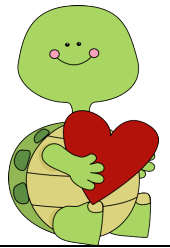


February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>800 W Waco Dr. Waco, TX, 76701 254-772-8270</p>				1 10-11:30 Breastfeeding <i>Melissa Alvarado</i>	2 10-11:30 Understanding Pregnancy: Nutrition and Hazards <i>Ashton Griffith</i>	3
4 RSVP appreciated but not required. Paperwork is available to fill out in advance if you would like.	5 10-11:30 Story Time <i>Sara Stanley</i>	6 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10-11 Walk-In Flu Clinic 10:45-12:00 ENGLISH BIBLE STUDY 6:30-8 *Dr. Dad & Mom: Safe Child	7 10-11:30 The First Two Weeks Home	8 10-11:30 Car Seat Safety <i>MichaelAnn Miller</i>	9 <u>SPIRITUAL</u> 10-11:30 God's Love—the Only Valentine You Will Ever Need <i>Marilyn LaStrape</i>	10 
11	12 10-11:30 Positive Discipline <i>Danielle Todd</i>	13 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY *BAM 6-9 pm	14 10-11:30 Pregnancy in Progress <i>Teresa Courtney</i>	15 10-11:30 Budgeting & Saving <i>Shelli Sellers</i> *BAM 6-9 pm	16 10-11:30 Eye Contact & Bonding <i>Ashton Griffith</i>	17 BAM classes are not part of Mommas on the Move
18 	19 <u>SPIRITUAL</u> 9-10 What to Look for in a Godly Man 10-11:30 Story Time 5:30-6:30 Prenatal Care @ Medical Center	20 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY 6:30-8 *Dr. Dad & Mom: Injured Child	21 10-1 *Childbirth <i>Emilie Cunningham</i>	22 10-11:30 SIDS/Shaken Baby <i>Daryl Meyer</i>	23 10-11:30 Raising Emotionally Healthy Children <i>Kathryn Aughtry</i>	24
25	26 10-11:30 Putting Your Best Foot Forward: Job Application & Interview <i>Lisa Ware</i>	27 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	28 10-11:30 Nutrition: Shopping Smarter <i>Emily Green</i> *CPR 6-8 pm			

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

Mommamas on the Move Class Snapshot

Core Class Requirements	Date – Class
Pregnancy Class	February 2 – Understanding Pregnancy: Nutrition & Hazards
Pregnancy Class	February 14 – Pregnancy in Progress
Fetal Development	
Childbirth	February 21 - Childbirth
Post Partum Mom	
Bringing Baby Home	February 7 – The First Two Weeks Home
Breastfeeding	February 1 - Breastfeeding
Infant Development	February 16 – Eye Contact & Bonding
SIDS/Shaken Baby	February 22 – SIDS/Shaken Baby
Illnesses and Immunizations	
CPR	February 28 – CPR (non-certified)
Car Seat Safety	February 8 – Car Seat Safety
Safety Starts at Home	February 6 – Dr. Dad & Mom: The Safe Child
Parenting/Discipline	February 12 – Positive Discipline, February 23 – Raising Emotionally Healthy Children
Money/Employment	February 15 – Budgeting & Saving
Money/Employment	February 26 – Putting Your Best Foot Forward: Job Application & Interview
Child/Family Nutrition	February 28 – Nutrition: Shopping Smarter
Free Choice	
Free Choice	
Free Choice	