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# HEALTHY START (219) 989-3939

## November 2009

### GARY:

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

### EAST CHICAGO:

**Mondays** (pm only) at Roberto Clemente Center, 3616 Elm St., (219) 391-8485

### HAMMOND:

**Thursdays** at Mom, Kids, & Co. (WIC), 1238 173rd St., (219) 844-2779

### LAKE STATION:

**Fridays** (a.m. only) at Lake County Lake Station-New Chicago Library 2007 Central Ave.

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

\*2 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...