



April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 10-11:30 Story Time <i>Sara Stanley</i>	3 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	4 9:30-12 *CPR (non-certified) <i>Jacinda Estelle</i>	5 10-11:30 Food Safety for Moms-to-Be <i>Quience Wright</i>	6 10-11:30 Mom's Body After Birth <i>Lisa Ware</i>	7	
8	9 10-11:30 Safety Starts at Home <i>Tess Kucera</i>	10 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	11 10-11:30 Childhood Nutrition <i>Danielle Todd</i>	12 10-11:30 Budgeting Basics <i>Shelli Sellers</i>	13 10-11:30 Birth-1 Year Developmental Milestones <i>Baylor Communication Sciences & Disorders Class</i>	14	
15	16 10-11:30 Story Time <i>Sara Stanley</i> 5:30-6:30 Prenatal Care @ Medical Center	17 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY *BAM 6-9 pm	18 10-11:30 You Can Quit: Alcohol/Smoking <i>Lisa Ware</i>	19 10-11:30 Fetal Development <i>Quience Wright</i> *BAM 6-9 pm	20 10-1 *Childbirth <i>Emilie Cunningham</i>	21 BAM classes are not part of Mommas on the Move	
22	23 10-11:30 Breastfeeding <i>Tess Kucera</i>	24 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	25 10-11:30 Soothing a Crying Infant <i>Emily Green</i>	26 10-11:30 Newborn Care <i>Kristen Hejl</i>	27 <u>SPIRITUAL</u> 10-11:30 The Parent-Child Relationship <i>Marilyn LaStrape</i>	28	
29 	30 10-11:30 SIDS/Shaken Baby <i>Tess Kucera</i>						<p>800 W Waco Dr. Waco, TX, 76701 254-772-8270</p> <p>For calendar updates visit our website @pregnancycare.org >SUPPORT>CLASSES</p> 

***RSVP Required. Please call 772-8270 to sign up at least one day in advance. For evening classes, dinner is provided, but sorry no childcare.**

Mommas on the Move Class Snapshot

Core Class Requirements	Date – Class
Pregnancy Class	April 18 – You Can Quit: Alcohol/Smoking
Pregnancy Class	April 5 – Food Safety for Moms-to-Be
Fetal Development	April 19 – Fetal Development
Childbirth	April 20 – Childbirth
Post Partum Mom	April 6 – Mom’s Body After Birth
Bringing Baby Home	April 26 – Newborn Care
Breastfeeding	April 23 – Breastfeeding
Infant Development	April 13 – Birth-1 Year Developmental Milestones, April 25 – Soothing a Crying Infant
SIDS/Shaken Baby	April 30 – SIDS/Shaken Baby
Illnesses and Immunizations	
CPR	April 4 – CPR
Car Seat Safety	
Safety Starts at Home	April 9 – Safety Starts at Home
Parenting/Discipline	April 25 – Soothing a Crying Infant, April 27 – The Parent-Child Relationship
Money/Employment	April 12 – Budgeting Basics
Money/Employment	
Child/Family Nutrition	April 11 – Childhood Nutrition
Free Choice	
Free Choice	
Free Choice	