



WIC Nutrition Education Classes- September 2015

Clases de Nutricion

<p>EAST AUSTIN COMMUNITY CARE 211 COMAL AUSTIN TX 78702 512-972-4942</p> <p>Tuesday 8:00-7:00PM CLOSED 12:00-1:00PM</p>	<p>TUESDAY, SEPTEMBER 1ST, 2015</p> <p>1:15 CHILD SPANISH</p> <p>TUESDAY, SEPTMEBER 8TH, 2015</p> <p>1:15 CHILD SPANISH</p> <p>TUESDAY, SEPTMEBER 15TH, 2015</p> <p>1:15 CHILD ENGLISH</p> <p>TUESDAY, SEPTEMBER 22ND, 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, SEPTEMBER 12TH, 2015</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:15 COOKING CLASS</p> <p>TUESDAY, SEPTEMBER 15TH, 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, SEPTEMBER 22ND, 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, SEPTEMBER 3RD, 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, SEPTEMBER 10TH, 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, SEPTEMBER 21ST, 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, SEPTEMBER 24TH, 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>TUESDAY, SEPTEMBER 8TH, 2015</p> <p>8:00 CHILD ENGLISH 9:15 INFANT ENGLISH 10:00 CHILD ENGLISH 1:15 CHILD ENGLISH 2:00 INFANT ENGLISH 3:15 PREGNANT ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH</p> <p>FRIDAY, SEPTEMBER 11, 2015</p> <p>8:00 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH</p> <p>SATURDAY, SEPTEMBER 12TH, 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH</p> <p>MONDAY, SEPTEMBER 21ST, 2015</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>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, SEPTEMBER 1ST, 2015</p> <p>7:45 CHILD SPANISH 8:30 INFANT SPANISH 9:30 PREGNANT SPANISH 10:15 CHILD 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, SEPTEMBER 12TH, 2015</p> <p>8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH</p> <p>TUESDAY, SEPTEMBER 15TH, 2015</p> <p>8:00 INFANT ENGLISH 9:15 CHILD ENGLISH 10:00 PREGNANT ENGLISH 1:15 INFANT ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH 4:00 INFANT ENGLISH 5:15 CHILD ENGLISH</p>
<p>Northwest Clinic, continue</p>	<p>MONDAY, SEPTEMBER 14TH, 2015</p> <p>11:00 INFANT VIETNAMESE</p> <p>MONDAY, SEPTEMBER 21ST, 2015</p> <p>11:00 PREGNANT VIETNAMESE</p> <p>TUESDAY, SEPTEMBER 22ND, 2015</p> <p>7:45 CHILD SPANISH 8:45 INFANT SPANISH</p>

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<p>Northwest Clinic, continue</p>	<p>10:00 COOKING CLASS 1:15 INFANT SPANISH 2:30 INFANT SPANISH 3:45 CHILD SPANISH</p> <p>MONDAY, SEPTEMBER 28TH, 2015</p> <p>11:00 CHILD VIETNAMESE</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>SATURDAY, SEPTEMBER 12TH, 2015</p> <p>8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH</p> <p>MONDAY, SEPTEMBER 14TH, 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>MONDAY, SEPTEMBER 28TH, 2015</p> <p>1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:30 CHILD SPANISH 5:00 COOKING CLASS</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, SEPTEMBER 1ST, 2015</p> <p>8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD ENGLISH 5:00 CHILD ENGLISH 6:00 PREGNANT ENGLISH</p> <p>TUESDAY, SEPTEMBER 8TH, 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, SEPTEMBER 22ND, 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 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, SEPTEMBER 2ND, 2015</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 COOKING CLASS 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH 3:15 CHILD SPANISH</p> <p>WEDNESDAY, SEPTEMBER 16TH, 2015</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:30 COOKING CLASS 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH</p> <p>WEDNESDAY, SEPTEMBER 23RD, 2015</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 PREGNANT SPANISH 11:00 CHILD SPANISH 12: 45 INFANT SPANISH 1:30 CHILD ENGLISH 2:30 INFANT ENGLISH 3:15 CHILD SPANISH</p> <p>WEDNESDAY, SEPTEMBER 30, 2015</p> <p>8:15 CHILD ENGLISH 9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 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, SEPTEMBER 10TH, 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, SEPTEMBER 1ST, 2015</p> <p>1:15 INFANT ENGLISH 2:30 PREGNANT SPANISH 3:30 SPANISH PREGNANT 5:00 CHILD SPANISH 6:00 CHILD ENGLISH</p> <p>TUESDAY, SEPTEMBER 15TH, 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, SEPTEMBER 21ST, 2015</p> <p>8:15 CHILD SPANISH 9:00 INFANT SPANISH 10:00 CHILD ENGLISH 11:00 PREGNANT SPANISH 12:45 INFANT ENGLISH 2:00 PREGNANT ENGLISH 3:00 CHILD SPANISH 4:00 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, SEPTEMBER 3RD, 2015</p> <p>8:20 INFANT SPANISH 9:40 CHILD SPANISH 10:20 CHILD SPANISH 11:00 CHILD ENGLISH</p> <p>MONDAY, SEPTEMBER 21ST, 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>SATURDAY, SEPTEMBER 12TH, 2015</p> <p>8:15 INFANT ENGLISH 9:15 CHILD SPANISH 10:15 CHILD ENGLISH</p> <p>MONDAY, SEPTEMBER 14TH, 2015</p> <p>2:30 INFANT SPANISH 4:00 PREGNANT ENGLISH 5:00 PREGNANT SPANISH</p> <p>THURSDAY, SEPTEMBER 17TH, 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, SEPTEMBER 8TH, 2015</p> <p>8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:00 INFANT SPANISH</p> <p>TUESDAY, SEPTEMBER 22ND, 2015</p> <p>8:15 PREGNANT ENGLISH 9:00 CHILD ENGLISH 10:00 INFANT ENGLISH</p>

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Pregnant/Embarazada

Comfortable Latch

This instructional lesson introduces pregnant and breastfeeding women to the technique of chin-led and nipple self-assessment. It also covers infant hunger and satiety cues and how to tell if the breastfed baby is getting enough to eat.

Pestillo Cómodo

Esta lección de instrucción introduce a las mujeres embarazadas y lactantes a la técnica de auto-evaluación de la barbilla - dirigido y el pezón . También cubre el hambre infantil y las señales de saciedad y cómo saber si el bebé amamantado está comiendo lo suficiente.

Infant/Infante

Baby's First Bites

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

Las Primeras Comidas del bebé

Esta lección ofrece discusión en grupo y un vídeo que muestra los bebés en diferentes etapas de la preparación para comer alimentos sólidos. Las familias aprenderán maneras saludables para introducir alimentos infantiles, nuevos sabores y texturas.

Child/General / Niño/General

Reducing Your Risk for Type 2 Diabetes

This class teaches participants about the different types of risk factors for type 2 diabetes. With an interactive activity, participants will be able to identify their personal risks and how to reduce them.

Reducción del Riesgo para la Diabetes Tipo 2

Esta clase enseña a los participantes acerca de los diferentes tipos de factores de riesgo para la diabetes Tipo 2. Con una actividad interactiva, los participantes serán capaces de identificar sus riesgos personales y cómo reducirlos.

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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