

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10-11:30 Happy Baby- Soothing a Crying Infant	3 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	4 10-11:30 Communication Styles 101	5 10-11:30 Your Changing Body	6 <u>Spiritual 9-10</u> 10-11:30 Food for Growth	7
8	9 10-11:30 Story Time	10 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	11 10-11:30 SIDS/Shaken Baby	12 <u>Spiritual 9-9:45</u> Holy Yoga 10-11:30 Meal Planning and Surviving the Check Out	13 9-1 CPR ** Spaces limited please sign up**	14
15	16 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	18 10-11:30 Your Unborn Baby's Secret World	19 <u>Spiritual 9-9:45</u> Holy Yoga 10-11:30 Money Management BAM 6-9	20 <u>Spiritual 9-10</u> 10-11:30 Car Seat Safety	21
22	23 10-12 Office Trunk or Treat	24 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	25 10-11:30 The 1 st Two Weeks	26 <u>Spiritual 9-9:45</u> Holy Yoga 10-11:30 Budgeting and Saving	27 10-11:30 Raising Emotionally Healthy Children	28
29	30	31 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY	800 W Waco Dr. Waco, TX, 76701 254-772-8270			



Mommamas on the Move Class Snapshot

Class	Date
Pregnancy Class- Your Changing Body	October 5
Pregnancy Class – Your Unborn Baby’s Secret World	October 18
Childbirth	
Post Partum Mom	
Bringing Baby Home	
Infant Development- The First Two Weeks	October 25
SIDS/Shaken Baby	October 11
Illnesses and Immunizations	
CPR	October 13
Car Seat Safety	
Safety Starts at Home	
Child/Family Nutrition Food For Growth	October 6
Parenting/Discipline- Raising Emotionally Healthy Children	October 27
Money/Employment- Meal Planning and Surviving the Check Out	October 12
Money/Employment- Budgeting and Saving	October 26
Free Choice- Communication Styles 101	October 4
Free Choice – Money Management	October 19
Free Choice –	