



Nutrition Education Classes- OCTOBER 2015

Clases de Nutrición

<p>EAST AUSTIN COMMUNITY CARE 211 COMAL AUSTIN TX 78702 512-972-4942</p> <p>Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM</p>	<p>TUESDAY, OCTOBER 6TH, 2015</p> <p>1:15 CHILD SPANISH</p> <p>TUESDAY, OCTOBER 13TH, 2015</p> <p>1:15 CHILD SPANISH</p> <p>TUESDAY, OCTOBER 20TH, 2015</p> <p>1:15 CHILD ENGLISH</p> <p>TUESDAY, OCTOBER 27TH, 2015</p> <p>1:15 CHILD SPANISH</p>
<p>ROSEWOOD-ZARAGOSA 2800 WEBBERVILLE RD AUSTIN TX 78702 512-972-4942</p> <p>Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM</p> <p style="text-align: center;">CLOSED 2ND WEDNESDAY</p> <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>SATURDAY, OCTOBER 10TH, 2015</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:15 COOKING CLASS</p> <p>TUESDAY, OCTOBER 20TH, 2015</p> <p>8:15 INFANT SPANISH 9:30 CHILD SPANISH 10:30 INFANT ENGLISH 1:15 PREGNANT SPANISH 2:30 INFANT ENGLISH 3:45 CHILD ENGLISH 4:30 INFANT SPANISH 5:45 CHILD SPANISH</p> <p>TUESDAY, OCTOBER 27TH, 2015</p> <p>1:15 PREGNANT ENGLISH</p>

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<p>South Austin Clinic 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>THURSDAY, OCTOBER 1ST, 2015</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>THURSDAY, OCTOBER 8TH, 2015</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>MONDAY, OCTOBER 19TH, 2015</p> <p>1:00 PREGNANT SPANISH 2:00 PREGNANT ENGLISH 3:15 CHILD SPANISH 4:30 CHILD ENGLISH 5:30 CHILD SPANISH</p> <p>THURSDAY, OCTOBER 22ND, 2015</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>St. John's Community Center 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>MONDAY, OCTOBER 5TH, 2015</p> <p>8:00 CHILD ENGLISH 9:00 CHILD ENGLISH 10:00 INFANT ENGLISH 1:45 CHILD ENGLISH 2:00 INFANT ENGLISH 3:15 PREGNANT ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH</p> <p>FRIDAY, OCTOBER 9TH, 2015</p> <p>8:00 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH</p> <p>SATURDAY, OCTOBER 10TH, 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH</p> <p>MONDAY, OCTOBER 3RD, 2015</p> <p>8:00 CHILD SPANISH 9:00 PREGNANT SPANISH 10:00 INFANT PANISH 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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Bộ Canh Nông Hoa-Kỳ (USDA) là cơ quan phục vụ và tuyển dụng bình đẳng.



<p>Northwest Clinic 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>MONDAY, OCTOBER 5TH, 2015</p> <p>11:00 INFANT VIETNAMESE</p> <p>TUESDAY, OCTOBER 6TH, 2015</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>SATURDAY, OCTOBER 10TH, 2015</p> <p>8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH</p> <p>MONDAY, OCTOBER 12TH, 2015</p> <p>11:00 PREGNANT VIETNAMESE</p> <p>MONDAY, OCTOBER 19TH, 2015</p> <p>11:00 CHILD VIETNAMESE</p> <p>TUESDAY, OCTOBER 20TH, 2015</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>
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<p>NORTHWEST, continue</p>	<p>TUESDAY, OCTOBER 27TH, 2015</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>Montopolis Clinic 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>MONDAY, OCTOBER 5TH, 2015</p> <p>8:15 CHILD ENGLISH 9:00 INFANT SPANISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 1:15 PREGNANT ENGLISH 2:30 INFANT ENGLISH 4:00 CHILD ENGLISH 5:30 COOKING CLASS</p> <p>SATURDAY, OCTOBER 10TH, 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH</p> <p>MONDAY, OCTOBER 26TH, 2015</p> <p>1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:30 CHILD SPANISH 5:00 COOKING CLASS</p>

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



<p>Far South Clinic 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>Far South Clinic, continue</p>	<p>TUESDAY, OCTOBER 6TH, 2015</p> <p>8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS 6:00 PREGNANT ENGLISH</p> <p>TUESDAY, OCTOBER 13TH, 2015</p> <p>8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD SPANISH 2:15 INFANT SPANISH 4:00 PREGNANT SPANISH 5:00 INFANT SPANISH</p> <p>TUESDAY, OCTOBER 27TH, 2015</p> <p>8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 COOKING CLASS SPANISH 5:00 PREGNANT ENGLISH 6:00 CHILD SPANISH</p>
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<p>Dove Springs 6801 South IH-35 Suite I&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>WEDNESDAY, OCTOBER 7TH, 2015</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLAS SPANISH 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH</p> <p>WEDNESDAY, OCTOBER 21ST, 2015</p> <p>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</p> <p>WEDNESDAY, OCTOBER 28TH, 2015</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 12:45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH</p>
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<p>Manor Clinic 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>THURSDAY, OCTOBER 8TH, 2015</p> <p>9:15 CHILD SPANISH 10:15 CHILD ENGLISH</p>
<p>Pflugerville Clinic North Rural Community Center 15822 Foothill Farms Loop Pflugerville, TX. 78660 512-972-4942</p> <p>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>TUESDAY, OCTOBER 6TH, 2015</p> <p>1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 INFANT SPANISH 5:00 CHILD SPANISH 6:00 CHILD ENGLISH</p> <p>TUESDAY, OCTOBER 20TH, 2015</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>Oakhill Clinic 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>MONDAY, OCTOBER 19TH, 2015</p> <p>8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH</p>
<p>Del Valle Clinic 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>THURSDAY, OCTOBER 1ST, 2015</p> <p>8:20 INFANT SPANISH 9:40 CHILD SPANISH 10:20 CHILD SPANISH 11:00 CHILD ENGLISH</p> <p>MONDAY, OCTOBER 19TH, 2015</p> <p>1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH 3:20 INFANT ENGLISH 4:40 PREGNANT SPANISH 5:20 CHILD SPANISH 6:00 CHILD ENGLISH</p>

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<p>Bastrop Clinic 443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942</p> <p>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>MONDAY, OCTOBER 12TH, 2015</p> <p>2:30 INFANT SPANISH 4:00 PREGNANT ENGLISH 5:00 PREGNANT SPANISH</p> <p>SATURDAY, OCTOBER 10TH, 2015</p> <p>8:15 INFANT ENGLISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH</p> <p>THURSDAY, OCTOBER 15TH, 2015</p> <p>10:00 COOKING CLASS</p>
<p>Elgin Clinic 218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942</p> <p>Tues 8:00am-5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm</p>	<p>TUESDAY, OCTOBER 13TH, 2015</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:00 INFANT SPANISH</p> <p>TUESDAY, OCTOBER 27TH, 2015</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 INFANT ENGLISH</p>

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Pregnant/Embarazada

This lesson uses group discussion and handouts to encourage participants to learn about the importance of skin-to-skin contact immediately after birth regardless of feeding intent, new baby behaviors, and how to create a memorable hospital experience.

Esta lección utiliza la discusión en grupo y folletos para animar a los participantes a aprender acerca de la importancia del contacto inmediato piel a piel después del nacimiento, independientemente de la alimentación de la intención, nuevos comportamientos del bebé, y cómo crear una experiencia en el hospital memorable.

Infant/Infante

This class focuses on ten most common infant concerns that parents face. Participants will select at least three out of ten topics to discuss from a bulletin board. Each topic includes suggestions for discussion questions, visual basics.

Esta clase se centra en diez preocupaciones infantiles más comunes que enfrentan los padres. Los participantes seleccionarán al menos tres de cada diez temas para discutir de un tablón de anuncios. Cada tema incluye sugerencias para preguntas de discusión, ayudas visuales.

Child/General / Niño/General

This lesson emphasizes the importance of oral health. It uses pictures as an emotion based tool to spark a discussion about various ideas and experiences regarding oral health.

Esta lección enfatiza la importancia de la salud oral. Utiliza imágenes como una herramienta basada en la emoción para provocar una discusión acerca de diversas ideas y experiencias en relación con la salud bucal.

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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Nutrition Education Classes- November 2015

Clases de Nutrición

<p>EAST AUSTIN COMMUNITY CARE 211 COMAL AUSTIN TX 78702 512-972-4942</p> <p>Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM</p>	<p>TUESDAY, NOVEMBER 3RD, 2015</p> <p>1:15 CHILD SPANISH</p> <p>TUESDAY, NOVEMBER 10TH, 2015</p> <p>1:15 CHILD SPANISH</p> <p>TUESDAY, NOVEMBER 17TH, 2015</p> <p>1:15 CHILD ENGLISH</p> <p>TUESDAY, NOVEMBER 24TH, 2015</p> <p>1:15 CHILD SPANISH</p>
<p>ROSEWOOD-ZARAGOSA 2800 WEBBERVILLE RD AUSTIN TX 78702 512-972-4942</p> <p>Monday 7:30AM-7:00PM CLOSED 12:00-1:00PM Tuesday 7:30AM-7:00PM CLOSED 12:00-1:00PM Wednesday 7:30AM-4:30PM CLOSED 12:00-12:30PM</p> <p style="text-align: center;">CLOSED 2ND WEDNESDAY</p> <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>TUESDAY, NOVEMBER 17TH, 2015</p> <p>8:30-11:15 FALL FEST FAIR 1:15-5:45 FALL FEST FAIR</p>

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<p>South Austin Clinic 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>THURSDAY, NOVEMBER 5TH, 2015</p> <p>8:30-11:00 FALL FEST FAIR 12:45-3:00 FALL FEST FAIR</p>
<p>St. John's Community Center 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>FRIDAY, NOVEMBER 13TH, 2015</p> <p>8:00 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH</p> <p>SATURDAY, NOVEMBER 14TH, 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH</p> <p>MONDAY, NOVEMBER 16TH, 2015</p> <p>8:30 FALL FEST FAIR 9:30 FALL FEST FAIR 10:30 FALL FEST FAIR 11:00 FALL FEST FAIR 1:30 FALL FEST FAIR 2:30 FALL FEST FAIR</p>

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<p>ST JOHNS, continue</p>	<p>3:30 FALL FEST FAIR 4:30 FALL FEST FAIR 5:30 FALL FEST FAIR</p>
<p>Northwest Clinic 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>TUESDAY, NOVEMBER 3RD, 2015</p> <p>1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 PREGNANT ENGLISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH 6:00 CHILD ENGLISH</p> <p>TUESDAY, NOVEMBER 17TH, 2015</p> <p>8:30-11:00 FALL FEST FAIR 1:30-5:30 FALL FEST FAIR</p>

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<p>Montopolis Clinic 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>MONDAY, NOVEMBER 2ND, 2015</p> <p>8:15 FALL FEST FAIR 9:00 FALL FEST FAIR 10:00 FALL FEST FAIR 11:00 FALL FEST FAIR 1:15 FALL FEST FAIR 2:30 FALL FEST FAIR 3:30 FALL FEST FAIR</p>
<p>Far South Clinic 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>TUESDAY, NOVEMBER 10TH, 2015</p> <p>8:30 FALL FEST FAIR 9:30 FALL FEST FAIR 10:30 FALL FEST FAIR 1:30 FALL FEST FAIR 2:30 FALL FEST FAIR 3:30 FALL FEST FAIR 4:30 FALL FEST FAIR</p> <p>WEDNESDAY, NOVEMBER 25TH, 2015</p> <p>8:00 INFANT ENGLISH 9:00 PREGNANT ENGLISH 10:00 CHILD ENGLISH</p>

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<p>Dove Springs 6801 South IH-35 Suite I&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>WEDNESDAY, NOVEMBER 4TH, 2015</p> <p>8:30-11:00 FALL FEST FAIR 12:45-3:00 FALL FEST FAIR</p>
<p>Manor Clinic 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>THURSDAY, NOVEMBER 12TH, 2015</p> <p>9:15 CHILD SPANISH 10:15 CHILD ENGLISH</p>

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<p>Pflugerville Clinic 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>TUESDAY, NOVEMBER 10TH, 2015</p> <p>1:30-5:00 FALL FEST FAIR</p>
<p>Oak Hill Clinic 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>MONDAY, NOVEMBER 16TH, 2015</p> <p>8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH</p>
<p>Del Valle Clinic 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>THURSDAY, NOVEMBER 5TH, 2015</p> <p>8:20 INFANT SPANISH 9:40 CHILD SPANISH 10:20 CHILD SPANISH 11:00 CHILD ENGLISH</p> <p>MONDAY, NOVEMBER 16TH, 2015</p> <p>1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH</p>

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<p>Elgin Clinic 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>TUESDAY, NOVEMBER 10TH, 2015</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:00 INFANT SPANISH</p> <p>TUESDAY, NOVEMBER 24TH, 2015</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 INFANT ENGLISH</p>

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Child/General / Niño/General

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Esta lección enfatiza la importancia de la salud oral. Utiliza imágenes como una herramienta basada en la emoción para provocar una discusión acerca de diversas ideas y experiencias en relación con la salud bucal.

Fall Fest/Festival de Otoño

The WIC Fall Fest held during the months of November and December is a fall-holiday themed fair format to educate participants on seasonal produce, healthy recipes, breastfeeding, and physical activity. Participants browse the classroom reading educational bilingual tri-fold boards which will include visual aids and hand-on props, and observe a cooking demonstration or healthy cooking tips information. At the end participants will answer evaluation questions on a passport.

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leyendo juntas trípticos educativos bilingües que incluirá ayudas visuales y mano de utilería, y observar una demostración de cocina o información de consejos de cocina saludable. A los participantes finales responderá a las preguntas de evaluación en 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.

Nutrition Education Classes- December 2015
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, DECEMBER 1ST, 2015

1:15 CHILD SPANISH

TUESDAY, DECEMBER 8TH, 2015

1:15 CHILD SPANISH

TUESDAY, DECEMBER 15TH, 2015

1:15 CHILD ENGLISH

TUESDAY, DECEMBER 22ND, 2015

1:15 CHILD SPANISH

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<p>ROSEWOOD-ZARAGOSA 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>TUESDAY, DECEMBER 15TH, 2015</p> <p>8:30-11:15 FALL FEST FAIR 1:15-5:45 FALL FEST FAIR</p>

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<p>South Austin Clinic 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>THURSDAY, DECEMBER 3RD, 2015</p> <p>8:30-11:00 FALL FEST FAIR 12:45-3:00 FALL FEST FAIR</p>
<p>St. John's Community Center 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>MONDAY, DECEMBER 7TH, 2015</p> <p>8:00-11:00 FALL FEST FAIR 1:15-5:30 FALL FEST FAIR</p> <p>SATURDAY, DECEMBER 12TH, 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH</p>

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<p>Northwest Clinic 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</p> <p>2nd Saturday 8:00am-12:00pm</p>	<p>TUESDAY, DECEMBER 1ST, 2015</p> <p>1:15 INFANT SPANISH 2:30 PREGNANT SPANISH 3:15 PREGNANT ENGLISH 4:00 INFANT SPANISH 5:15 CHILD SPANISH 6:00 CHILD ENGLISH</p> <p>TUESDAY, DECEMBER 15TH, 2015</p> <p>8:30-11:00 FALL FEST FAIR 1:30-5:00 FALL FEST FAIR</p>
<p>Montopolis Clinic 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>MONDAY, DECEMBER 7TH, 2015</p> <p>8:15-10:45 FALL FEST FAIR 1:15-5:30 FALL FEST FAIR</p>

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<p>Far South Clinic 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>TUESDAY, DECEMBER 8TH, 2015</p> <p>8:30-10:30 FALL FEST FAIR 1:30-4:30 FALL FEST FAIR</p> <p>WEDNESDAY, DECEMBER 23RD, 2015</p> <p>8:00 INFANT ENGLISH 9:00 PREGNANT ENGLISH 10:00 CHILD ENGLISH</p>
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Bộ Canh Nông Hoa-Kỳ (USDA) là cơ quan phục vụ và tuyển dụng bình đẳng.



<p>Dove Springs 6801 South IH-35 Suite I&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>WEDNESDAY, DECEMBER 2ND, 2015</p> <p>8:30-11:00 FALL FEST FAIR 12:45-3:00 FALL FEST FAIR</p>
<p>Manor Clinic 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>THURSDAY, DECEMBER 10TH, 2015</p> <p>9:15 CHILD SPANISH 10:15 CHILD ENGLISH</p>

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<p>Pflugerville Clinic 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>TUESDAY, DECEMBER 8TH, 2015</p> <p>1:30-5:00 FALL FEST FAIR</p>
<p>Oakhill Clinic West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735 512-972-4942</p> <p>Mon 8:00am -5:00pm closed 12:00pm-12:30pm Fri 8:00am-12:00pm closed the 2nd Friday</p>	<p>MONDAY, DECEMBER 14TH, 2015</p> <p>8:15 CHILD SPANISH 9:15 CHILD ENGLISH 12:45 CHILD SPANISH 1:45 CHILD ENGLISH</p>
<p>Del Valle Clinic 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>THURSDAY, DECEMBER 3RD, 2015</p> <p>8:20 INFANT SPANISH 9:40 CHILD SPANISH 10:20 CHILD SPANISH 11:00 CHILD ENGLISH</p> <p>MONDAY, DECEMBER 21ST, 2015</p> <p>1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH</p>

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<p>Del Valle, continue.</p>	<p>3:20 INFANT ENGLISH 4:40 PREGNANT SPANISH 5:20 CHILD SPANISH 6:00 CHILD ENGLISH</p>
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<p>Elgin Clinic 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>TUESDAY, DECEMBER 8TH, 2015</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:00 INFANT SPANISH</p> <p>TUESDAY, DECEMBER 22ND, 2015</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 INFANT ENGLISH</p>

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