



## AUGUST 2022 CLASS CALENDAR

800 W Waco Dr. Waco, TX 76701 254-772-8270  
Please call 254-772-8270 to enroll or RSVP to classes.  
All class are offered in person unless otherwise noted.  
Childcare is provided.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/1	8/2	8/3	8/4	8/5
10:00 PRENATAL CARE—Emily 1:30 THE WORKING MOM—Emily	9:00 SPANISH BIBLE STUDY 10:00 ENGLISH BIBLE STUDY 1:30 HANDS ON AS WE GROW CLUB—Isabelle	**10:00 GROWING FAMILIES (Closed Group)—Allison ***1:30 ADOPTION (Zoom)—Mara	10:00 Su Leche Materna—Crystal 1:30 FINANCIAL EMERGENCIES—Emily *4:00-5:00pm: BREASTFEEDING (Waco Family Medicine)	NO CLASSES OFFERED
8/8	8/9	8/10	8/11	8/12
10:00 GETTING READY FOR BABY—Emily 1:30 CREATING MOTIVATION & HONESTY—Emily	9:00 SPANISH BIBLE STUDY 10:00 ENGLISH BIBLE STUDY 1:30 COOK W.I.C. US—Waco W.I.C.	10:00 BONDING WITH BABY—Allison 1:30 CHILDCARE—Keeli	10:00 TEXAS HEALTH STEPS 1:30 BREASTFEEDING—Jennifer	10:00 CAR SEAT SAFETY—Megan 1:30 HANDS ON AS WE GROW CLUB—Isabelle
8/15	8/16	8/17	8/18	8/19
10:00 SAFETY AT HOME—Emily 1:30 POST PARTUM CARE—Jennifer	9:00 SPANISH BIBLE STUDY 10:00 ENGLISH BIBLE STUDY 1:30 HANDS ON AS WE GROW CLUB—Isabelle	10:00 MOM & BABY NUTRITION—Allison 1:30 SIMPLE INFANT CARE—Josie	10:00 SUPERIOR HEALTH PLAN—Miguel 1:30 Expectativas Sobre El Nino 0-6 Meses—Crystal	10:00 CO-PARENTING—Shelly
8/22	8/23	8/24	8/25	8/26
10:00 CAR SEAT SAFETY—Megan 1:30 2ND TRIMESTER EXPECTATIONS—Josie	9:00 SPANISH BIBLE STUDY 10:00 ENGLISH BIBLE STUDY 1:30 CONTRACEPTION & BIRTH CONTROL— Dr. Macik	10:00 CREDIT SCORES & DEBT—Allison 1:30 POISON CONTROL—Tommie	***10:00 ADOPTION (Zoom)—Mara 1:30 BUDGETING 101—Shelli	10:00 ILLNESS & IMMUNIZATIONS—Daisy *****POMS GRADUATION
8/29	8/30	8/31	9/1	9/2
10:00 NUTRITION 101—Jessica 1:30 POTTY TRAINING—Katie	9:00 SPANISH BIBLE STUDY 10:00 ENGLISH BIBLE STUDY 1:30 SIDS/SBS—Jennifer	**9:00 QUILTING 101 (Closed Group) ***1:30 INFANT CPR (Zoom)—Abi ****4:00 CPR & FIRST AID—Tara	10:00 Expectativas Sobre El Nino 6-12 meses—Crystal 1:30 CHILDCARE—Keeli *4:00-5:00pm: BREASTFEEDING (Waco Family Medicine)	10:00 POTTY TRAINING—Jody 1:30 HANDS ON AS WE GROW CLUB—Isabelle

\*RSVP required through Waco Family Medicine.

\*\*Enrollment is currently closed. Keep an eye out for this class series in the future.

\*\*\*Class via zoom. Link provided in the newsletter.

\*\*\*\*RSVP Required for Class. Limited Enrollment.

<b>CATEGORY</b>	<b>DATE, TIME, TITLE</b>	<b>CATEGORY</b>	<b>DATE, TIME, TITLE</b>
<b>PREGNANCY CLASS</b>	8/1, 10am: Prenatal Care—Emily 8/8, 10am: Getting Ready for Baby—Emily 8/10, 10am: Bonding with Baby—Allison 8/18, 10am: Superior Health Plan—Miguel 8/22, 1:30pm: 2nd Trimester Expectations—Josie	<b>NUTRITION</b>	**8/3, 10am: Growing Families (Closed Group)—Allison 8/9, 1:30pm: Cook WIC Us—Waco WIC 8/17, 10am: Mom & Baby Nutrition—Allison 8/29, 10am: Nutrition 101—Jessica
<b>CHILDBIRTH</b>	No Class Offered This Month	<b>INFANT CARE</b>	8/17, 1:30pm: Simple Infant Care—Josie
<b>POSTPARTUM</b>	8/15, 1:30pm: Post-Partum Care—Jennifer	<b>CPR</b>	***8/31, 1:30pm: Infant CPR (Zoom)—Abi ****8/31, 4pm: CPR & First Aid—Tara
<b>SAFETY STARTS AT HOME</b>	8/15, 10am: Safety at Home—Emily 9/2, 10am: Safety at Home—Jody	<b>CAR SEAT SAFETY</b>	8/12, 10am: Car Seat Safety—Megan 8/22, 10am: Car Seat Safety—Megan
<b>BREASTFEEDING</b>	8/11, 1:30pm: Breastfeeding—Jennifer		
<b>CHILD DEVELOPMENT</b>	8/29, 1:30pm: Potty Training—Katie	<b>PARENTING</b>	8/1, 1:30pm: The Working Mom—Emily ***8/3, 1:30pm: Adoption (Zoom)—Mara 8/8, 1:30pm: Creating Motivation & Honesty—Emily 8/10, 1:30pm: Childcare—Keeli 8/19, 10am: Co-Parenting—Shelly 8/24, 1:30pm: Poison Control—Tommie ***8/25, 10am: Adoption (Zoom)—Mara 9/1, 1:30pm: Childcare—Keeli
<b>SIDS/SBS</b>	8/30, 1:30pm: SIDS/SBS—Jennifer		
<b>ILLNESS &amp; IMMUNIZATIONS</b>	8/26, 10am: Illness & Immunizations—Daisy		
<b>SPANISH CLASSES</b>	8/4, 10am: Su Leche Materna—Crystal 8/18, 1:30pm: Expectativas Sobre El Nino 0-6 Meses—Crystal 9/1, 10am: Expectativas Sobre El Nino 6-12 meses—Crystal		
<b>LIFE SKILLS</b>	8/4, 1:30pm: Financial Emergencies—Emily 8/24, 10am: Credit Scores & Debt—Allison 8/25, 1:30pm: Budgeting 101—Shelli **8/31, 9am: Quilting 101 (Closed Group)—Bonnie	<b>FREE CHOICE</b>	8/2, 1:30pm: Hands On As We Grow Club—Isabelle 8/11, 10am: Texas Health Steps 8/12, 1:30pm: Hands On As We Grow Club—Isabelle 8/16, 1:30pm: Hands On As We Grow Club—Isabelle 8/23, 1:30pm: Contraception & Birth Control—Dr. Macik 9/2, 1:30pm: Hands On As We Grow Club—Isabelle

\*RSVP required through Waco Family Medicine.

\*\*Enrollment is currently closed. Keep an eye out for this class series in the future.

\*\*\*Class via zoom. Link provided in the newsletter.

\*\*\*\*RSVP Required for Class. Limited Enrollment.