

Nutrition Education Classes- May 2015

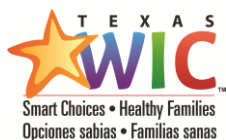
Clases de Nutricion

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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

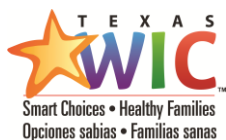


	2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 4:45 CHILD ENGLISH 5:45 CHILD SPANISH
South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm 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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

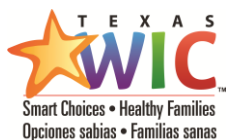


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm 2nd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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

**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

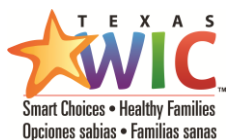
TUESDAY, MAY 26, 2015

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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

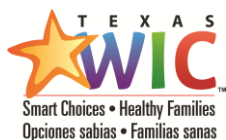


Mondaytopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942 Monday 8am-7pm closed 12:00-1:00pm Tuesday 8am-7pm closed 12:00-1:00pm Wednesday 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thursday 8am-4:30pm closed 12:00-12:30pm Friday 8am-12pm 2nd Saturday 8:00am-12:00pm	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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

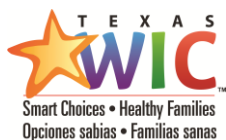


	TUESDAY, MAY 26TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD ENGLISH 6:00 PREGNANT ENGLISH
Far South Clinic, continue	
Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Monday 7:30-7:00pm close 12:00-1:00pm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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

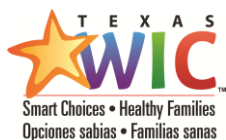


Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tuesday 1:30pm-5:00pm Thursday 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY, MAY 14TH, 2015 9:15 CHILD SPANISH 10:15 CHILD ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

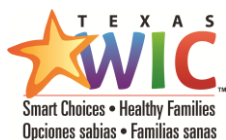


Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Monday 8:00am -5:00pm closed 12:00pm-12:30pm Friday 8:00am-12:00pm closed the 2nd Friday	MONDAY, MAY 11TH, 2015 8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

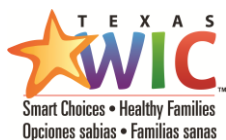


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday closed Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday closed 2nd Saturday 8:00am-12:00pm	SATURDAY,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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



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

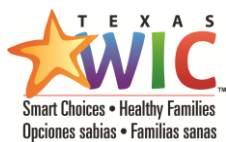
Esta clase utiliza la discusión en grupo y folletos para animar a los participantes a conocer y compartir recetas saludables para el desayuno / ideas, los beneficios de comer el desayuno, y consejos para hacer que el tiempo para el desayuno.

Cooking Class Demonstrations

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



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

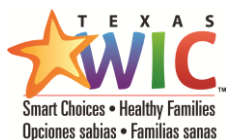
Clase de Cocinar Demostraciones

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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



Nutrition Education Classes- June 2015

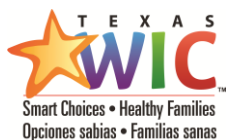
Clases de Nutricion

EAST AUSTIN COMMUNITY CARE 211 COMAL AUSTIN TX 78702 512-972-4942 Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM	TUESDAY, June 2ND , 2015 1:00 CHILD SPANISH TUESDAY, June 9TH , 2015 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 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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

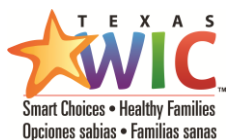


South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

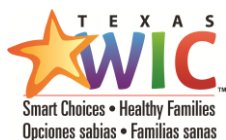


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm 2nd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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

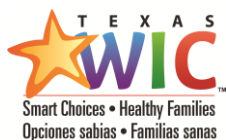


Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942	TUESDAY, JUNE 2TH, 2015 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 INFANT SPANISH 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH
Monday 7:30am-7:00pm 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	

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

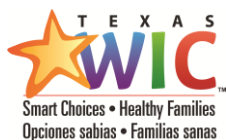


Montopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942 Monday 8am-7pm closed 12:00-1:00pm Tuesday 8am-7pm closed 12:00-1:00pm Wednesday 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thursday 8am-4:30pm closed 12:00-12:30pm Friday 8am-12pm 2nd Saturday 8:00am-12:00pm	MONDAY, JUNE 1TH, 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 13TH, 2015 8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH MONDAY, JUNE 22ND, 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 2ND, 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 9TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD SPANISH 2:15 INFANT SPANISH 4:00 PREGNANT SPANISH

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

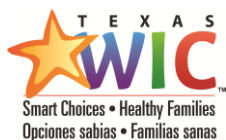


Far South Clinic, continue	TUESDAY, JUNE 23TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD ENGLISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD SPANISH 5:00 PREGNANT ENGLISH 6:00 CHILD SPANISH
Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Monday 7:30am-7:00pm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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

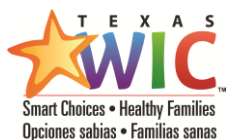


Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tuesday 1:30pm-5:00pm Thursday 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY, JUNE 11TH, 2015 9:15 CHILD SPANISH 10:15 CHILD ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop 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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

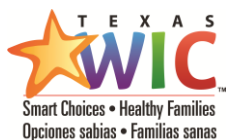


Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Monday 8:00am -5:00pm closed 12:00pm-12:30pm Friday 8:00am-12:00pm closed the 2nd Friday	MONDAY, JUNE 8TH, 2015 8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

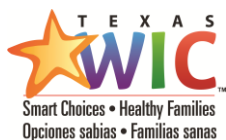


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday closed Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday closed 2nd Saturday 8:00am-12:00pm	MONDAY,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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



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.

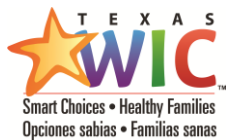
Cooking Class Demonstrations

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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



recipe is provided, along with the recipe.

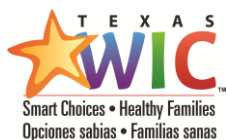
Clase de Cocinar Demostraciones

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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



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 2ND , 2015

1:00 CHILD SPANISH

TUESDAY, June 9TH , 2015

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

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

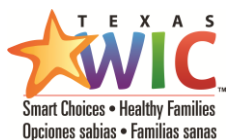
TUESDAY, JUNE 23RD , 2015

1:15 PREGNANT ENGLISH

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

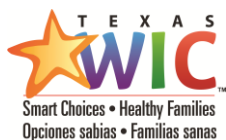


South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

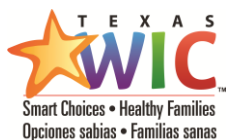


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm 2nd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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

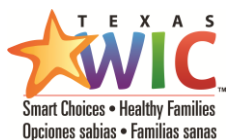


Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942	TUESDAY, JUNE 2TH, 2015 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 INFANT SPANISH 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH
Monday 7:30am-7:00pm 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	

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

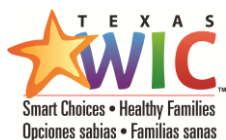


Montopolis Clinic Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942 Monday 8am-7pm closed 12:00-1:00pm Tuesday 8am-7pm closed 12:00-1:00pm Wednesday 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thursday 8am-4:30pm closed 12:00-12:30pm Friday 8am-12pm 2nd Saturday 8:00am-12:00pm	MONDAY, JUNE 1TH, 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 13TH, 2015 8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH MONDAY, JUNE 22ND, 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 2ND, 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 9TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD SPANISH 2:15 INFANT SPANISH 4:00 PREGNANT SPANISH

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

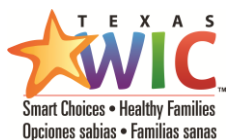


Far South Clinic, continue	TUESDAY, JUNE 23TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD ENGLISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD SPANISH 5:00 PREGNANT ENGLISH 6:00 CHILD SPANISH
Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Monday 7:30am-7:00pm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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

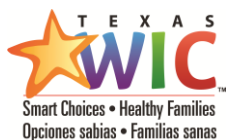


Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 3rd Tuesday 1:30pm-5:00pm Thursday 9:00am-2:30pm closed 12:00pm-12:30pm	THURSDAY, JUNE 11TH, 2015 9:15 CHILD SPANISH 10:15 CHILD ENGLISH
Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop 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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

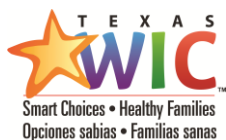


Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Monday 8:00am -5:00pm closed 12:00pm-12:30pm Friday 8:00am-12:00pm closed the 2nd Friday	MONDAY, JUNE 8TH, 2015 8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

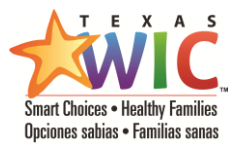


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday closed Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday closed 2nd Saturday 8:00am-12:00pm	MONDAY,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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



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.

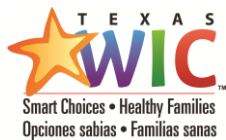
Cooking Class Demonstrations

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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



recipe is provided, along with the recipe.

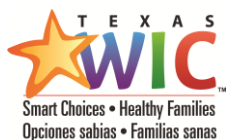
Clase de Cocinar Demostraciones

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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



Nutrition Education Classes- JULY 2015

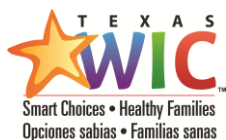
Clases de Nutricion

EAST AUSTIN COMMUNITY CARE 211 COMAL AUSTIN TX 78702 512-972-4942 Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM	TUESDAY, July 7th, 2015 1:00 CHILD SPANISH TUESDAY, July 14th, 2015 1:00 CHILD SPANISH TUESDAY, July 21, 2015 1:15 CHILD ENGLISH TUESDAY, July 28, 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, JULY 7, 2015 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:30 INFANT ENGLISH 4:45 CHILD ENGLISH 5:45 CHILD SPANISH THURSDAY, JULY 9TH, 2015 8:15 INFANT SPANISH 9:30 CHILD SPANISH 10:30 INFANT ENGLISH SATURDAY, JULY 11, 2015 8:15 PREGNANT SPANISH 9:30 PREGNANT ENGLISH 10:30 COOKING CLASS

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

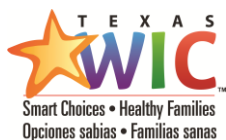


	TUESDAY, JULY 28 , 2015 1:15 PREGNANT ENGLISH
South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm 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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

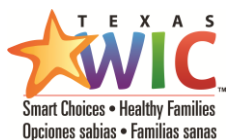


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday 7:30am-7:00pm closed 12:00pm-1:00pm Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday 7:30am-12:00pm 2nd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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

**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

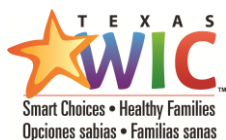
TUESDAY, JULY 28, 2015

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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

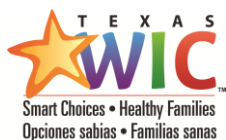


Mondaytopolis Clinic Neighborhood Center 1416 Mondaytopolis Dr. Austin, TX. 78741 512-972-4942 Monday 8am-7pm closed 12:00-1:00pm Tuesday 8am-7pm closed 12:00-1:00pm Wednesday 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thursday 8am-4:30pm closed 12:00-12:30pm Friday 8am-12pm 2nd Saturday 8:00am-12:00pm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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

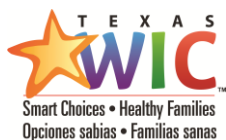


Far South Clinic, continue	THURSDAY, JULY 14TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH TUESDAY, JULY 28TH, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD SPANISH 5:00 PREGNANT ENGLISH 6:00 CHILD SPANISH
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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

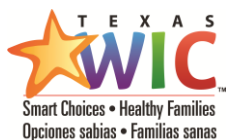


	WEDNESDAY, JULY 22TH, 2015 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH WEDNESDAY, JULY 29TH, 2015 8:15 CHILD ENGLISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 CHILD SPANISH
Manor 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, JULY 9TH, 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	TUESDAY, JULY 9TH, 2015 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:30 COOKING CLASS

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

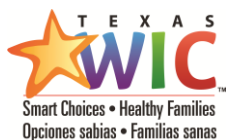


Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM CLOSED 2ND WEDNESDAY Thursday 7:30AM-4:30PM CLOSED 12:00-12:30PM Friday 7:30AM-12PM 2ND Saturday 8:00AM-12:00PM	TUESDAY, JULY 21ST, 2015 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:30 COOKING CLASS
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 Fridayday	MONDAY, JULY 13TH, 2015 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH MONDAY, JULY 27TH, 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 Mondayth 8am-4:30pm closed 12-12:30	THURSDAY, JULY 2ND, 2015 8:20 INFANT SPANISH 9:20 CHILD SPANISH MONDAY, JULY 20TH, 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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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

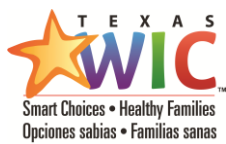


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Monday 7:30am-7:00pm closed 12:00pm-1:00pm Tuesday closed Wednesday 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thursday 7:30am-4:30pm closed 12:00pm-12:30pm Friday closed 2nd Saturday 8:00am-12:00pm	SATUDAY,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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



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.

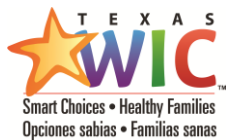
Cooking Class Demonstrations

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

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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



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.

USDA is an equal opportunity provider and employer.

El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

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