



# Nutrition Education Classes- JANUARY 2016

## *Clases de Nutrición*

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

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

**TUESDAY, JANUARY 5<sup>TH</sup>, 2016**

1:15 CHILD SPANISH

**TUESDAY, JANUARY 12<sup>TH</sup>, 2016**

1:15 CHILD SPANISH

**TUESDAY, JANUARY 19<sup>TH</sup>, 2016**

1:15 CHILD ENGLISH

**TUESDAY, JANUARY 26<sup>TH</sup>, 2016**

1:15 CHILD SPANISH

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<p><b>ROSEWOOD-ZARAGOSA</b>  2800 WEBBERVILLE RD  AUSTIN TX 78702  512-972-4942</p> <p>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  <p style="text-align: center;">CLOSED 2ND WEDNESDAY</p> THURS 7:30AM-4:30PM CLOSED 12:00-12:30PM  FRI 7:30AM-12PM</p> <p>2ND SATURDAY 8:00AM-12:00PM</p>	<p><b>SATURDAY, JANUARY 9<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT SPANISH  9:00 CHILD SPANISH  10:15 COOKING CLASS</p> <p><b>TUESDAY, JANUARY 19<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT SPANISH  9:30 CHILD SPANISH  10:30 INFANT ENGLISH</p> <p>1:15 PREGNANT SPANISH  2:30 INFANT ENGLISH  3:45 CHILD ENGLISH  4:30 INFANT SPANISH  5:45 CHILD SPANISH</p> <p><b>TUESDAY, JANUARY 26<sup>TH</sup>, 2016</b></p> <p>1:15 PREGNANT ENGLISH</p>
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<p><b>South Austin Clinic</b>  Multipurpose Center  2508 Durwood Dr.  Austin, TX. 78704  512-972-4942</p> <p>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</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p><b>THURSDAY, JANUARY 7<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD ENGLISH  9:00 INFANT ENGLISH  10:00 PREGNANT ENGLISH  11:00 CHILD ENGLISH</p> <p>1:00 INFANT ENGLISH  3:00 PREGNANT ENGLISH</p> <p><b>THURSDAY, JANUARY 21<sup>ST</sup>, 2016</b></p> <p>9:00 CHILD SPANISH  10:00 INFANT SPANISH  11:00 PREGNANT SPANISH</p> <p>12:45 CHILD SPANISH  2:00 INFANT SPANISH  3:15 PREGNANT SPANISH</p> <p><b>MONDAY, JANUARY 25<sup>TH</sup>, 2016</b></p> <p>1:00 PREGNANT SPANISH  2:00 PREGNANT ENGLISH  3:15 CHILD SPANISH  4:30 CHILD ENGLISH  5:30 CHILD SPANISH</p> <p><b>THURSDAY, JANUARY 28<sup>TH</sup>, 2016</b></p> <p>8:30 INFANT SPANISH  9:45 COOKING CLASS  10:45 INFANT ENGLISH</p> <p>1:00 CHILD SPANISH  2:00 CHILD SPANISH  3:00 PREGNANT ENGLISH</p>
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<p><b>St. John's Community Center</b>  7500 Blessing Ave  Austin, TX. 78752  512-972-4942</p> <p>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</p>	<p><b>MONDAY, JANUARY 4<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD ENGLISH  9:00 CHILD ENGLISH  10:00 INFANT ENGLISH</p> <p>1:15 CHILD ENGLISH  2:00 INFANT ENGLISH  3:15 PREGNANT ENGLISH  4:00 INFANT ENGLISH  5:15 CHILD ENGLISH</p> <p><b>FRIDAY, JANUARY 8<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD SPANISH  9:00 CHILD SPANISH  10:00 CHILD ENGLISH</p> <p><b>SATURDAY, JANUARY 9<sup>TH</sup>, 2016</b></p> <p>8:15 CHILD SPANISH  9:00 CHILD SPANISH  10:00 CHILD ENGLISH</p> <p><b>TUESDAY, JANUARY 19<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD SPANISH  9:00 PREGNANT SPANISH  10:00 INFANT SPANISH</p> <p>1:15 INFANT SPANISH  2:30 CHILD SPANISH  3:15 PREGNANT SPANISH  4:00 INFANT SPANISH  5:15 CHILD SPANISH</p>
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<p><b>Northwest Clinic</b>        8701 Research Blvd suite A        Austin, TX. 78758        512-972-4942</p> <p>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</p>	<p><b>MONDAY, JANUARY 4<sup>TH</sup>, 2016</b></p> <p>11:00 INFANT VIETNAMESE</p> <p><b>TUESDAY, JANUARY 5<sup>TH</sup>, 2016</b></p> <p>7:45 CHILD SPANISH        8:30 INFANT SPANISH        9:30 PREGNANT SPANISH        10:15 INFANT SPANISH</p> <p>1:15 INFANT SPANISH        2:30 PREGNANT SPANISH        3:15 CHILD SPANISH        4:00 INFANT SPANISH        5:15 CHILD SPANISH        6:00 CHILD SPANISH</p> <p><b>SATURDAY, JANUARY 9<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT SPANISH        9:15 CHILD SPANISH        10:00 INFANT ENGLISH        11:00 CHILD ENGLISH</p> <p><b>MONDAY, JANUARY 11<sup>TH</sup>, 2016</b></p> <p>11:00 PREGNANT VIETNAMESE</p> <p><b>TUESDAY, JANUARY 19<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD ENGLISH        9:00 INFANT ENGLISH        10:00 PREGNANT ENGLISH</p> <p>1:15 INFANT ENGLISH        2:30 PREGNANT ENGLISH        3:15 CHILD ENGLISH        4:00 INFANT ENGLISH        5:15 CHILD ENGLISH</p>
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	<p><b>MONDAY, JANUARY 25<sup>TH</sup>, 2016</b></p> <p>11:00 CHILD VIETNAMESE</p> <p><b>TUESDAY, JANUARY 26, 2016</b></p> <p>7:45 CHILD SPANISH 8:45 INFANT SPANISH 10:00 COOKING CLASS</p> <p>1:15 INFANT SPANISH 2:30 INFANT SPANISH 3:45 CHILD SPANISH</p>
<p><b>Montopolis Clinic</b> Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>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</p>	<p><b>MONDAY JANUARY 4<sup>TH</sup>, 2016</b></p> <p>8:15 CHILD SPANISH 9:00 INFANT SPANISH 10:15 PREGNANT SPANISH 11:00 CHILD ENGLISH</p> <p>1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 3:30 CHILD SPANISH 4:15 INFANT SPANISH 5:30 COOKING CLASS ENGLISH/SPANISH</p> <p><b>MONDAY, JANUARY 25<sup>TH</sup>, 2016</b></p> <p>1:15 PREGNANT SPANISH 2:15 CHILD ENGLISH 3:00 INFANT ENGLISH 4:15 PREGNANT ENGLISH 5:30 COOKING CLASS</p>

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<p><b>Far South Clinic</b>  405 W. Stassney  Austin, TX. 78745  512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm  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</p>	<p><b>TUESDAY, JANUARY 5<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT ENGLISH  9:30 PREGNANT ENGLISH  10:30 CHILD ENGLISH</p> <p>1:15 PREGNANT ENGLISH  2:15 INFANT ENGLISH  4:00 COOKING CLASS  6:00 PREGNANT ENGLISH</p> <p><b>TUESDAY, JANUARY 12<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT SPANISH  9:30 PREGNANT SPANISH  10:30 CHILD SPANISH</p> <p>1:15 CHILD SPANISH  2:15 INFANT SPANISH  4:00 PREGNANT SPANISH  5:00 INFANT SPANISH</p> <p><b>TUESDAY, JANUARY 26<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT SPANISH  9:30 PREGNANT SPANISH  10:30 CHILD SPANISH</p> <p>1:15 CHILD ENGLISH  2:15 INFANT ENGLISH  4:00 COOKING CLASS  6:00 PREGNANT ENGLISH</p>
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<p><b>Dove Springs</b> 6801 South IH-35 Suite I&amp;J Austin, TX. 78744 512-972-4942</p> <p>Mon 7:30-7:00pm close 12:00-1:00pm</p> <p>Tue 7:30-7:00pm close 12-00-1:00pm</p> <p>Wed 7:30-4:30 close 12:00-12:30pm</p> <p>Thu 7:30-4:30 close 12:00-12:30pm</p> <p>Fri 7:30-12:00</p> <p>2nd Saturday 8:00-12:00pm</p>	<p><b>WEDNESDAY, JANUARY 6<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS</p> <p>12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH</p> <p><b>WEDNESDAY, JANUARY 20<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS</p> <p>12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH</p> <p><b>WEDNESDAY, JANUARY 27, 2016</b></p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH</p> <p>12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH</p>
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<p><b>Manor Clinic</b>          East Rural Community Center          600 West Carrie Manor          Manor, TX. 78653          512-972-4942</p> <p>3rd Tues 1:30pm-5:00pm</p> <p>Thurs 9:00am-2:30pm closed 12:00pm-12:30pm</p>	<p><b>THURSDAY, JANUARY 14<sup>TH</sup>, 2016</b></p> <p>9:15 CHILD SPANISH          10:15 CHILD ENGLISH</p>
<p><b>Pflugerville Clinic</b>          North Rural Community Center          15822 Foothill Farms Loop          Pflugerville, TX. 78660          512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm          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</p>	<p><b>TUESDAY, JANUARY 5<sup>TH</sup>, 216</b></p> <p>1:15 INFANT ENGLISH          2:30 PREGNANT SPANISH          3:30 INFANT SPANISH          5:00 CHILD SPANISH          6:00 CHILD ENGLISH</p> <p><b>TUESDAY, JANUARY 19<sup>TH</sup>, 2016</b></p> <p>1:15 INFANT SPANISH          2:30 PREGNANT ENGLISH          3:30 INFANT ENGLISH          5:00 CHILD ENGLISH          6:00 CHILD SPANISH</p>

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<p><b>Oakhill Clinic</b>  West Rural Community Center  8656 Ste Hwy 71 W  Bldg A, Suite B  Austin, TX. 78735  512-972-4942</p> <p>Mon 8:00am -5:00pm closed 12:00pm-12:30pm  Fri 8:00am-12:00pm  closed the 2nd Friday</p>	<p><b>MONDAY, JANUARY 25<sup>TH</sup>, 2016</b></p> <p>8:15 CHILD SPANISH  9:15 CHILD ENGLISH</p> <p>12:45 CHILD SPANISH  1:45 CHILD ENGLISH</p>
<p><b>Del Valle Clinic</b>  South Rural Community Center  3518 FM 973  Del Valle, TX. 78617  512-972-4942</p> <p>Mon 8:00am-7pm closed 12:00 -1pm  1st and 3rd Thursday of each month 8am-4:30pm  closed 12-12:30</p>	<p><b>THURSDAY, JANUARY 7<sup>TH</sup>, 2016</b></p> <p>8:20 INFANT SPANISH  9:40 CHILD SPANISH  10:20 CHILD SPANISH  11:00 CHILD ENGLISH</p> <p><b>MONDAY, JANUARY 25<sup>TH</sup>, 2016</b></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><b>Bastrop Clinic</b>  443 Highway 71  Bastrop, TX. 78602  1-800-942-2778  1-512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm  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</p>	<p><b>SATURDAY, JANUARY 9TH, 2016</b></p> <p>8:15 INFANT ENGLISH  9:15 CHILD SPANISH  10:15 CHILD ENGLISH</p> <p><b>MONDAY, JANUARY 11<sup>TH</sup>, 2016</b></p> <p>2:30 INFANT SPANISH  4:00 PREGNANT ENGLISH  5:00 PREGNANT SPANISH</p> <p><b>THURSDAY, JANUARY 21<sup>ST</sup>, 2016</b></p> <p>10:00 COOKING CLASS</p>
<p><b>Elgin Clinic</b>  218 South Main Street  Elgin, TX. 78621  1-800-942-2778  1-512-972-4942</p> <p>Tues 8:00am-5:00pm closed 12:00pm-12:30pm  Fri 8:00am-12:00pm</p>	<p><b>TUESDAY, JANUARY 12<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT SPANISH  9:00 CHILD SPANISH  10:00 INFANT SPANISH</p> <p><b>TUESDAY, JANUARY 26<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT ENGLISH  9:00 CHILD ENGLISH  10:00 INFANT ENGLISH</p>

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### **Pregnant/Embarazada**

This class includes conversation about making enough breastmilk: the impact formula has on mom's milk supply, and the differences between breastmilk and formula. This lesson utilizes visual materials from the Department of State Health Services breastfeeding Activities Kit.

Esta clase incluye la conversación sobre la producción de suficiente leche materna: la fórmula y el impacto que tiene en la producción de leche de la madre, y las diferencias entre la leche materna y la fórmula. Esta lección utiliza materiales visuales del Departamento de Servicios de Salud del Estado del Lactancia Actividades Kit.

### **Infant/Infante**

This lesson uses group discussion and focuses on basic guidelines when introducing solid foods to infants, using a Bingo game to make it fun and exciting.

Esta lección usa discusión en grupo y se enfoca en guías básicas cuando introduce comida sólida a infantes, usando el juego Bingo para hacerlo divertido y emocionante.

### **Child/General / Niño/General**

This class uses group discussion and hands-on activities and visual aids to explore the difference between whole grains and defined grains. Participants will discuss why it is important to include whole grains in the diet, share ideas for adding whole grains, and understand what to look for on food packages and labels to determine if a product is a whole grain.

Esta clase utiliza la discusión en grupo y actividades prácticas y ayudas visuales para explorar la diferencia entre los granos enteros y granos refinados. Los participantes discutirán por qué es importante incluir granos enteros en la dieta, compartir ideas para agregar granos enteros, y entender lo que debe buscar en los paquetes de alimentos y etiquetas para determinar si un producto es de grano entero.

### **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 las habilidades básicas de cocina y preparación, tamaño de las

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porciones correctas para, niños pequeños y adultos, los beneficios nutricionales de las frutas / verduras, cocinar con niños, información sobre compras locales en el mercado del agricultor. Al final de la clase a los participantes se les da una muestra a probar, la receta, y refuerzo educativo. Esta clase es parte de la Prevención de la Obesidad Mini Subvención.

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# Nutrition Education Classes- February 2016

## *Clases de Nutricion*

<p><b>EAST AUSTIN</b> COMMUNITY CARE 211 COMAL AUSTIN TX 78702 512-972-4942</p> <p>Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM</p>	<p><b>TUESDAY, FEBRUARY 2<sup>ND</sup>, 2016</b></p> <p>1:15 CHILD SPANISH</p> <p><b>TUESDAY, FEBRUARY 9<sup>TH</sup>, 2016</b></p> <p>1:15 CHILD SPANISH</p> <p><b>TUESDAY, FEBRUARY 16<sup>TH</sup>, 2016</b></p> <p>1:15 CHILD ENGLISH</p> <p><b>TUESDAY, FEBRUARY 23<sup>RD</sup>, 2016</b></p> <p>1:15 CHILD SPANISH</p>
<p><b>ROSEWOOD-ZARAGOSA</b> 2800 WEBBERVILLE RD AUSTIN TX 78702 512-972-4942</p> <p>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</p> <p>2ND SATURDAY 8:00AM-12:00PM</p>	<p><b>SATURDAY, FEBRUARY 13<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:15 COOKING CLASS</p> <p><b>TUESDAY, FEBRUARY 16<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT SPANISH 9:30 CHILD SPANISH 10:30 INFANT ENGLISH</p> <p>1:15 PREGNANT SPANISH 2:30 INFANT ENGLISH 3:45 CHILD ENGLISH 4:30 INFANT SPANISH 5:45 CHILD SPANISH</p> <p><b>TUESDAY, FEBRUARY 23<sup>RD</sup>, 2016</b></p> <p>1:15 PREGNANT ENGLISH</p>

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<p><b>South Austin Clinic</b>  Multipurpose Center  2508 Durwood Dr.  Austin, TX. 78704  512-972-4942</p> <p>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</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p><b>THURSDAY, FEBRUARY 4<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD ENGLISH  9:00 INFANT ENGLISH  10:00 PREGNANT ENGLISH  11:00 CHILD ENGLISH  1:00 INFANT ENGLISH  3:00 PREGNANT ENGLISH</p> <p><b>THURSDAY, FEBRUARY 18<sup>TH</sup>, 2016</b></p> <p>9:00 CHILD SPANISH  10:00 INFANT SPANISH  11:00 PREGNANT SPANISH  12:45 CHILD SPANISH  2:00 INFANT SPANISH  3:15 PREGNANT SPANISH</p> <p><b>MONDAY, FEBRUARY 22<sup>ND</sup>, 2016</b></p> <p>1:00 PREGNANT SPANISH  2:00 PREGNANT ENGLISH  3:15 CHILD SPANISH  4:30 CHILD ENGLISH  5:30 CHILD SPANISH</p> <p><b>THURSDAY, FEBRUARY 25<sup>TH</sup>, 2016</b></p> <p>8:30 INFANT SPANISH  9:45 COOKING CLASS  10:45 INFANT ENGLISH  1:00 CHILD SPANISH  2:00 CHILD SPANISH  3:00 PREGNANT ENGLISH</p>
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<p><b>St. John's Community Center</b>  7500 Blessing Ave  Austin, TX. 78752  512-972-4942</p> <p>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</p>	<p><b>MONDAY, FEBRUARY 1<sup>ST</sup>, 2016</b></p> <p>8:00 CHILD ENGLISH  9:00 CHILD ENGLISH  10:00 INFANT ENGLISH</p> <p>1:15 CHILD ENGLISH  2:00 INFANT ENGLISH  3:15 PREGNANT ENGLISH  4:00 INFANT ENGLISH  5:15 CHILD ENGLISH</p> <p><b>FRIDAY, FEBRUARY 12<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD SPANISH  9:00 CHILD SPANISH  10:00 CHILD ENGLISH</p> <p><b>SATURDAY, FEBRUARY 13<sup>TH</sup>, 2016</b></p> <p>8:15 CHILD SPANISH  9:00 CHILD SPANISH  10:00 CHILD ENGLISH</p> <p><b>TUESDAY, FEBRUARY 16<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD SPANISH  9:00 PREGNANT SPANISH  10:00 INFANT SPANISH</p> <p>1:15 INFANT SPANISH  2:30 CHILD SPANISH  3:15 PREGNANT SPANISH  4:00 INFANT SPANISH  5:15 CHILD SPANISH</p>
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<p><b>Northwest Clinic</b>        8701 Research Blvd suite A        Austin, TX. 78758        512-972-4942</p> <p>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</p>	<p><b>MONDAY, FEBRUARY 1<sup>ST</sup>, 2016</b></p> <p>11:00 INFANT VIETNAMESE</p> <p><b>TUESDAY, FEBRUARY 2<sup>ND</sup>, 2016</b></p> <p>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        6:00 CHILD SPANISH</p> <p><b>MONDAY, FEBRUARY 8<sup>TH</sup>, 2016</b></p> <p>11:00 PREGNANT VIETNAMESE</p> <p><b>SATURDAY, FEBRUARY 13<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT SPANISH        9:15 CHILD SPANISH        10:00 INFANT ENGLISH        11:00 CHILD ENGLISH</p> <p><b>TUESDAY, FEBRUARY 16<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD ENGLISH        9:00 INFANT 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</p> <p><b>MONDAY, FEBRUARY 22, 2016</b></p> <p>11:00 CHILD VIETNAMESE</p>
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<p>Northwest, continue.</p>	<p><b>TUESDAY, FEBRUARY 23<sup>RD</sup>, 2016</b></p> <p>7:45 CHILD SPANISH 8:45 INFANT SPANISH 10:00 COOKING CLASS</p> <p>1:15 INFANT SPANISH 2:30 INFANT SPANISH 3:45 CHILD SPANISH</p>
<p><b>Montopolis Clinic</b> Neighborhood Center 1416 Montopolis Dr. Austin, TX. 78741 512-972-4942</p> <p>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</p>	<p><b>MONDAY, FEBRUARY 1<sup>ST</sup>, 2016</b></p> <p>8:15 CHILD SPANISH 9:00 INFANT SPANISH 10:15 PREGNANT SPANISH 11:15 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 3:30 CHILD SPANISH 4:15 INFANT SPANISH 5:30 COOKING CLASS</p> <p><b>MONDAY, FEBRUARY 22<sup>ND</sup>, 2016</b></p> <p>1:15 PREGNANT SPANISH 2:15 CHILD ENGLISH 3:00 INFANT ENGLISH 4:15 PREGNANT ENGLISH 5:30 COOKING CLASS</p>

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<p><b>Far South Clinic</b>  405 W. Stassney  Austin, TX. 78745  512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm  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</p>	<p><b>TUESDAY, FEBRUARY 2<sup>ND</sup>, 2016</b></p> <p>8:15 INFANT ENGLISH  9:30 PREGNANT ENGLISH  10:30 CHILD ENGLISH</p> <p>1:15 PREGNANT ENGLISH  2:15 INFANT ENGLISH  4:00 COOKING CLASS  6:00 PREGNANT ENGLISH</p> <p><b>TUESDAY FEBRUARY 9<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT SPANISH  9:30 PREGNANT SPANISH  10:30 CHILD SPANISH</p> <p>1:15 CHILD SPANISH  2:15 INFANT SPANISH  4:00 PREGNANT SPANISH  5:00 INFANT SPANISH</p> <p><b>TUESDAY FEBRUARY 23<sup>RD</sup>, 2016</b></p> <p>8:15 INFANT SPANISH  9:30 PREGNANT SPANISH  10:30 CHILD SPANISH</p> <p>1:15 CHILD ENGLISH  2:15 INFANT ENGLISH  4:00 COOKING CLASS  6:00 PREGNANT ENGLISH</p>
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<p><b>Dove Springs</b> 6801 South IH-35 Suite I&amp;J Austin, TX. 78744 512-972-4942</p> <p>Mon 7:30-7:00pm close 12:00-1:00pm</p> <p>Tue 7:30-7:00pm close 12-00-1:00pm</p> <p>Wed 7:30-4:30 close 12:00-12:30pm</p> <p>Thu 7:30-4:30 close 12:00-12:30pm</p> <p>Fri 7:30-12:00</p> <p>2nd Saturday 8:00-12:00pm</p>	<p><b>WEDNESDAY, FEBRUARY 3RD, 2016</b></p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS</p> <p>12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH</p> <p><b>WEDNESDAY, FEBRUARY 17<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS</p> <p>12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH</p> <p><b>WEDNESDAY, FEBRUARY 24<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH</p> <p>12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH</p>
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<p><b>Manor Clinic</b>          East Rural Community Center          600 West Carrie Manor          Manor, TX. 78653          512-972-4942</p> <p>3rd Tues 1:30pm-5:00pm</p> <p>Thurs 9:00am-2:30pm closed 12:00pm-12:30pm</p>	<p><b>THURSDAY, FEBRUARY 11<sup>TH</sup>, 2016</b></p> <p>9:15 CHILD SPANISH          10:15 CHILD ENGLISH</p>
<p><b>Pflugerville Clinic</b>          North Rural Community Center          15822 Foothill Farms Loop          Pflugerville, TX. 78660          512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm          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</p>	<p><b>TUESDAY, FEBRUARY 2<sup>ND</sup>, 2016</b></p> <p>1:15 INFANT ENGLISH          2:30 PREGNANT SPANISH          3:30 INFANT SPANISH          5:00 CHILD SPANISH          6:00 CHILD ENGLISH</p> <p><b>TUESDAY, FEBRUARY 16<sup>TH</sup>, 2016</b></p> <p>1:15 INFANT SPANISH          2:30 PREGNANT ENGLISH          3:30 INFANT ENGLISH          5:00 CHILD ENGLISH          6:00 CHILD SPANISH</p>

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<p><b>Oakhill Clinic</b>  West Rural Community Center  8656 Ste Hwy 71 W  Bldg A, Suite B  Austin, TX. 78735  512-972-4942</p> <p>Mon 8:00am -5:00pm closed 12:00pm-12:30pm  Fri 8:00am-12:00pm  closed the 2nd Friday</p>	<p><b>MONDAY, FEBRUARY 22<sup>ND</sup>, 2016</b></p> <p>8:15 SPANISH  9:15 CHILD ENGLISH</p> <p>12:45 CHILD SPANISH  1:45 CHILD ENGLISH</p>
<p><b>Del Valle Clinic</b>  South Rural Community Center  3518 FM 973  Del Valle, TX. 78617  512-972-4942</p> <p>Mon 8:00am-7pm closed 12:00 -1pm  1st and 3rd Thursday of each month 8am-4:30pm  closed 12-12:30</p>	<p><b>THURSDAY, FEBRUARY 4<sup>TH</sup>, 2016</b></p> <p>8:20 INFANT SPANISH  9:20 CHILD SPANISH  11:00 CHILD SPANISH</p> <p><b>MONDAY, FEBRUARY 22<sup>ND</sup>, 2016</b></p> <p>1:20 INFANT SPANISH  2:40 PREGNANT ENGLISH  3:20 INFANT ENGLISH  4:40 PREGNANT SPANISH  5:20 CHILD SPANISH</p>

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<p><b>Bastrop Clinic</b>  443 Highway 71  Bastrop, TX. 78602  1-800-942-2778  1-512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm  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</p>	<p><b>WEDNESDAY, FEBRUARY 3<sup>RD</sup>, 2016</b></p> <p>12:30 INFANT SPANISH  1:45 PREGNANT SPANISH  2:45 PREGNANT ENGLISH</p> <p><b>SATURDAY, FEBRUARY 13<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT ENGLISH  9:15 CHILD SPANISH  10:15 CHILD ENGLISH</p> <p><b>THURSDAY, FEBRUARY 18<sup>TH</sup>, 2016</b></p> <p>10:00 COOKING CLASS</p>
<p><b>Elgin Clinic</b>  218 South Main Street  Elgin, TX. 78621  1-800-942-2778  1-512-972-4942</p> <p>Tues 8:00am-5:00pm closed 12:00pm-12:30pm  Fri 8:00am-12:00pm</p>	<p><b>TUESDAY, FEBRUARY 9<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT SPANISH  9:00 CHILD SPANISH  10:00 INFANT SPANISH</p> <p><b>TUESDAY, FEBRUARY 23<sup>RD</sup>, 2016</b></p> <p>8:15 PREGNANT ENGLISH  9:00 CHILD ENGLISH  10:00 INFANT ENGLISH</p>

**Pregnant/Embarazada**

This class includes conversation about making enough breastmilk: the impact formula has on mom's milk supply, and the differences between breastmilk and formula. This lesson utilizes visual materials from the Department of State Health Services breastfeeding Activities Kit.

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Esta clase incluye la conversación sobre la producción de suficiente leche materna: la fórmula y el impacto que tiene en la producción de leche de la madre, y las diferencias entre la leche materna y la fórmula. Esta lección utiliza materiales visuales del Departamento de Servicios de Salud del Estado del Lactancia Actividades Kit.

### **Infant/Infante**

This lesson uses group discussion and focuses on basic guidelines when introducing solid foods to infants, using a Bingo game to make it fun and exciting.

Esta lección usa discusión en grupo y se enfoca en guías básicas cuando introduce comida solida a infantes, usando el juego Bingo para hacerlo divertido y emocionante.

### **Child/General / Niño/General**

This class uses group discussion and hands-on activities and visual aids to explore the difference between whole grains and defined grains. Participants will discuss why it is important to include whole grains in the diet, share ideas for adding whole grains, and understand what to look for on food packages and labels to determine if a product is a whole grain.

Esta clase utiliza la discusión en grupo y actividades prácticas y ayudas visuales para explorar la diferencia entre los granos enteros y granos refinados. Los participantes discutirán por qué es importante incluir granos enteros en la dieta, compartir ideas para agregar granos enteros, y entender lo que debe buscar en los paquetes de alimentos y etiquetas para determinar si un producto es de grano entero.

### **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 las habilidades básicas de cocina y preparación, tamaño de las porciones correctas para, niños pequeños y adultos, los beneficios nutricionales de las frutas / verduras, cocinar con niños, información sobre compras locales en el mercado del agricultor. Al final de la clase a los participantes se les da una muestra a probar, la receta, y refuerzo educativo. Esta clase es parte de la Prevención de la Obesidad Mini Subvención.

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<p><b>South Austin Clinic</b>          Multipurpose Center          2508 Durwood Dr.          Austin, TX. 78704          512-972-4942</p> <p>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</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p><b>THURSDAY, MARCH 3<sup>RD</sup>, 2016</b></p> <p>8:00 CHILD ENGLISH          9:00 INFANT ENGLISH          10:00 PREGNANT ENGLISH          11:00 CHILD ENGLISH          1:00 INFANT ENGLISH          3:00 PREGNANT ENGLISH</p> <p><b>THURSDAY, MARCH 17<sup>TH</sup>, 2016</b></p> <p>9:00 CHILD SPANISH          10:00 INFANT SPANISH          11:00 PREGNANT SPANISH          12:45 CHILD SPANISH          2:00 INFANT SPANISH          3:15 PREGNANT SPANISH</p> <p><b>THURSDAY, MARCH 24<sup>TH</sup>, 2016</b></p> <p>8:30 INFANT SPANISH          9:45 COOKING CLASS          10:45 INFANT ENGLISH          1:00 CHILD SPANISH          2:00 CHILD SPANISH          3:00 PREGNANT ENGLISH</p> <p><b>MONDAY, MARCH 28<sup>TH</sup>, 2016</b></p> <p>1:00 PREGNANT SPANISH          2:00 PREGNANT ENGLISH          3:15 CHILD SPANISH          4:30 CHILD ENGLISH          5:30 CHILD SPANISH</p>
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<p><b>St. John's Community Center</b>  7500 Blessing Ave  Austin, TX. 78752  512-972-4942</p> <p>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</p>	<p><b>MONDAY, MARCH 7<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD ENGLISH  9:00 CHILD ENGLISH  10:00 INFANT ENGLISH</p> <p>1:15 CHILD ENGLISH  2:00 INFANT ENGLISH  3:15 PREGNANT ENGLISH  4:00 INFANT ENGLISH  5:15 CHILD ENGLISH</p> <p><b>FRIDAY, MARCH 11<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD SPANISH  9:00 CHILD SPANISH  10:00 CHILD ENGLISH</p> <p><b>SATURDAY, MARCH 12<sup>TH</sup>, 2016</b></p> <p>8:15 CHILD SPANISH  9:00 CHILD SPANISH  10:00 CHILD ENGLISH</p> <p><b>MONDAY, MARCH 21<sup>ST</sup>, 2016</b></p> <p>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</p>
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<p><b>Northwest Clinic</b> 8701 Research Blvd suite A Austin, TX. 78758 512-972-4942</p> <p>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</p>	<p><b>TUESDAY, MARCH 1<sup>ST</sup>, 2016</b></p> <p>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 6:00 CHILD SPANISH</p> <p><b>MONDAY, MARCH 7<sup>TH</sup>, 2016</b></p> <p>11:00 INFANT VIETNAMESE</p> <p><b>MONDAY, MARCH 14<sup>TH</sup>, 2016</b></p> <p>11:00 PREGNANT VIETNAMESE</p> <p><b>SATURDAY, MARCH 12<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH</p> <p><b>TUESDAY, MARCH 15<sup>TH</sup>, 2016</b></p> <p>8:00 CHILD ENGLISH 9:00 INFANT 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</p> <p><b>MONDAY, MARCH 21<sup>ST</sup>, 2016</b></p> <p>11:00 CHILD VIETNAMESE</p>
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	<p><b>TUESDAY, MARCH 22<sup>ND</sup>, 2016</b></p> <p>7:45 CHILD SPANISH  8:45 INFANT SPANISH  10:00 COOKING CLASS  1:15 INFANT SPANISH  2:30 INFANT SPANISH  3:45 CHILD SPANISH</p>
<p><b>Montopolis Clinic</b>  Neighborhood Center  1416 Montopolis Dr.  Austin, TX. 78741  512-972-4942</p> <p>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</p>	<p><b>MONDAY, MARCH 7<sup>TH</sup>, 2016</b></p> <p>8:15 CHILD SPANISH  9:00 INFANT SPANISH  10:15 PREGNANT SPANISH  11:15 CHILD ENGLISH  1:15 PREGNANT ENGLISH  2:15 INFANT ENGLISH  3:30 CHILD SPANISH  4:15 INFANT SPANISH  5:30 COOKING CLASS</p> <p><b>MONDAY, MARCH 28<sup>TH</sup>, 2016</b></p> <p>1:15 PREGNANT SPANISH  2:15 CHILD ENGLISH  3:00 INFANT ENGLISH  4:15 PREGNANT ENGLISH  5:30 COOKING CLASS</p>

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<p><b>Far South Clinic</b>  405 W. Stassney  Austin, TX. 78745  512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm  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</p>	<p><b>TUESDAY, MARCH 1<sup>ST</sup>, 2016</b></p> <p>8:15 INFANT ENGLISH  9:30 PREGNANT ENGLISH  10:30 CHILD ENGLISH</p> <p>1:15 PREGNANT ENGLISH  2:15 INFANT ENGLISH  4:00 COOKING ENGLISH  6:00 PREGNANT ENGLISH</p> <p><b>TUESDAY, MARCH 8<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT SPANISH  9:30 PREGNANT SPANISH  10:30 CHILD SPANISH</p> <p>1:15 CHILD SPANISH  2:15 INFANT SPANISH  4:00 PREGNANT SPANISH  5:00 INFANT SPANISH</p> <p><b>TUESDAY, MARCH 22<sup>ND</sup>, 2016</b></p> <p>8:15 INFANT SPANISH  9:30 PREGNANT SPANISH  10:30 CHILD SPANISH</p> <p>1:15 CHILD ENGLISH  2:15 INFANT ENGLISH  4:00 COOKING CLASS  6:00 PREGNANT ENGLISH</p>
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<p><b>Manor Clinic</b>          East Rural Community Center          600 West Carrie Manor          Manor, TX. 78653          512-972-4942</p> <p>3rd Tues 1:30pm-5:00pm</p> <p>Thurs 9:00am-2:30pm closed 12:00pm-12:30pm</p>	<p><b>THURSDAY, MARCH 10<sup>TH</sup>, 2016</b></p> <p>9:15 CHILD SPANISH          10:15 CHILD ENGLISH</p>
<p><b>Pflugerville Clinic</b>          North Rural Community Center          15822 Foothill Farms Loop          Pflugerville, TX. 78660          512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm          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</p>	<p><b>TUESDAY, MARCH 1<sup>ST</sup>, 2016</b></p> <p>1:15 INFANT ENGLISH          2:30 PREGNANT SPANISH          3:30 INFANT SPANISH          5:00 CHILD SPANISH          6:00 CHILD ENGLISH</p> <p><b>TUESDAY, MARCH 15<sup>TH</sup>, 2016</b></p> <p>1:15 INFANT SPANISH          2:30 PREGNANT ENGLISH          3:30 INFANT ENGLISH          5:00 CHILD ENGLISH          6:00 CHILD SPANISH</p>

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<p><b>Oakhill Clinic</b>  West Rural Community Center  8656 Ste Hwy 71 W  Bldg A, Suite B  Austin, TX. 78735  512-972-4942</p> <p>Mon 8:00am -5:00pm closed 12:00pm-12:30pm  Fri 8:00am-12:00pm  closed the 2nd Friday</p>	<p><b>MONDAY, MARCH 21<sup>ST</sup>, 2016</b></p> <p>8:15 CHILD SPANISH  9:15 CHILD ENGLISH</p> <p>12:45 CHILD SPANISH  1:45 CHILD ENGLISH</p>
<p><b>Del Valle Clinic</b>  South Rural Community Center  3518 FM 973  Del Valle, TX. 78617  512-972-4942</p> <p>Mon 8:00am-7pm closed 12:00 -1pm  1st and 3rd Thursday of each month 8am-4:30pm  closed 12-12:30</p>	<p><b>THURSDAY, MARCH 3<sup>RD</sup>, 2016</b></p> <p>8:20 INFANT SPANISH  9:40 CHILD SPANISH  10:20 CHILD SPANISH  11:00 CHILD ENGLISH</p> <p><b>MONDAY, MARCH 21<sup>ST</sup>, 2016</b></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><b>Bastrop Clinic</b>  443 Highway 71  Bastrop, TX. 78602  1-800-942-2778  1-512-972-4942</p> <p>Mon 7:30am-7:00pm closed 12:00pm-1:00pm  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</p>	<p><b>WEDNESDAY, MARCH 2<sup>ND</sup>, 2016</b></p> <p>12:30 INFANT SPANISH  1:45 PREGNANT SPANISH  2:45 PREGNANT ENGLISH</p> <p><b>SATURDAY, MARCH 12<sup>TH</sup>, 2016</b></p> <p>8:15 INFANT ENGLISH  9:15 CHILD SPANISH  10:15 CHILD ENGLISH</p> <p><b>THURSDAY, MARCH 17<sup>TH</sup>, 2016</b></p> <p>10:00 COOKING CLASS</p>
<p><b>Elgin Clinic</b>  218 South Main Street  Elgin, TX. 78621  1-800-942-2778  1-512-972-4942</p> <p>Tues 8:00am-5:00pm closed 12:00pm-12:30pm  Fri 8:00am-12:00pm</p>	<p><b>TUESDAY, MARCH 8<sup>TH</sup>, 2016</b></p> <p>8:15 PREGNANT SPANISH  9:00 CHILD SPANISH  10:00 INFANT SPANISH</p> <p><b>TUESDAY, MARCH 22<sup>ND</sup>, 2016</b></p> <p>8:15 PREGNANT ENGLISH  9:00 CHILD ENGLISH  10:00 INFANT ENGLISH</p>

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### **Pregnant/Embarazada**

This class includes conversation about making enough breastmilk: the impact formula has on mom's milk supply, and the differences between breastmilk and formula. This lesson utilizes visual materials from the Department of State Health Services breastfeeding Activities Kit.

Esta clase incluye la conversación sobre la producción de suficiente leche materna: la fórmula y el impacto que tiene en la producción de leche de la madre, y las diferencias entre la leche materna y la fórmula. Esta lección utiliza materiales visuales del Departamento de Servicios de Salud del Estado del Lactancia Actividades Kit.

### **Infant/Infante**

This lesson uses group discussion and focuses on basic guidelines when introducing solid foods to infants, using a Bingo game to make it fun and exciting.

Esta lección usa discusión en grupo y se enfoca en guías básicas cuando introduce comida solida a infantes, usando el juego Bingo para hacerlo divertido y emocionante.

### **Child General / Niño General**

This class uses group discussion and hands-on activities and visual aids to explore the difference between whole grains and defined grains. Participants will discuss why it is important to include whole grains in the diet, share ideas for adding whole grains, and understand what to look for on food packages and labels to determine if a product is a whole grain.

Esta clase utiliza la discusión en grupo y actividades prácticas y ayudas visuales para explorar la diferencia entre los granos enteros y granos refinados. Los participantes discutirán por qué es importante incluir granos enteros en la dieta, compartir ideas para agregar granos enteros, y entender lo que debe buscar en los paquetes de alimentos y etiquetas para determinar si un producto es de grano entero.

### **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**

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

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