

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Closed</p> 	<p>2 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY</p>	<p>3 10-11:30 Fetal Development <i>Toria Smith</i></p>	<p>4 10-11:30 Communication Styles 101 <i>Megan Hackworth</i></p>	<p>5 10-11:30 Understanding Pregnancy: Discomforts, Emotions, Medical Care <i>Ashton Griffith</i></p>	6
7	<p>8 10-11:30 Story Time 12-2:30 *Healthy New YOU!*</p> <p>Setting and Achieving Goals <i>Daryl Meyer</i></p>	<p>9 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY 6:30-8 Dr. Dad &amp; Mom</p>	<p>10 10-11:30 Newborn Care <i>Reva Outland</i></p>	<p>11 10-11:30 Money Management <i>Shelli Sellers</i></p>	<p>12 9-1 CPR **Space limited Please sign up**</p>	13
14	<p>15 10-11:30 Girl Talk: Let's Get Real 12-2:30 *Healthy New YOU!*</p> <p>Healthy Lifestyles 5:30-6:30 Prenatal Care @ Medical Center</p>	<p>16 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY</p> <p>BAM 6-9</p>	<p>17 10-11:30 Safety Starts at Home <i>Danielle Todd</i></p>	<p>18 10-11:30 Gestational Diabetes **Please sign up**</p> <p>BAM 6-9</p>	<p>19 10-11:30 Mom's Body After Birth <i>Ashton Griffith</i></p>	20
21	<p>22 10-11:30 Story Time 12-2:30 *Healthy New YOU!*</p> <p>Healthy Relationships</p>	<p>23 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY 6:30-8 Dr. Dad &amp; Mom</p>	<p>24 10-11:30 Soothing a Crying Infant <i>Ashley Steenberger</i></p>	<p>25 10-11:30 Illnesses &amp; Immunizations <i>Daisy Contreras</i></p>	<p>26 10-1 Childbirth <i>Emilie Cunningham</i> **Space limited Please sign up**</p>	27
28	<p>29 10-11:30 Getting Ready for Baby</p> <p>12-2:30 *Healthy New YOU!*</p> <p>Importance of Self Care</p>	<p>30 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY</p>	<p>31 10-11:30 Parenting with Respect <i>Lisa Ware</i></p>	 <p>800 W Waco Dr. Waco, TX, 76701 254-772-8270</p>		

## Mommamas on the Move Class Snapshot

Core Class Requirements	Date – Class
Pregnancy Class	January 5 – Discomforts, Emotions, Medical Care
Pregnancy Class	January 18 – Gestational Diabetes
Fetal Development	January 3 – Fetal Development
Childbirth	January 26 – Childbirth    January 29 – Getting Ready for Baby
Post Partum Mom	January 19 – Mom’s Body After Birth
Bringing Baby Home	January 10 – Newborn Care
Breastfeeding	
Infant Development	January 24 – Soothing a Crying Infant
SIDS/Shaken Baby	
Illnesses and Immunizations	January 25 – Illnesses & Immunizations
CPR	January 12 – CPR
Car Seat Safety	
Safety Starts at Home	January 17 – Safety Starts at Home
Parenting/Discipline	January 31 – Parenting with Respect
Money/Employment	January 11 – Money Management
Money/Employment	
Child/Family Nutrition	January 8, 15, 22, 29 – Healthy New You cooking classes
Free Choice	January 2 – Communication Styles
Free Choice	
Free Choice	