

Nutrition Education Classes- October 2016

Clases de Nutricion

EAST AUSTIN

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

Tuesday 8:00-5:00PM CLOSED 12:00-1:00PM

TUESDAY, OCTOBER 4TH, 2016

1:15 CHILD SPANISH

TUESDAY, OCTOBER 11TH, 2016

1:15 CHILD SPANISH

TUESDAY, OCTOBER 18TH, 2016

1:15 CHILD ENGLISH

TUESDAY, OCTOBER 25TH, 2016

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

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

FRI 7:30AM-12PM

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

SATURDAY, OCTOBER 8TH, 2016

8:15 PREGNANT SPANISH

9:00 CHILD SPANISH

9:45 INFANT ENGLISH

11:00 PREGNANT ENGLISH

TUESDAY, OCTOBER 18TH, 2016

8:15 INFANT SPANISH

10:15 COOKING CLASS BILINGUAL

1:15 CHILD SPANISH

2:30 INFANT ENGLISH

3:45 CHILD ENGLISH

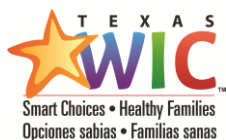
4:30 INFANT SPANISH

5:45 CHILD SPANISH

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**South Austin Clinic**

Multipurpose Center

2508 Durwood Dr.

Austin, TX. 78704

512-972-4942

Mon 7:30am-7:00pm closed 12:00pm-1:00pm
Tues 7:30am-7:00pm closed 12:00pm-1:00pm
Wed 7:30am-4:30pm closed 12:00pm-12:30pm
closed 2nd Wednesday
Thurs 7:30am-4:30pm closed 12:00pm-12:30pm
Fri 7:30am-12:00pm

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

THURSDAY, OCTOBER 6TH, 2016

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, OCTOBER 20TH, 2016

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, OCTOBER 24TH, 2016

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

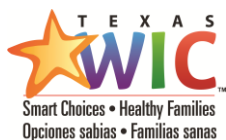
THURSDAY, OCTOBER 27TH, 2016

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

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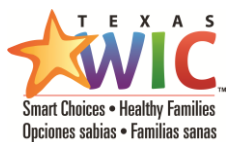


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	MONDAY, OCTOBER 3RD, 2016 8:00 CHILD ENGLISH 9:00 PREGNANT ENGLISH 10:00 INFANT ENGLISH SATURDAY, OCTOBER 8TH, 2016 8:15 CHILD SPANISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH MONDAY, OCTOBER 17TH, 2016 8:00 CHILD SPANISH 9:00 PREGNANT SPANISH 10:00 INFANT SPANISH 1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:15 PREGNANT SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH
Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	MONDAY, OCTOBER 3RD, 2016 11:00 VIETNAMESE INFANT TUESDAY, OCTOBER 4TH, 2016 7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 COOKING CLASS SPANISH 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH 6:00 CHILD SPANISH SATURDAY, OCTOBER 8TH, 2016 8:15 INFANT SPANISH

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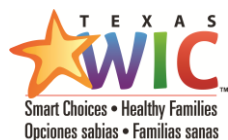


North West, continue	9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH
	MONDAY, OCTOBER 10TH, 2016
	11:00 VIETNAMESE PREGNANT
	MONDAY, OCTOBER 17TH, 2016
	11:00 VIETNAMESE CHILD
	TUESDAY, OCTOBER 18, 2016
	8:30 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:15 COOKING CLASS ENGLISH 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:15 CHILD SPANISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH

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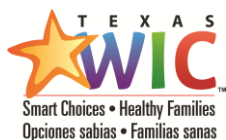


Montopolis Clinic Neighborhood Center 2901 Montopolis Dr. Austin, TX. 78741 512-972-4942 Mon 8am-7pm closed 12:00-1:00pm Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thurs 8am-4:30pm closed 12:00-12:30pm Fri 8am-12pm 2nd Saturday 8:00am-12:00pm	WEDNESDAY, OCTOBER 5TH, 2016 8:15 INFANT ENGLISH 10:30 GARDEN ENGLISH 1:15 COOKING ENGLISH 3:00 PREGNANT ENGLISH WEDNESDAY, OCTOBER 19TH, 2016 8:15 INFANT SPANISH 10:30 GARDEN SPANISH 1:15 COOKING SPANISH 3:00 PREGNANT SPANISH
Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, OCTOBER 4TH, 2016 8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS ENGLISH 6:00 PREGNANT ENGLISH TUESDAY, OCTOBER 11TH, 2016 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 PREGNANT SPANISH 5:00 INFANT SPANISH TUESDAY, OCTOBER 25TH, 2016 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH

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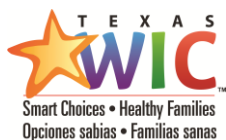


Far South, continue	1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS SPANISH 6:00 PREGNANT ENGLISH
Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12:00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm	WEDNESDAY, OCTOBER 5TH, 2016 8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS SPANISH 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH WEDNESDAY, OCTOBER 19TH, 2016 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS ENGLISH 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH WEDNESDAY, OCTOBER 26TH, 2016 8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 12:45 INFANT SPANISH

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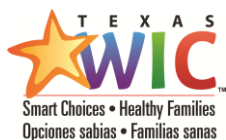


Dove Springs, continue	1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH
Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 1 st and 3 rd Tuesday 8:00-6:00 close for lunch 12:00-12:30 Thursdays 8:00-4:30 close for lunch 12:00-12:30	THURSDAY, OCTOBER 13TH, 2016 8:15 CHILD SPANISH 9:15 CHILD ENGLISH

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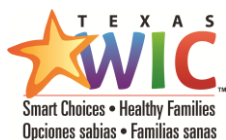


Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, OCTOBER 4TH, 2016 1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH TUESDAY, OCTOBER 18TH, 2016 1:15 INFANT SPANISH 2:30 PREGNANT ENGLISH 3:30 INFANT ENGLISH 5:00 CHILD ENGLISH 6:00 CHILD SPANISH
Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday	MONDAY, OCTOBER 17TH, 2016 8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH
Del Valle Clinic South Rural Community Center 3518 FM 973 Del Valle, TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm closed 12-12:30	MONDAY, OCTOBER 3RD, 2016 8:00 INFANT SPANISH 9:20 INFANT ENGLISH 10:40 CHILD ENGLISH 11:20 CHILD SPANISH

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Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues closed Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri closed 2nd Saturday 8:00am-12:00pm	WEDNESDAY, OCTOBER 5TH, 2016 8:00 INFANT SPANISH 9:30 INFANT ENGLISH 1:00 PREGNANT SPANISH 2:00 PREGNANT ENGLISH SATURDAY, OCTOBER 8TH, 2016 9:00 COOKING CLASS SPANISH 10:00 COOKING CLASS ENGLISH
Elgin Clinic 218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942 Tues 8:00am-5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm	TUESDAY, OCTOBER 25TH, 2016 8:15 CHILD BILINGUAL 9:00 INFANT ENGLISH 10:30 PREGNANT BILINGUAL 12:30 INFANT ENGLISH

Pregnant/Embarazada

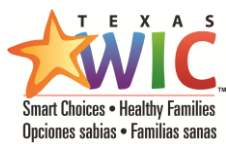
This lesson addresses common barriers to breastfeeding. Participants will be able to identify resources in their community and personal life to support them in their breastfeeding efforts.

Esta lección trata los obstáculos comunes para la lactancia. Los participantes serán capaces de identificar los recursos en su comunidad y su vida personal para apoyarlos en sus esfuerzos de lactancia.

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Infant/Infante

This lesson offers group discussion and a short video that shows babies at different stages of readiness to eat solid foods. Families will learn healthy ways to introduce baby foods, new taste, and textures.

Esta lección ofrece discusión en grupo y un breve vídeo que muestra los bebés en diferentes etapas de preparación para comer alimentos sólidos. Las familias aprenderán formas saludables para introducir alimentos para bebés, nuevo sabor y texturas.

Child/General / Niño/General

This lesson uses group discussion and a handout to reach participants about the benefits of family meals and structured snacks. The lesson also provides tips on how “forbidden” foods can be included in family meals or snacks.

Esta lección utiliza la discusión en grupo y una hoja informativa para alcanzar a los participantes sobre los beneficios de las comidas familiares y aperitivos estructurados. La lección también proporciona consejos sobre cómo "prohibidos" los alimentos pueden ser incluidos en las comidas familiares o aperitivos.

WIC Cooking Class Demonstrations

This class features easy fruit & vegetable recipes taught through demonstrations and facilitated discussion, focuses on basic cooking and preparation skills, correct portion sizes for, toddlers and adults, nutritional benefits of fruits/vegetables, cooking with kids, information on shopping local at farmer’s market. At the end of class participants are given a sample to taste, the recipe, and educational reinforcement. This class is part of the Obesity Prevention Mini Grant.

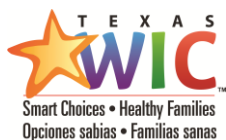
Clase de Cocinar Demostraciones

Esta clase cuenta con recetas fáciles de frutas y verduras que se enseñan a través de demostraciones y discusión facilitada, se centra en la cocina y la preparación de las competencias básicas, tamaño de las porciones correctas para, niños pequeños y adultos, los beneficios nutricionales de las frutas / verduras, cocinar con los niños, información sobre compras locales en el mercado del granjero. Al final de participantes de la clase se les da una muestra al gusto, la receta, y el refuerzo educativo. Esta clase es parte de la prevención de la obesidad Mini Grant.

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Nutrition Education Classes- November 2016

Clases de Nutricion

EAST AUSTIN

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

Tuesday 8:00-5:00PM CLOSED 12:00-1:00PM

TUESDAY, NOVEMBER 1ST, 2016

1:15 CHILD SPANISH

TUESDAY, NOVEMBER 8TH, 2016

1:15 CHILD SPANISH

TUESDAY, NOVEMBER 15TH, 2016

1:15 CHILD ENGLISH

TUESDAY, NOVEMBER 22ND, 2016

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

THURS 7:30AM-4:30PM CLOSED 12:00-12:30PM
FRI 7:30AM-12PM

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

THURSDAY, NOVEMBER 17TH, 2016

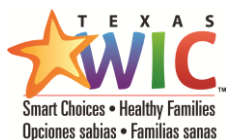
8:15-11:00 FALL FEST FAIR

12:45-3:30 FALL FEST FAIR

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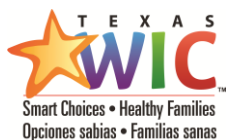


South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	THURSDAY, NOVEMBER 3RD, 2016 8:00-11:00 FALL FEST FAIR 1:00-3:00 FALL FEST FIAR WEDNESDAY, NOVEMBER 23RD, 2016 8:15 CHILD (ENGLISH OR SPANISH) 9:15 INFANT SPANISH 10:30 PREGNANT SPANISH
St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	MONDAY, NOVEMBER 7TH, 2016 8:30-10:30 FALL FEST FAIR 1:30-5:30 FALL FEST FAIR SATURDAY, NOVEMBER 12TH, 2016 8:15 CHILD SPANISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH

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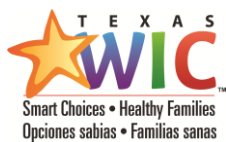


Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, NOVEMBER 1ST, 2016 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 PREGNANT ENGLISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH 6:00 CHILD ENGLISH TUESDAY, NOVEMBER 15TH, 2016 8:30-11:00 FALL FEST FAIR 1:30-5:00 FALL FEST FAIR
Montopolis Clinic Neighborhood Center 2901 Montopolis Dr. Austin, TX. 78741 512-972-4942 Mon 8am-7pm closed 12:00-1:00pm Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thurs 8am-4:30pm closed 12:00-12:30pm Fri 8am-12pm 2nd Saturday 8:00am-12:00pm	WEDNESDAY, NOVEMBER 16th, 2016 8:30-11:00 FALL FEST FAIR 12:30-3:30 FALL FEST FAIR

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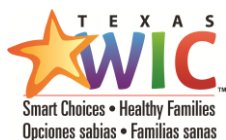


Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, NOVEMBER 8TH, 2016 9:00-11:00 FALL FEST FAIR 1:30-4:30 FALL FEST FAIR WEDNESDAY, NOVEMBER 23RD, 2016 8:00 INFANT ENGLISH 9:00 PREGNANT ENGLISH 10:00 CHILD ENGLISH
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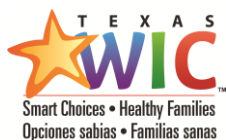


Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12:00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm	WEDNESDAY, NOVEMBER 16TH, 2016 8:15-11:00 FALL FEST FAIR 12:45-3:00 FALL FEST FAIR
Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 1st and 3rd Tuesday 8:00-6:00 close for lunch 12:00-12:30 Thursdays 8:00-4:30 close for lunch 12:00-12:30	THURSDAY, NOVEMBER 10TH, 2016 8:30 CHILD SPANISH 9:30 CHILD ENGLISH

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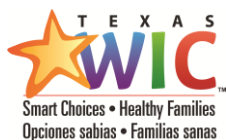


Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, NOVEMBER 8TH, 2016 8:30-10:30 FALL FEST FAIR 1:30-4:30 FALL FEST FAIR
Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday	MONDAY, NOVEMBER 21ST, 2016 8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH
Del Valle Clinic South Rural Community Center 3518 FM 973 Del Valle, TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm closed 12-12:30	THURSDAY, NOVEMBER 3RD, 2016 8:00 INFANT SPANISH 9:20 INFANT ENGLISH 10:40 CHILD ENGLISH 11:20 CHILD SPANISH

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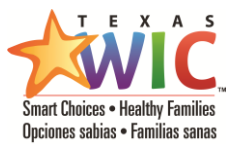


Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues closed Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri closed 2nd Saturday 8:00am-12:00pm	WEDNESDAY, NOVEMBER 9th, 2016 8:00-9:30 FALL FEST FAIR 1:00-2:00 FALL FEST FAIR SATURDAY, NOVEMBER 12TH, 2016 9:00 COOKING CLASS SPANISH 10:00 COOKING CLASS ENGLISH
Elgin Clinic 218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942 Tues 8:00am-5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm	TUESDAY, NOVEMBER 22ND, 2016 8:15 CHILD BILINGUAL 9:00 INFANT ENGLISH 10:30 PREGNANT BILINGUAL 12:30 INFANT ENGLISH

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Pregnant/Embarazada

This lesson addresses common barriers to breastfeeding. Participants will be able to identify resources in their community and personal life to support them in their breastfeeding efforts.

Esta lección trata los obstáculos comunes para la lactancia. Los participantes serán capaces de identificar los recursos en su comunidad y su vida personal para apoyarlos en sus esfuerzos de lactancia.

Infant/Infante

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Esta lección ofrece discusión en grupo y un breve vídeo que muestra los bebés en diferentes etapas de preparación para comer alimentos sólidos. Las familias aprenderán formas saludables para introducir alimentos para bebés, nuevo sabor y texturas.

Child/General / Niño/General

This lesson uses group discussion and a handout to reach participants about the benefits of family meals and structured snacks. The lesson also provides tips on how “forbidden” foods can be included in family meals or snacks.

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Fall Fest/Festival de Otoño

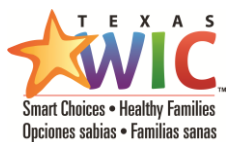
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responderá a las preguntas de evaluación sobre un pasaporte.

WIC Cooking Class Demonstrations

This class features easy fruit & vegetable recipes taught through demonstrations and facilitated discussion, focuses on basic cooking and preparation skills, correct portion sizes for, toddlers and adults, nutritional benefits of fruits/vegetables, cooking with kids, information on shopping local at farmer's market. At the end of class participants are given a sample to taste, the recipe, and educational reinforcement. This class is part of the Obesity Prevention Mini Grant.

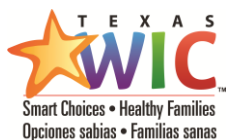
Clase de Cocinar Demostraciones

Esta clase cuenta con recetas fáciles de frutas y verduras que se enseñan a través de demostraciones y discusión facilitada, se centra en la cocina y la preparación de las competencias básicas, tamaño de las porciones correctas para, niños pequeños y adultos, los beneficios nutricionales de las frutas / verduras, cocinar con los niños, información sobre compras locales en el mercado del granjero. Al final de participantes de la clase se les da una muestra al gusto, la receta, y el refuerzo educativo. Esta clase es parte de la prevención de la obesidad Mini Grant.

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Nutrition Education Classes- December 2016

Clases de Nutricion

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

Tuesday 8:00-5:00PM CLOSED 12:00-1:00PM

TUESDAY, DECEMBER 6TH, 2016

1:15 CHILD SPANISH

TUESDAY, DECEMBER 13TH, 2016

1:15 CHILD SPANISH

TUESDAY, DECEMBER 20TH, 2016

1:15 CHILD ENGLISH

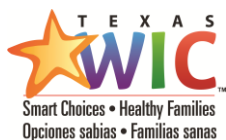
TUESDAY, DECEMBER 27TH, 2016

1:15 CHILD SPANISH

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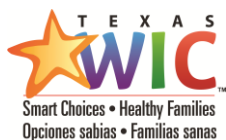


ROSEWOOD-ZARAGOSA 2800 WEBBERVILLE RD AUSTIN TX 78702 512-972-4942 Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM CLOSED 2ND WEDNESDAY THURS 7:30AM-4:30PM CLOSED 12:00-12:30PM FRI 7:30AM-12PM 2ND SATURDAY 8:00AM-12:00PM	THURSDAY, DECEMBER 15TH, 2016 8:15-11:00 FALL FEST FAIR 12:45-3:30 FALL FEST FAIR
South Austin Clinic Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	THURSDAY, DECEMBER 1ST, 2016 8:00-11:30 FALL FEST FAIR 1:00-3:00 FALL FEST FAIR THURSDAY, DECEMBER 22ND, 2016 8:30 CHILD SPANISH 9:45 INFANT SPANISH 10:45 PREGNANT SPANISH

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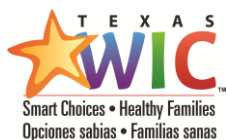


St. John's Community Center 7500 Blessing Ave Austin, TX. 78752 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	MONDAY, DECEMBER 5TH, 2016 8:30-10:30 FALL FEST FAIR 1:30-5:30 FALL FEST FAIR SATURDAY, DECEMBER 10TH, 2016 8:15 CHILD SPANISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH
Northwest Clinic 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, DECEMBER 6TH, 2016 8:30-10:30 FALL FEST FAIR 1:30-5:00 FALL FEST FAIR TUESDAY, DECEMBER 20TH, 2016 1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 PREGNANT ENGLISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH 6:00 CHILD ENGLISH

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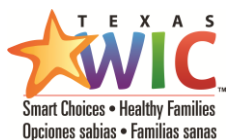


Montopolis Clinic Neighborhood Center 2901 Montopolis Dr. Austin, TX. 78741 512-972-4942 Mon 8am-7pm closed 12:00-1:00pm Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm closed 2nd Wednesday Thurs 8am-4:30pm closed 12:00-12:30pm Fri 8am-12pm 2nd Saturday 8:00am-12:00pm	WEDNESDAY, DECEMBER 7TH, 2016 8:30-11:00 FALL FEST FAIR 12:30-3:30 FALL FEST FAIR
Far South Clinic 405 W. Stassney Austin, TX. 78745 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm	TUESDAY, DECEMBER 13TH, 2016 8:45-10:45 FALL FEST FAIR 1:30-4:30 FALL FEST FAIR TUESDAY, DECEMBER 22ND, 2016 8:00 INFANT ENGLISH 9:00 PREGNANT ENGLISH 10:00 CHILD ENGLISH

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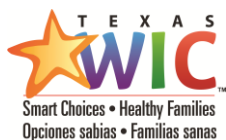


Dove Springs 6801 South IH-35 Suite I&J Austin, TX. 78744 512-972-4942 Mon 7:30-7:00pm close 12:00-1:00pm Tue 7:30-7:00pm close 12:00-1:00pm Wed 7:30-4:30 close 12:00-12:30pm Thu 7:30-4:30 close 12:00-12:30pm Fri 7:30-12:00 2nd Saturday 8:00-12:00pm	WEDNESDAY, DECEMBER 7TH, 2016 8:15-11:00 FALL FEST FAIR 12:45-3:00 FALL FEST FAIR
Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 1st and 3rd Tuesday 8:00-6:00 close for lunch 12:00-12:30 Thursdays 8:00-4:30 close for lunch 12:00-12:30	THURSDAY, DECEMBER 8TH, 2016 8:30 CHILD SPANISH 9:30 CHILD ENGLISH

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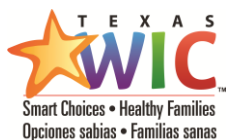


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Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942 Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday	MONDAY, DECEMBER 12TH, 2016 8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH
Del Valle Clinic South Rural Community Center 3518 FM 973 Del Valle, TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm closed 12-12:30	MONDAY, DECEMBER 5TH, 2016 5:00 CHILD SPANISH 5:45 CHILD ENGLISH

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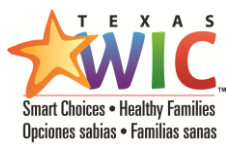


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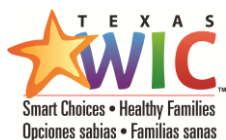
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demostración de cocina o información de consejos de cocina saludable. A los participantes finales responderá a las preguntas de evaluación sobre un pasaporte.

WIC Cooking Class Demonstrations

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

Clase de Cocinar Demostraciones

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

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