

Nutrition Education Classes- May 2015

Clases de Nutricion

EAST AUSTIN

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

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

TUESDAY, MAY 5th, 2015

1:00 Child General Spanish

TUESDAY, MAY 12th, 2015

1:00 CHILD SPANISH

TUESDAY, MAY 19th, 2015

1:15 CHILD SPANISH

TUESDAY, MAY 26th, 2015

1:00 CHILD SPANISH

ROSEWOOD-ZARAGOSA

2800 WEBBERVILLE RD
AUSTIN TX 78702
512-972-4942

Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM

Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM

Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM
CLOSED 2ND WEDNESDAYNESDAY

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

Friday 7:30AM-12PM

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

SATURDAY, MAY 9th, 2015

8:15 PREGNANT SPANISH

9:30 PREGNANT ENGLISH

10:30 COOKING CLASS

TUESDAY, MAY 19TH, 2015

8:15 CHILD SPANISH

9:15 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, MAY 26TH, 2015

8:15 INFANT SPANISH

9:30 CHILD SPANISH

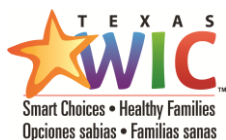
10:30 INFANT ENGLISH

1:15 INFANT SPANISH

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

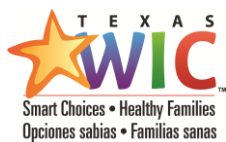


	2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 4:45 CHILD ENGLISH 5:45 CHILD SPANISH
South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm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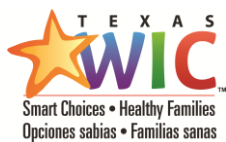


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	MONDAY, 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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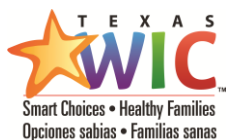


Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942	TUESDAY, MAY 5TH, 2015 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 INFANT SPANISH 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH
Monday 7:30am-7:00pm 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	SATURDAY, MAY 9TH, 2015 8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH
Thursday 7:30am-4:30pm closed 12:00pm-12:30pm	
Friday 7:30am-12:00pm	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
2nd Saturday 8:00am-12:00pm	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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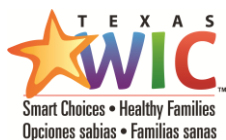


<p>Montopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>Monday 8am-7pm closed 12:00-1:00pm</p> <p>Tuesday 8am-7pm closed 12:00-1:00pm</p> <p>Wednesday 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday</p> <p>Thursday 8am-4:30pm closed 12:00-12:30pm</p> <p>Friday 8am-12pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>MONDAY, MAY 4TH, 2015</p> <p>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</p> <p>SATURDAY, MAY 9TH, 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH</p> <p>MONDAY, MAY 18TH, 2015</p> <p>1:15 INFANT SPANISH 2:30 CHILD SPANISH 5:00 COOKING CLASS</p>
<p>Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942</p> <p>Monday 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday</p> <p>Thursday 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>Friday 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, MAY 5TH, 2015</p> <p>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, MAY 12TH, 2015</p> <p>8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 1:15 PREGNANT SPANISH 4:00 PREGNANT SPAN</p>

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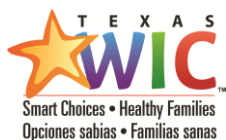


	TUESDAY, MAY 26TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD ENGLISH 6:00 PREGNANT ENGLISH
Far South Clinic, continue	
Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Monday 7:30-7:00pm close 12:00-1:00pm 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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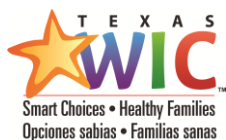


Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tuesday 1:30pm-5:00pm Thursday 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY, MAY 14TH, 2015 9:15 CHILD SPANISH 10:15 CHILD ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 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 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH TUESDAY MAY 19TH, 2015 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH TUESDAY, MAY 26TH, 2015 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH

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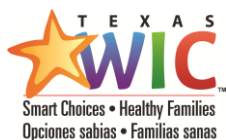


Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Monday 8:00am -5:00pm closed 12:00pm-12:30pm Friday 8:00am-12:00pm closed the 2nd Friday	MONDAY, MAY 11TH, 2015 8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH MONDAY, MAY 18TH, 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 Month 8am-4:30pm closed 12-12:30	THURSDAY, MAY 7TH, 2015 8:20 INFANT SPANISH 9:20 CHILD SPANISH 11:00 CHILD ENGLISH MONDAY, MAY 18TH, 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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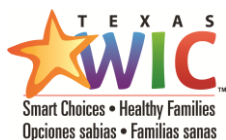


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday closed Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday closed 2nd Saturday 8:00am-12:00pm	SATURDAY, MAY 9TH, 2015 8:15 INFANT ENGLISH 9:30 CHILD SPANISH 10:30 CHILD ENGLISH MONDAY, MAY 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, MAY 12TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH TUESDAY, MAY 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

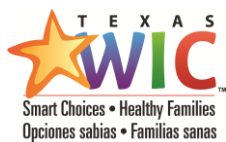
Esta clase utiliza la discusión en grupo y folletos para animar a los participantes a conocer y compartir recetas saludables para el desayuno / ideas, los beneficios de comer el desayuno, y consejos para hacer que el tiempo para el desayuno.

Cooking Class Demonstrations

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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.

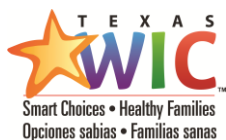
Clase de Cocinar Demostraciones

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

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

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

TUESDAY, June 2, 2015

1:00 CHILD SPANISH

TUESDAY, June 9, 2015

1:00 CHILD SPANISH

TUESDAY, June 16, 2015

1:15 CHILD ENGLISH

TUESDAY, June 23, 2015

1:00 CHILD SPANISH

ROSEWOOD-ZARAGOSA

2800 WEBBERVILLE RD
AUSTIN TX 78702
512-972-4942

Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM

Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM

Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM
CLOSED 2ND WEDNESDAY

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

Friday 7:30AM-12PM

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

TUESDAY, JUNE 2, 2015

5:30 COOKING CLASS

SATURDAY, JUNE 13, 2015

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

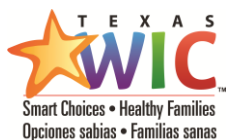
TUESDAY, JUNE 16, 2015

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

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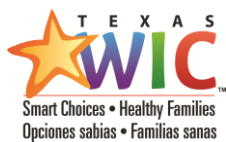


	TUESDAY, JUNE 23, 2015 1:15 PREGNANT ENGLISH
South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm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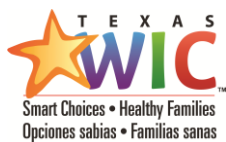


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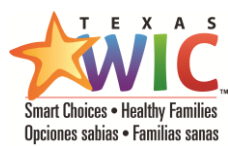


Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942	TUESDAY, JUNE 5TH, 2015 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 INFANT SPANISH 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH
Monday 7:30am-7:00pm closed 12:00pm-1:00pm	SATURDAY, JUNE 9TH, 2015 8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH
Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm	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
Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday	TUESDAY, JUNE 26, 2015 7:45 CHILD SPANISH 8:45 INFANT SPANISH 10:00 COOKING CLASS 1:15 INFANT SPANISH 3:45 CHILD SPANISH
Thursday 7:30am-4:30pm closed 12:00pm-12:30pm	
Friday 7:30am-12:00pm	
2nd Saturday 8:00am-12:00pm	

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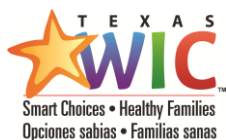


<p>Montopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>Monday 8am-7pm closed 12:00-1:00pm</p> <p>Tuesday 8am-7pm closed 12:00-1:00pm</p> <p>Wednesday 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday</p> <p>Thursday 8am-4:30pm closed 12:00-12:30pm</p> <p>Friday 8am-12pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>MONDAY, JUNE 4TH, 2015</p> <p>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</p> <p>SATURDAY, JUNE 9TH, 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH</p> <p>MONDAY, JUNE 18TH, 2015</p> <p>1:15 INFANT SPANISH 2:30 CHILD SPANISH 5:00 COOKING CLASS</p>
<p>Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942</p> <p>Monday 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday</p> <p>Thursday 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>Friday 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, JUNE 5TH, 2015</p> <p>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, JUNE 12TH, 2015</p> <p>8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 1:15 PREGNANT SPANISH 4:00 PREGNANT SPAN</p>

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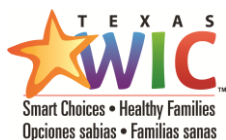


	TUESDAY, JUNE 26TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD ENGLISH 6:00 PREGNANT ENGLISH
Far South Clinic, continue Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm 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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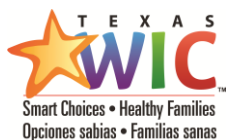


Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tuesday 1:30pm-5:00pm Thursday 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY, JUNE 14TH, 2015 9:15 CHILD SPANISH 10:15 CHILD ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942 Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM CLOSED 2ND WEDNESDAY Thursday 7:30AM-4:30PM CLOSED 12:00-12:30PM Friday 7:30AM-12PM 2ND Saturday 8:00AM-12:00PM	TUESDAY, JUNE 5TH, 2015 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH TUESDAY JUNE 19TH, 2015 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH TUESDAY, JUNE 26TH, 2015 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH

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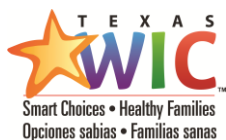


Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Monday 8:00am -5:00pm closed 12:00pm-12:30pm Friday 8:00am-12:00pm closed the 2nd Friday	MONDAY, JUNE 11TH, 2015 8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH MONDAY, JUNE 18TH, 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 Month 8am-4:30pm closed 12-12:30	THURSDAY, JUNE 7TH, 2015 8:20 INFANT SPANISH 9:20 CHILD SPANISH 11:00 CHILD ENGLISH MONDAY, JUNE 18TH, 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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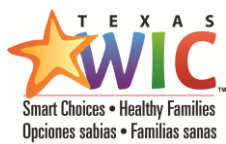


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday closed Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday closed 2nd Saturday 8:00am-12:00pm	SATUDAY, 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.

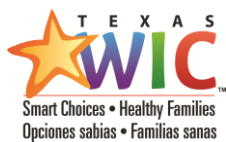
Cooking Class Demonstrations

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.

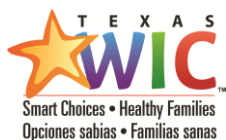
Clase de Cocinar Demostraciones

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

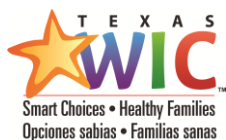
Clases de Nutricion

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

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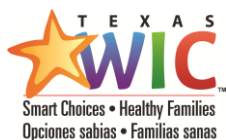


South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm 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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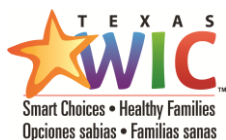


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm 2nd 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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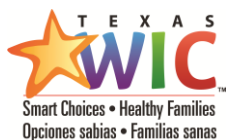


Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942	TUESDAY, JUNE 2TH, 2015 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 INFANT SPANISH 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH
Monday 7:30am-7:00pm closed 12:00pm-1:00pm	SATURDAY, JUNE 13TH, 2015 8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH
Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm	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
Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday	TUESDAY, JUNE 23RD, 2015 7:45 CHILD SPANISH 8:45 INFANT SPANISH 10:00 COOKING CLASS 1:15 INFANT SPANISH 3:45 CHILD SPANISH
Thursday 7:30am-4:30pm closed 12:00pm-12:30pm	
Friday 7:30am-12:00pm	
2nd Saturday 8:00am-12:00pm	

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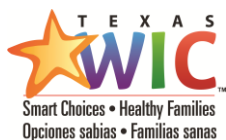


<p>Montopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>Monday 8am-7pm closed 12:00-1:00pm</p> <p>Tuesday 8am-7pm closed 12:00-1:00pm</p> <p>Wednesday 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday</p> <p>Thursday 8am-4:30pm closed 12:00-12:30pm</p> <p>Friday 8am-12pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>MONDAY, JUNE 1TH, 2015</p> <p>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</p> <p>SATURDAY, JUNE 13TH, 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH</p> <p>MONDAY, JUNE 22ND, 2015</p> <p>1:15 INFANT SPANISH 2:30 CHILD SPANISH 5:00 COOKING CLASS</p>
<p>Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942</p> <p>Monday 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday</p> <p>Thursday 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>Friday 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, JUNE 2ND, 2015</p> <p>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, JUNE 9TH, 2015</p> <p>8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD SPANISH 2:15 INFANT SPANISH 4:00 PREGNANT SPANISH</p>

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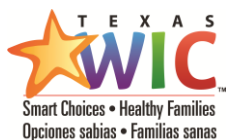


Far South Clinic, continue	TUESDAY, JUNE 23TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD ENGLISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD SPANISH 5:00 PREGNANT ENGLISH 6:00 CHILD SPANISH
Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Monday 7:30am-7:00pm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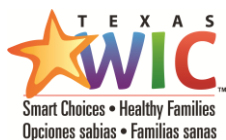


Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tuesday 1:30pm-5:00pm Thursday 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY, JUNE 11TH, 2015 9:15 CHILD SPANISH 10:15 CHILD ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942 Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM CLOSED 2ND WEDNESDAY Thursday 7:30AM-4:30PM CLOSED 12:00-12:30PM Friday 7:30AM-12PM 2ND Saturday 8:00AM-12:00PM	TUESDAY, JUNE 2ND, 2015 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH TUESDAY JUNE 16TH, 2015 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH

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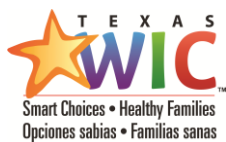


Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Monday 8:00am -5:00pm closed 12:00pm-12:30pm Friday 8:00am-12:00pm closed the 2nd Friday	MONDAY, JUNE 8TH, 2015 8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH 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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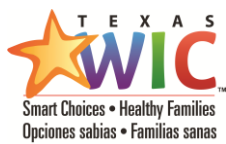


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday closed Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday closed 2nd Saturday 8:00am-12:00pm	MONDAY, JUNE 8TH, 2015 2:30 INFANT SPANISH 4:00 PREGNANT ENGLISH 5:00 PREGNANT SPANISH SATURDAY, JUNE 13TH, 2015 8:15 INFANT ENGLISH 9:30 CHILD SPANISH 10:30 CHILD ENGLISH
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 9TH, 2015 8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:00 INFANT SPANISH TUESDAY, JUNE 23RD, 2015 8:15 PREGNANT ENGLISH 9:30 CHILD ENGLISH 10:30 INFANT 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.

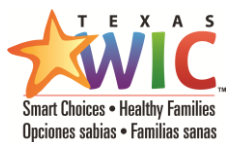
Cooking Class Demonstrations

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.

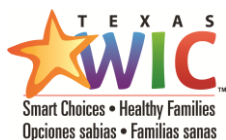
Clase de Cocinar Demostraciones

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- JULY 2015

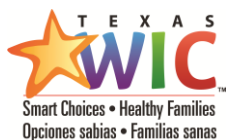
Clases de Nutricion

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

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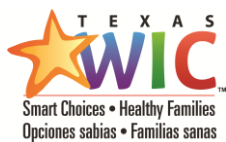


	TUESDAY, JULY 28 , 2015 1:15 PREGNANT ENGLISH
South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	THURSDAY, JULY 7TH, 2015 8:30 CHILD ENGLISH 9:30 INFANT ENGLISH 11:00 PREGNANT ENGLISH 1:15 INFANT ENGLISH 3:00 PREGNANT ENGLISH 4:00 CHILD ENGLISH 5:00 PREGNANT ENGLISH 6:00 CHILD SPANISH THURSDAY, JULY 9, 2015 9:00 CHILD SPANISH 10:00 INFANT SPANISH 11:00 PREGNANT SPANISH THURSDAY, JUNE 23TH, 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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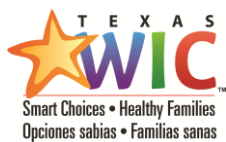


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm 2nd 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

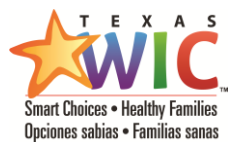
TUESDAY, JULY 28, 2015

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

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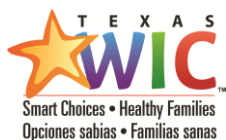


<p>Mondaytopolis Clinic Neighborhood Center 1416 Mondaytopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>Monday 8am-7pm closed 12:00-1:00pm</p> <p>Tuesday 8am-7pm closed 12:00-1:00pm</p> <p>Wednesday 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday</p> <p>Thursday 8am-4:30pm closed 12:00-12:30pm</p> <p>Friday 8am-12pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, JULY 7TH , 2015</p> <p>1:15 PREGNANT ENGLISH 2:30 INFANT ENGLISH 4:00 CHILD ENGLISH 5:30 COOKING CLASS</p> <p>THURSDAY, JULY 9TH , 2015</p> <p>8:15 CHILD ENGLISH 9:00 INFANT SPANISH 10:00 PREGNANT SPANISH</p> <p>SATURDAY, JULY 11TH , 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH</p> <p>MONDAY, JULY 27TH , 2015</p> <p>1:15 INFANT SPANISH 2:30 CHILD SPANISH 5:00 COOKING CLASS</p>
<p>Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942</p> <p>Monday 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday</p> <p>Thursday 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>Friday 7:30am-12:00pm</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, JULY 7TH , 2015</p> <p>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>THURSDAY, JULY 9TH , 2015</p> <p>8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH</p>

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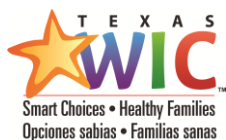


Far South Clinic, continue	THURSDAY, JULY 14TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH TUESDAY, JULY 28TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD SPANISH 5:00 PREGNANT ENGLISH 6:00 CHILD SPANISH
Dove Springs 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, JULY 1ST, 2015 8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH TUESDAY, JULY 7TH, 2015 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT SPANISH 3:30 CHILD ENGLISH THURSDAY, JULY 9TH, 2015 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH

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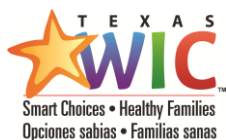


	<p>WEDNESDAY, JULY 22TH, 2015</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH</p> <p>WEDNESDAY, JULY 29TH, 2015</p> <p>8:15 CHILD ENGLISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 CHILD SPANISH</p>
<p>Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942</p> <p>3rd Tuesday 1:30pm-5:00pm</p> <p>Thursday 9:00am-2:30pm closed 12:00pm-12:30pm</p>	<p>THURSDAY, JULY 9TH, 2015</p> <p>9:15 CHILD SPANISH 10:15 CHILD ENGLISH</p>
<p>Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942</p>	<p>TUESDAY, JULY 9TH, 2015</p> <p>1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:30 COOKING CLASS</p>

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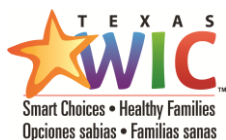


<p>Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM</p> <p>Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM</p> <p>Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM CLOSED 2ND WEDNESDAY</p> <p>Thursday 7:30AM-4:30PM CLOSED 12:00-12:30PM</p> <p>Friday 7:30AM-12PM</p> <p>2ND Saturday 8:00AM-12:00PM</p>	<p>TUESDAY, JULY 21ST, 2015</p> <p>1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:30 COOKING CLASS</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>Monday 8:00am -5:00pm closed 12:00pm-12:30pm Friday 8:00am-12:00pm closed the 2nd Fridayday</p>	<p>MONDAY, JULY 13TH, 2015</p> <p>3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH</p> <p>MONDAY, JULY 27TH, 2015</p> <p>8:00 CHILD ENGLISH 8:45 CHILD SPANISH 3:00 CHILD ENGLISH 3:45 CHILD SPANISH</p>
<p>Del Valle Clinic South Rural Community Center 3518 FM 973 Del Valle, TX. 78617 512-972-4942</p> <p>Monday 8:00am-7pm closed 12:00 -1pm 1st and 3rd THURSDAY of each Mondayth 8am-4:30pm closed 12-12:30</p>	<p>THURSDAY, JULY 2ND, 2015</p> <p>8:20 INFANT SPANISH 9:20 CHILD SPANISH</p> <p>MONDAY, JULY 20TH, 2015</p> <p>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>

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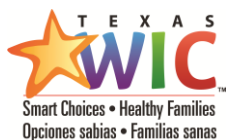


<p>Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942</p> <p>Monday 7:30am-7:00pm closed 12:00pm-1:00pm</p> <p>Tuesday closed</p> <p>Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday</p> <p>Thursday 7:30am-4:30pm closed 12:00pm-12:30pm</p> <p>Friday closed</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>SATUDAY, JULY 11TH, 2015</p> <p>8:15 INFANT ENGLISH 9:30 CHILD SPANISH 10:30 CHILD ENGLISH</p> <p>MONDAY, JUNE 11TH, 2015</p> <p>2:30 INFANT SPANISH 4:00 PREGNANT ENGLISH 5:00 PREGNANT SPANISH</p> <p>THURSDAY, JULY 16TH, 2015</p> <p>10:00 COOKING CLASS</p>
<p>Elgin Clinic 218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942</p> <p>Tuesday 8:00am-5:00pm closed 12:00pm-12:30pm</p> <p>Friday 8:00am-12:00pm</p>	<p>TUESDAY, JULY 14TH, 2015</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:00 INFANT SPANISH</p> <p>TUESDAY, JULY 28TH, 2015</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 INFANT ENGLISH</p>

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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.

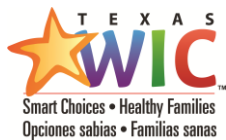
Cooking Class Demonstrations

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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