

**Care Net
Pregnancy Center**

Classes are every
**Tuesday at
2:30 p.m.**
and
**Friday at
11:00 a.m.**

Don't miss out!



Sign up **TODAY!**
(254) 772-8270

CARE NET

4700 W. Waco Dr.
Waco, Texas 76710
Phone: 254-772-8270
Fax: 254-772-5580
E-mail:
www.PregnancyCare.org

**EARN Care Net
CASH!**

**All you have to do is
come to class and
participate! The
"Care Net Cash"
can be cashed at our
office for material items.
Just ask us!**



Pregnancy Center

**Class Schedule
2009**

**4700 W. Waco Dr.
Waco, Texas 76710
254-772-8270**



July



August



September



Closed for Independence Day!

Friday, July 3rd, 2009
NO CLASS!

“Dining/Business Etiquette”
Tuesday, July 7th, 2:30 p.m.

“Single Parenting”
Friday, July 10th, 11:00 a.m.

“Budgeting Your Money”
Tuesday, July 14th, 2:30 p.m.

“Breastfeeding and Nutrition”
Friday, July 17th, 11:00 a.m.

“Spa Retreat”
Tuesday, July 21st, 2:30 p.m.

“Parenting Support Group”
Friday, July 24th, 11:00 a.m.

“Breastfeeding”
Tuesday, July 28th, 2:30 p.m.

“Coming Home w/ Baby”
Friday, July 31st, 11:00 a.m.

“Quality Childcare”
Tuesday, August 4th, 2:30 p.m.

“Learning to Know Myself” Pt.1
Friday, August 7th, 11 a.m.

“Fetal Development”
Tuesday, August 11th, 2:30 p.m.

“Learning to Know Myself” Pt.2
Friday, August 14th, 11:00 a.m.

“Stress Management”
Tuesday, August 18th, 2:30 p.m.

“Child Birth and Labor”
Friday, August 21st, 11:00 a.m.

“Gestational Diabetes”
Tuesday, August 25th, 2:30 p.m.

“Child Birth Class”
Friday, August 28th,
10:00 a.m. - 4 p.m.



“Postpartum Depression”
Tuesday, September 1st, 2:30 p.m.

“Parenting by Heart” Part 1
Friday, September 4th, 11:00 a.m.

“Nutrition During Pregnancy”
Tuesday, September 8th, 2:30 p.m.

“Parenting by Heart” Part 2
Friday, September 11, 11:00 a.m.

“Newborn Care” Part 1
Thursday, September 17th,
2:30 p.m.

“Parenting by Heart” Part 3
Friday, September 18th, 11:00 a.m.

“Newborn Care” Part 2
Tuesday, September 22nd, 2:30
p.m.

“Parenting by Heart” Part 4
Friday, September 25th, 11:00 a.m.

“Infant CPR”
Tuesday, September 29th, 2:30
p.m.

