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HEALTHY START (219) 989-3939

November 2009

Monday (am only) at Maternal Child Health Clinic, 2200 Grant St., (219) 887-5146

Wednesday (am only) at Gary Community Health Center 1021 W. 5th Ave. (219) 880-1190

Wednesday (pm only) at Gary Neighborhood Services, 300 W. 5th Ave. (219) 883-0431

Friday at Gary Community Health Center, 1021 W. 5th Ave. (219) 880-1190

LAKE STATION:

Thursday at Lake County Lake Station-New Chicago Library 2007 Central Ave.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Nutrition & Fitness 9:00 am	3	4 Nutrition & Fitness 10:00 am & 1:00pm	5 Nutrition & Fitness 10:00 am & 1:00 pm	6 Nutrition & Fitness 1:00 pm only
9 Postpartum Care 9:00 am	10	11 No Classes Today	12 * Postpartum Care/ *Postpartum Depression 10:00 am & 1:00 pm	13 * Postpartum Care/ *Postpartum Depression 10:00 am & 1:00 pm
16 Preterm Labor 9:00 am	17	18 *Preterm Labor/ *Stress, Less 10:00 am & 1:00 pm	19 *Preterm Labor/ *Stress, Less 10:00 am & 1:00 pm	20 *Preterm Labor/ *Stress, Less 10:00 am Only
23 Options for Birth Control 9:00 am	24	25 Options for Birth Control 10:00 am & 1:00 pm	26 No Classes Today	27 No Classes Today
30 Drug-Free is the Way to Be 9:00 am	Healthy Start "Building Blocks To Better Babies"			

*Two Classes offered back-to-back.

Healthy Start participants do you want to earn more baby bucks for next month's Baby Store? We will be offering two classes per week on the 2nd and 3rd week of this month. You can earn Baby Bucks for attending Health Education classes!

Baby Bucks will be awarded only one time per participant per health education topic. See any Healthy Start staff member if you have questions...