PM	
		TUESDAY JUNE 19 TH , 2015
Tuesday	7:30AM-7:00PM CLOSED 12:00-1:00PM	1.1F INFANT CDANIGH
Wednesday	7:30AM-4:30PM CLOSED 12:00-12:30PM	1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH
vveuriesudy	CLOSED 2ND WEDNESDAY	3:30 INFANT ENGLISH
		5:00 CHILD ENGLISH
Thursday	7:30AM-4:30PM CLOSED 12:00-12:30PM	6:00 CHILD SPANISH
Friday	7:30AM-12PM	TUESDAY, JUNE 26 TH , 2015
2ND Saturda	y 8:00AM-12:00PM	1:15 INFANT ENGLISH
		2:30 PREGNANT SPANISH
		3:30 INFANT SPANISH
		5:00 CHILD SPANISH

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Oakhill Clinic	MONDAY, JUNE 11 TH , 2015
West Rural Community Center	
8656 Ste Hwy 71 W	8:15 INFANT ENGLISH
Bldg A, Suite B	8:45 INFANT SPANISH
Austin, TX. 78735	3:00 PREGNANT SPANISH
512-972-4942	3:45 PREGNANT ENGLISH
Monday 8:00am -5:00pm closed 12:00pm-12:30pm Friday 8:00am-12:00pm	MONDAY, JUNE 18 TH , 2015
closed the 2nd Friday	8:00 CHILD ENGLISH
, '	8:45 CHILD SPANISH
	3:00 CHILD ENGLISH
	3:45 CHILD SPANISH
Del Valle Clinic	THURSDAY, JUNE 7 TH , 2015
South Rural Community Center	
3518 FM 973	8:20 INFANT SPANISH
Del Valle, TX. 78617	9:20 CHILD SPANISH
512-972-4942	11:00 CHILD ENGLISH
Monday 8:00am-7pm closed 12:00 -1pm	MONDAY, JUNE 18 TH , 2015
1st and 3rd THURSDAY of each Month 8am-4:30pm	1:20 INFANT SPANISH
closed 12-12:30	2:40 PREGNANT ENGLISH
	3:20 INFANT ENGLISH
	4:40 PREGNANT SPANISH
	5:20 CHILD SPANISH
	6:00 CHILD ENGLISH
	0.00 CITIED ENGLISH

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

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

Tuesday closed

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

closed 2nd Wednesday

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

Friday closed

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

SATUDAY, JUNE 9TH, 2015

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

MONDAY, JUNE 11TH, 2015

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

Elgin Clinic

218 South Main Street

Elgin, TX. 78621 1-800-942-2778 1-512-972-4942

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

Friday 8:00am-12:00pm

TUESDAY, JUNE 12TH, 2015

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

TUESDAY, JUNE 26TH, 2015

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

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Pregnant/Embarazada

Breastfeeding Top 10 Discussion

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.

La Lactancia Materna Discusión de los 10 Temas

Esta clase utiliza facilitó la discusión para animar a los participantes a conocer y compartir las preocupaciones comunes de la lactancia materna . 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.

Infant/Infante

Fun & Feeding for a Healthy Weight

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.

La diversión y la comida para un peso saludable

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 el hambre y la saciedad, las señales, las prácticas de alimentación infantil saludables tales como limitar el jugo y apropiadamente a partir de sólidos, y la manera de incorporar la actividad física desde el nacimiento hasta los 24 meses.

Child/General / Niño/General

Breakfast Builds Better Bodies

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.

Desayuno Construye Mejores Cuerpos

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.

Cooking Class Demonstrations

This class demonstrates easy healthy recipes that incorporate fruits and vegetables. A sampling of the

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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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Nutrition Education Classes- June 2015 Clases de Nutricion

EAST AUSTIN TUESDAY, June 2ND, 2015

COMMUNITY CARE
211 COMAL
AUSTIN TX 78702
1:00 CHILD SPANISH

512-972-4942 **TUESDAY, June 9**TH , **2015**

Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM 1:15 CHILD SPANISH

TUESDAY, June 16TH, 2015

1:15 CHILD ENGLISH

TUESDAY, June 23RD, 2015

1:15 CHILD SPANISH

ROSEWOOD-ZARAGOSA

2800 WEBBERVILLE RD

AUSTIN TX 78702

512-972-4942

9:30 PREG

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

Thursday 7:30AM-4:30PM CLOSED 12:00-12:30PM

Friday 7:30AM-12PM

2ND Saturday 8:00AM-12:00PM

SATURDAY, JUNE 13TH, 2015

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

TUESDAY, JUNE 16TH, 2015

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

4:45 CHILD ENGLISH 5:45 CHILD SPANISH

TUESDAY, JUNE 23RD, 2015

1:15 PREGNANT ENGLISH

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South Austin Clinic

Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

THURSDAY, JUNE 4TH, 2015

8:00 CHILD ENGLISH 9:00 INFANT ENGLISH 10:00 PREGNANT ENGLISH 11:00 CHILD ENGLISH 1:00 INFANT ENGLISH 3:00 PREGNANT ENGLISH

THURSDAY, JUNE 11TH, 2015

9:00 CHILD SPANISH 10:00 INFANT SPANISH 11:00 PREGNANT SPANISH 12:45 CHILD SPANISH 2:00 INFANT SPANISH 3:15 PREGNANT SPANISH

MONDAY, JUNE 15TH, 2015

1:00 PREGNANT SPANISH 2:00 PREGNANT ENGLISH 3:15 CHILD SPANISH 4:30 CHILD ENGLISH 5:30 CHILD SPANISH

THURSDAY, JUNE 25TH,2015

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

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St. John's Community Center

7500 Blessing Ave Austin, TX. 78752 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

MONDAY, JUNE 1TH, 2015

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

FRIDAY, JUNE 12TH, 2015

8:00 CHILD SPANISH 10:00 CHILD ENGLISH

SATURDAY, JUNE 13TH, 2015

8:15 CHILD SPANISH 10:00 CHILD ENGLISH

MONDAY, JUNE 15TH, 2015

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

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Northwest Clinic

8701 Research Blvd suite A Austin, TX. 78758 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

TUESDAY, JUNE 2TH, 2015

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

SATURDAY, JUNE 13TH, 2015

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

TUESDAY, JUNE 16TH, 2015

8:00 INFANT ENGLISH
9:15 CHILD 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 23RD, 2015

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

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





		AAGNIDAY WINIFATH AGAI
Montopolis		MONDAY, JUNE 1 TH , 2015
Neighborhood Center		0.45 01111 0.511011511
1416 Montopolis Dr.		8:15 CHILD ENGLISH
Austin, TX. 78741		9:00 INFANT SPANISH
512-972-49	42	10:00 PREGNANT SPANISH
		11:00 CHILD SPANISH
Monday	8am-7pm closed 12:00-1:00pm	1:15 PREGNANT ENGLISH
		2:30 INFANT ENGLISH
Tuesday	8am-7pm closed 12:00-1:00pm	4:00 CHILD ENGLISH
		5:30 COOKING CLASS
Wednesday	8am-4:30pm closed 12:00-12:30pm	Tu
	closed 2nd Wednesday	SATURDAY, JUNE 13 TH , 2015
Thursday	8am-4:30pm closed 12:00-12:30pm	8:15 CHILD SPANISH
		9:00 CHILD ENGLISH
Friday	8am-12pm	10:00 CHILD SPANISH
		10:45 INFANT ENGLISH
2nd Saturda	ay 8:00am-12:00pm	
		MONDAY, JUNE 22 ND , 2015
		1:15 INFANT SPANISH
		2:30 CHILD SPANISH
		5:00 COOKING CLASS
Far South C	linic	TUESDAY, JUNE 2 ND , 2015
405 W. Stas	•	
Austin, TX. 78745		8:15 INFANT ENGLISH
512-972-4942		9:30 PREGNANT ENGLISH
		10:30 CHILD ENGLISH
Monday	7:30am-7:00pm closed 12:00pm-1:00pm	1:15 PREGNANT ENGLISH
		2:15 INFANT ENGLISH
Tuesday	7:30am-7:00pm closed 12:00pm-1:00pm	4:00 CHILD ENGLISH
		6:00 PREGNANT ENGLISH
Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm		
	closed 2nd Wednesday	TUESDAY, JUNE 9 TH , 2015
Thursday	7:30am-4:30pm closed 12:00pm-12:30pm	8:15 INFANT SPANISH
		9:30 PREGNANT SPANISH
Friday	7:30am-12:00pm	10:30 CHILD SPANISH
		1:15 CHILD SPANISH

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2:15 INFANT SPANISH 4:00 PREGNANT SPANISH

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Far South Clinic, continue	TUESDAY, JUNE 23 TH , 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD ENGLISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD SPANISH 5:00 PREGNANT ENGLISH 6:00 CHILD SPANISH
Dove Springs	WEDNESDAY, JUNE 3 RD , 2015
6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942	8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS
Monday 7:30am-7:00pm closed 12:00pm-1:00pm	12:45 INFANT SPANISH
Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm	1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH
Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday	WEDNESDAY, JUNE 17 [™] , 2015
Thursday 7:30am-4:30pm closed 12:00pm-12:30pm	8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH
Friday 7:30am-12:00pm	10:30 COOKING CLASS 12:45 INFANT ENGLISH
2nd Saturday 8:00am-12:00pm	1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH
	WEDNESDAY, JUNE 24 TH , 2015
	8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH

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2ND Saturday 8:00AM-12:00PM





		70
		THURSDAY, JUNE 11 [™] , 2015
Manor Clini	С	
East Rural C	ommunity Center	9:15 CHILD SPANISH
600 West Ca		10:15 CHILD ENGLISH
Manor, TX.	78653	
512-972-494		
	· -	
3rd Tuesday	1:30pm-5:00pm	
Jan racsaay	1.30pm 3.00pm	
Thursday 0	:00am-2:30pm closed 12:00pm-12:30pm	
Tiluisuay 5.	.00am-2.30pm closed 12.00pm-12.30pm	
Pflugerville	Clinic	TUESDAY, JUNE 2 ND , 2015
North Rural Community Center		
15822 Foothill Farms Loop		1:15 INFANT ENGLISH
Pflugerville, TX. 78660		2:30 PREGNANT SPANISH
512-972-494		3:30 INFANT SPANISH
011 071 10		5:00 CHILD SPANISH
		6:00 CHILD ENGLISH
Monday	7:30AM-7:00PM CLOSED 12:00-1:00PM	0.00 CHIED ENGLISH
ivioriday	7.30AIVI-7.00FIVI CLOSED 12.00-1.00FIVI	TUESDAY JUNE 16 TH , 2015
Tuesday	7.20 ANA 7.00 DNA CLOSED 12.00 1.00 DNA	TOESDAY JOINE 16 , 2015
Tuesday	7:30AM-7:00PM CLOSED 12:00-1:00PM	1.15 INITANIT CDANICLI
144	7 20444 4 20044 61 0650 42 00 42 2204	1:15 INFANT SPANISH
Wednesday	7:30AM-4:30PM CLOSED 12:00-12:30PM	2:30 PREGNANT ENGLISH
	CLOSED 2ND WEDNESDAY	3:30 INFANT ENGLISH
		5:00 CHILD ENGLISH
Thursday	7:30AM-4:30PM CLOSED 12:00-12:30PM	6:00 CHILD SPANISH
Friday	7:30AM-12PM	

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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

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

Friday 8:00am-12:00pm closed the 2nd Friday

MONDAY, JUNE 8TH, 2015

8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH

MONDAY, JUNE 22TH, 2015

8:00 CHILD ENGLISH 8:45 CHILD 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

Monday 8:00am-7pm closed 12:00 -1pm 1st and 3rd THURSDAY of each Monday 8am-4:30pm closed 12-12:30

THURSDAY, JUNE 4TH, 2015

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

MONDAY, JUNE 15TH, 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

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Bastrop Clinic	MONDAY, JUNE 8 TH , 2015
443 Highway 71	

Bastrop, TX. 78602 2:30 INFANT SPANISH 1-800-942-2778 4:00 PREGNANT ENGLISH 1-512-972-4942 5:00 PREGNANT SPANISH

SATURDAY, JUNE 13TH, 2015 7:30am-7:00pm closed 12:00pm-1:00pm Monday

Tuesday closed 8:15 INFANT ENGLISH 9:30 CHILD SPANISH

Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm 10:30 CHILD ENGLISH closed 2nd Wednesday

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

Friday

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

closed

TUESDAY, JUNE 9TH, 2015 **Elgin Clinic**

218 South Main Street Elgin, TX. 78621 8:15 PREGNANT SPANISH 1-800-942-2778 9:00 CHILD SPANISH 1-512-972-4942 10:00 INFANT SPANISH

TUESDAY, JUNE 23RD, 2015 Tuesday 8:00am-5:00pm closed 12:00pm-12:30pm

8:15 PREGNANT ENGLISH Friday 8:00am-12:00pm 9:30 CHILD ENGLISH

10:30 INFANT ENGLISH

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Pregnant/Embarazada

Breastfeeding Top 10 Discussion

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Infant/Infante

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Child/General / Niño/General

Breakfast Builds Better Bodies

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.

Desayuno Construye Mejores Cuerpos

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Cooking Class Demonstrations

This class demonstrates easy healthy recipes that incorporate fruits and vegetables. A sampling of the

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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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2ND Saturday 8:00AM-12:00PM





Nutrition Education Classes- JULY 2015 Clases de Nutricion

EAST AUSTIN TUESDAY, July 7th, 2015 **COMMUNITY CARE** 211 COMAL 1:00 CHILD SPANISH AUSTIN TX 78702 512-972-4942 TUESDAY, July 14th, 2015 Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM 1:00 CHILD SPANISH **TUESDAY, July 21, 2015** 1:15 CHILD ENGLISH **TUESDAY, July 28, 2015** 1:00 CHILD SPANISH **ROSEWOOD-ZARAGOSA TUESDAY, JULY 7, 2015** 2800 WEBBERVILLE RD AUSTIN TX 78702 1:15 INFANT SPANISH 512-972-4942 2:30 PREGNANT SPANISH 3:30 INFANT ENGLISH 7:30AM-7:00PM CLOSED 12:00-1:00PM Monday 4:45 CHILD ENGLISH 5:45 CHILD SPANISH Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM THURSDAY, JULY 9TH ,2015 Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM **CLOSED 2ND WEDNESDAY** 8:15 INFANT SPANISH 9:30 CHILD SPANISH 7:30AM-4:30PM CLOSED 12:00-12:30PM Thursday 10:30 INFANT ENGLISH Friday 7:30AM-12PM SATURDAY, JULY 11, 2015

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

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		THESDAY HHV29 2015
		TUESDAY, JULY 28 , 2015
		1:15 PREGNANT ENGLISH
South Aus	stin Clinic	THURSDAY, JULY 7 TH , 2015
Multipurp	ose Center	
2508 Durv	wood Dr.	8:30 CHILD ENGLISH
Austin, TX	78704	9:30 INFANT ENGLISH
512-972-4	1942	11:00 PREGNANT ENGLISH
		1:15 INFANT ENGLISH
Monday	7:30am-7:00pm closed 12:00pm-1:00pm	3:00 PREGNANT ENGLISH
		4:00 CHILD ENGLISH
Tuesday	7:30am-7:00pm closed 12:00pm-1:00pm	5;00 PREGNANT ENGLISH
		6:00 CHILD SPANISH
Wednesda	ay 7:30am-4:30pm closed 12:00pm-12:30pm	
	closed 2nd Wednesday	THURSDAY, JULY 9, 2015
Thursday	7:30am-4:30pm closed 12:00pm-12:30pm	9:00 CHILD SPANISH
		10:00 INFANT SPANISH
Friday	7:30am-12:00pm	11:00 PREGNANT SPANISH
2nd Saturday 8:00am-12:00pm		THURSDAY, JUNE 23 TH ,2015
		8:30 CHILD SPANISH
		9:30 INFANT SPANISH
		11:00 PREGNANT SPANISH
		1:00 CHILD SPANISH
		2:00 INFANT SPANISH
		3:00 PREGNANT SPANISH

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St. John's Community Center

7500 Blessing Ave Austin, TX. 78752 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

TUESDAY, JULY 7TH, 2015

1:00 CHILD ENGLISH 2:00 INFANT ENGLISH 3:15 PREGNANT ENGLISH 4:00 CHILD ENGLISH

THURSDAY, JULY 9TH,2015

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

FRIDAY, JULY 10TH, 2015

8:00 CHILD SPANISH 10:00 CHILD ENGLISH

SATURDAY, JULY 11TH, 2015

8:15 CHILD SPANISH 10:00 CHILD ENGLISH

MONDAY, JULY 20TH, 2015

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

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Northwest Clinic

8701 Research Blvd suite A Austin, TX. 78758 512-972-4942

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

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

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

closed 2nd Wednesday

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

Friday 7:30am-12:00pm

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

TUESDAY, JULY 7TH, 2015

1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH

THURSDAY, JULY 9TH, 2015

7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 INFANT SPANISH

SATURDAY, JULY 11TH, 2015

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

TUESDAY, JULY 21TH, 2015

8:00 INFANT ENGLISH
9:15 CHILD 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, JULY 28, 2015

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

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Mondaytopolis Clinic		TUESDAY, JULY 7 TH , 2015
Neighborhoo	d Center	
1416 Monday	rtopolis Dr.	1:15 PREGNANT ENGLISH
Austin, TX. 78	3741	2:30 INFANT ENGLISH
512-972-4942	2	4:00 CHILD ENGLISH
		5:30 COOKING CLASS
Monday	8am-7pm closed 12:00-1:00pm	
		THURSDAY, JULY 9 TH , 2015
Tuesday	8am-7pm closed 12:00-1:00pm	
		8:15 CHILD ENGLISH
Wednesday	8am-4:30pm closed 12:00-12:30pm	9:00 INFANT SPANISH
	closed 2nd Wednesday	10:00 PREGNANT SPANISH
Thursday	8am-4:30pm closed 12:00-12:30pm	SATURDAY, JULY 11 TH , 2015
Friday	8am-12pm	8:15 CHILD SPANISH
linaay	ουπ 12pm	9:00 CHILD SI ANISH
2nd Satuday	8:00am-12:00pm	10:00 CHILD SPANISH
211a Sataday	0.00diii 12.00piii	10:45 INFANT ENGLISH
		10.15 11171111 E110E1511
		MONDAY, JULY 27 [™] ,2015
		1:15 INFANT SPANISH
		2:30 CHILD SPANISH
		5:00 COOKING CLASS
Far South Clir	nic	TUESDAY, JULY 7 TH , 2015
405 W. Stassney		, , , , , , , , , , , , , , , , , , , ,
Austin, TX. 78745		8:15 INFANT ENGLISH
512-972-4942		9:30 PREGNANT ENGLISH
		10:30 CHILD ENGLISH
Monday 7	7:30am-7:00pm closed 12:00pm-1:00pm	1:15 PREGNANT ENGLISH
,		2:15 INFANT ENGLISH
Tuesday 7	7:30am-7:00pm closed 12:00pm-1:00pm	4:00 CHILD ENGLISH
		6:00 PREGNANT ENGLISH
Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm		
c	losed 2nd Wednesday	THURSDAY, JULY 9 TH , 2015
Th	20 4.20	0.45 INFANT FNGUSU
Thursday 7	:30am-4:30pm closed 12:00pm-12:30pm	8:15 INFANT ENGLISH
Friday 7:3	30am-12:00pm	9:30 PREGNANT ENGLISH
2nd Saturday 8:00am-12:00pm		

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HURSDAY, JULY 14 TH ,2015
3:15 INFANT SPANISH
9:30 PREGNANT SPANISH
.0:30 CHILD SPANISH
TUESDAY, JULY 28 TH , 2015
8:15 INFANT SPANISH
0:30 PREGNANT SPANISH
.0:30 CHILD SPANISH
::15 CHILD ENGLISH
2:15 INFANT ENGLISH
1:00 CHILD SPANISH
5:00 PREGNANT ENGLISH
5:00 CHILD SPANISH
NEDNESDAY, JULY 1 ST , 2015
3:15 PREGNANT SPANISH
0:00 CHILD SPANISH
.0:30 COOKING CLASS
.2:45 INFANT SPANISH
:30 CHILD SPANISH
2:30 PREGNANT SPANISH
3:15 CHILD SPANISH
THE COAN HAVETH 2045
TUESDAY, JULY 7 TH , 2015
8:15 PREGNANT ENGLISH
0:00 CHILD ENGLISH
.0:30 COOKING CLASS
.2:45 INFANT ENGLISH
:30 CHILD ENGLISH
2:30 PREGNANT SPANISH
3:30 CHILD ENGLISH
THURSDAY, JULY 9 TH , 2015
3:15 PREGNANT ENGLISH
0:00 CHILD ENGLISH
.0:00 INFANT ENGLISH
1:00 CHILD ENGLISH
3) (1 2 4 5 5 A 3) (1 2 3 B) (1 2 3 B) (1 3 B)

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North Rural Community Center 15822 Foothill Farms Loop

Pflugerville, TX. 78660

512-972-4942





	WEDNESDAY, JULY 22 TH , 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
	WEDNESDAY, JULY 29 TH , 2015
	8:15 CHILD ENGLISH
	9:00 CHILD SPANISH
	10:00 CHILD ENGLISH
	11:00 CHILD SPANISH
	THURSDAY HUVOTH 2015
Manor Clinic	THURSDAY, JULY 9TH, 2015
East Rural Community Center	9:15 CHILD SPANISH
600 West Carrie Manor	10:15 CHILD SPANISH
Manor, TX. 78653	10.13 CHIED ENGLISH
512-972-4942	
312 372 13 12	
3rd Tuesday 1:30pm-5:00pm	
Thursday 9:00am-2:30pm closed 12:00pm-12:30pm	
Pflugerville Clinic	TUESDAY, JULY 9 TH , 2015

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1:15 INFANT ENGLISH

3:30 INFANT SPANISH 5:30 COOKING CLASS

2:30 PREGNANT SPANISH

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Monday	7:30AM-7:00PM CLOSED 12:00-1:00PM	TUESDAY, JULY 21 ST , 2015
Tuesday	7:30AM-7:00PM CLOSED 12:00-1:00PM	1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH
Wednesday	7:30AM-4:30PM CLOSED 12:00-12:30PM CLOSED 2ND WEDNESDAY	3:30 INFANT ENGLISH 5:30 COOKING CLASS
Thursday	7:30AM-4:30PM CLOSED 12:00-12:30PM	
Friday	7:30AM-12PM	
2ND Saturda	y 8:00AM-12:00PM	
Oakhill Clini		MONDAY, JULY 13 TH , 2015
	Community Center	
8656 Ste Hw	,	3:00 PREGNANT SPANISH
Bldg A, Suite		3:45 PREGNANT ENGLISH
Austin, TX. 7 512-972-494		MONDAY, JULY 27 TH , 2015
512-972-494	1 2	MONDAY, JULY 27 , 2015
Monday 8	3:00am -5:00pm closed 12:00pm-12:30pm	8:00 CHILD ENGLISH
Friday 8	3:00am-12:00pm	8:45 CHILD SPANISH
clos	ed the 2nd Fridayday	3:00 CHILD ENGLISH
		3:45 CHILD SPANISH
Del Valle Cli	nic	THURSDAY, JULY 2 ND , 2015
	Community Center	, , , , , , , , , , , , , , , , , , , ,
3518 FM 973	•	8:20 INFANT SPANISH
Del Valle, TX	. 78617	9:20 CHILD SPANISH
512-972-494	2	
		MONDAY, JULY 20 TH , 2015
	8:00am-7pm_closed 12:00 -1pm	
	THURSDAY of each Mondayth 8am-4:30pm	1:20 INFANT SPANISH
closed 12-12	1:30	2:40 PREGNANT ENGLISH
		3:20 INFANT ENGLISH
		4:40 PREGNANT SPANISH
		5:20 CHILD SPANISH 6:00 CHILD ENGLISH
		0.00 CHILD ENGLISH

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Bastrop Clinic		SATUDAY, JULY 11 TH , 2015
443 Highw		, ,
Bastrop, T	·	8:15 INFANT ENGLISH
1-800-942		9:30 CHILD SPANISH
1-512-972		10:30 CHILD ENGLISH
Monday	7:30am-7:00pm closed 12:00pm-1:00pm	MONDAY, JUNE 11 [™] , 2015
Tuesday	closed	2:30 INFANT SPANISH
,		4:00 PREGNANT ENGLISH
Wednesda	ay 7:30am-4:30pm closed 12:00pm-12:30pm	5:00 PREGNANT SPANISH
l reallesac	closed 2nd Wednesday	SIGOT NEGRATION STATISTIC
	closed 211d Wednesday	THURSDAY, JULY 16 TH , 2015
Thursday	7:30am-4:30pm closed 12:00pm-12:30pm	
,	·	10:00 COOKING CLASS
Friday	closed	
,		
2nd Saturday 8:00am-12:00pm		
Elgin Clinic		TUESDAY, JULY 14TH, 2015
218 South Main Street		
Elgin, TX. 78621		8:15 PREGNANT SPANISH
1-800-942-2778		9:00 CHILD SPANISH
1-512-972-4942		10:00 INFANT SPANISH
Tuesday	8:00am-5:00pm closed 12:00pm-12:30pm	TUESDAY, JULY 28 TH , 2015
Fuido.	0.00a aa 12.00a aa	0.45 DDFCNANT ENGLISH
Friday	8:00am-12:00pm	8:15 PREGNANT ENGLISH
		9:00 CHILD ENGLISH
		10:00 INFANT ENGLISH
İ		

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Pregnant/Embarazada

Breastfeeding Top 10 Discussion

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.

La Lactancia Materna Discusión de los 10 Temas

Esta clase utiliza facilitó la discusión para animar a los participantes a conocer y compartir las preocupaciones comunes de la lactancia materna . 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.

Infant/Infante

Fun & Feeding for a Healthy Weight

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.

La diversión y la comida para un peso saludable

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 el hambre y la saciedad, las señales , las prácticas de alimentación infantil saludables tales como limitar el jugo y apropiadamente a partir de sólidos , y la manera de incorporar la actividad física desde el nacimiento hasta los 24 meses.

Child/General / Niño/General

Breakfast Builds Better Bodies

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.

Desayuno Construye Mejores Cuerpos

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.

Cooking Class Demonstrations

This class demonstrates easy healthy recipes that incorporate fruits and vegetables. A sampling of the

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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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