

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 SPIRITUAL 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	2 10-11:30 Communication Styles April Strickland	3 10-11:30 Breastfeeding Melissa Alvarado	4 10-11:30 Raising Emotionally Healthy Children/Positive Discipline Tess Kucera	5
6	7 10-11:30 Story Time Sara Stanley	8 SPIRITUAL 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	9 10-11:30 Illnesses and Immunization Tess Kucera	10 10-11:30 Gardening 101 Kay Bell	11 SPIRITUAL 10-1130 Mother's Day Miracles Marilyn LaStrape	12
13	14 NO CLASS	15 SPIRITUAL 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY *BAM 6-9PM	16 10-11:30 Gestational Diabetes Mary Agnew *Call to reserve Seat	17 10-11:30 Centering Diana Compton *BAM 6-9PM	18 10-11:30 Breastmilk Safety & Lactogenic Foods Ashton Griffith	19
20	21 10-11:30 Story Time Sara Stanley 5:30-6:30 Prenatal Care @ Medical Center	22 SPIRITUAL 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	23 10-11:30 Soothing a Crying Infant Ashley Steenberger	24 10-11:30 Gardening 102 Kay Bell	25 10-1 Childbirth Emilie Cunningham *Call to reserve Seat & Lunch	26
27	28 NO CLASS MEMORIAL DAY	29 SPIRITUAL 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	30 10-11:30 Car Seat Safety Megan Hackworth	31 10-11:30 Surviving the Checkout & Meal Planning Shelli Sellers	<i>BAM Classes are <u>NOT</u> part of Mommas on the Move!!!</i>	

MAMA



800 W Waco Dr. Waco, TX 76701
254-772-8270

For calendar updates visit our website
@pregnancycenter.org>SUPPORT>CLASSES

***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.**

Mommamas on the Move Class Snapshot

Core Class Requirements	Date – Class
Pregnancy Class	May 17-Centering
Pregnancy Class	May 16-Gestational Diabetes
Fetal Development	
Childbirth	May 25-Childbirth
Post Partum Mom	May 18-Breastmilk Safety & Lactogenic Foods
Bringing Baby Home	
Breastfeeding	May 3-Breastfeeding
Infant Development	
SIDS/Shaken Baby	
Illnesses and Immunizations	May 9-Illnesses and Immunizations
CPR	
Car Seat Safety	May 30-Car Seat Safety
Safety Starts at Home	
Parenting/Discipline	May 4-Raising Emotionally Healthy Children/Positive Discipline May 23-Soothing a Crying Infant
Money/Employment	May 31-Surviving the Checkout & Meal Planning
Money/Employment	
Child/Family Nutrition	May 10-Gardening 101 May 24-Gardening 102
Free Choice	May 2-Communication Styles