

## Health Support Services - English Classes September 2011 Schedule

### Diabetes - English

Date	Class Name	Location	Time
September 30 (Fri)	Diabetes Basics - Teretha Carter	Belle Whaley	10:00am-01:00pm

### Maternal & Child Health - English

Date	Class Name	Location	Time
September 1 (Thu)	Child Birthing	3860 W Ogden- 1st Flr Conference Rm	10:00am-12:00pm
September 7 (Wed)	Child Birthing	3860 W Ogden- 1st Flr Conference Rm	03:00pm-05:00pm
September 8 (Thu)	Child Birthing	3860 W Ogden- 1st Flr Conference Rm	10:00am-12:00pm
September 14 (Wed)	Child Birthing	3860 W Ogden- 1st Flr Conference Rm	03:00pm-05:00pm
September 15 (Thu)	Child Birthing	3860 W Ogden- 1st Flr Conference Rm	10:00am-12:00pm
September 21 (Wed)	Child Birthing	3860 W Ogden- 1st Flr Conference Rm	03:00pm-05:00pm
September 22 (Thu)	Child Birthing	3860 W Ogden- 1st Flr Conference Rm	10:00am-12:00pm
September 28 (Wed)	Child Birthing	3860 W Ogden- 1st Flr Conference Rm	03:00pm-05:00pm
September 29 (Thu)	Child Birthing	3860 W Ogden- 1st Flr Conference Rm	10:00am-12:00pm

### Nutrition - English

Date	Class Name	Location	Time
September 9 (Fri)	Diabetes Nutrition - Teretha Carter	Belle Whaley	10:00am-01:00pm
September 16 (Fri)	Fats, Fibers & Exercise - Maria Barbarasa	Belle Whaley	10:00am-01:00pm
September 20 (Tue)	Fats, Fibers & Exercise - Maria Barbarasa	Belle Whaley	06:30pm-09:30pm
September 24 (Sat)	Diabetes Nutrition - Teretha Carter	Belle Whaley	10:00am-01:00pm

### Parenting - English

Date	Class Name	Location	Time
September 13 (Tue)	Positive Discipline	Homan Group Mtg Rm	12:00pm-01:00pm
September 27 (Tue)	Newborn/Infant Care	Homan Group Mtg Rm	12:00pm-01:00pm

### Smoking Cessation - English

Date	Class Name	Location	Time
September 1 (Thu)	Smoking Cessation - Class 2	3860 W Ogden- 1st Flr Conference Rm	06:00pm-07:00pm
September 8 (Thu)	Smoking Cessation - Class 3	3860 W Ogden- 1st Flr Conference Rm	06:00pm-07:00pm
September 15 (Thu)	Smoking Cessation - Class 4	3860 W Ogden- 1st Flr Conference Rm	06:00pm-07:00pm
September 22 (Thu)	Smoking Cessation - Class 5	3860 W Ogden- 1st Flr Conference Rm	06:00pm-07:00pm
September 29 (Thu)	Smoking Cessation - Class 6	3860 W Ogden- 1st Flr Conference Rm	06:00pm-07:00pm

- The Belle Whaley building is located at 3812 W. Ogden Ave, just east of the main clinic.
- Homan Square is located at 3517 W. Arthington St., between Homan and Central park Avenues.
- Please call the appointment line to register for a class.



**LAWNDALE CHRISTIAN HEALTH CENTER**

Loving God, Loving People

3860 W Ogden Ave - 3517 W. Arthington St. - 3256 W. 24th St.  
Chicago, Illinois - 773.843.3000 for Health Support Services  
[www.lawndale.org](http://www.lawndale.org)

## Health Support Services - Clases En Español Horario de Septiembre 2011

### Clases de nutrición - espanol

Fecha	Nombre de la Clase	Lugar	Hora
September 8 (Jue)	Nutrición para diabetes (Diabetes Nutrition) - Richard Soto	Belle Whaley	06:30pm-09:30pm

### Clases de parto - espanol

Fecha	Nombre de la Clase	Lugar	Hora
September 12 (Lun)	Clases de parto (Child Birthing)	3860 W Ogden- 1st Flr Conference Rm	10:00am-12:00pm
September 13 (Mar)	Clases de parto (Child Birthing)	3860 W Ogden- 1st Flr Conference Rm	04:00pm-06:00pm
September 17 (Sab)	Clases de parto (Child Birthing)	Belle Whaley	10:00am-02:00pm
September 19 (Lun)	Clases de parto (Child Birthing)	3860 W Ogden- 1st Flr Conference Rm	10:00am-12:00pm
September 20 (Mar)	Clases de parto (Child Birthing)	3860 W Ogden- 1st Flr Conference Rm	04:00pm-06:00pm
September 26 (Lun)	Clases de parto (Child Birthing)	3860 W Ogden- 1st Flr Conference Rm	10:00am-12:00pm
September 27 (Mar)	Clases de parto (Child Birthing)	3860 W Ogden- 1st Flr Conference Rm	04:00pm-06:00pm

### Clases para padres - espanol

Fecha	Nombre de la Clase	Lugar	Hora
September 1 (Jue)	Primeros auxilios para bebés y niños pequeños (First Aid)	3860 W Ogden- 1st Flr Conference Rm	01:00pm-02:00pm
September 6 (Mar)	Clases de parto (Child Birthing)	3860 W Ogden- 1st Flr Conference Rm	04:00pm-06:00pm
September 8 (Jue)	Clases para padres: castigo positivo (Positive Discipline)	3860 W Ogden- 1st Flr Conference Rm	01:00pm-02:00pm
September 15 (Jue)	Clases para padres: Proteja a su hijo del maltrato (Child Abuse Prevention)	3860 W Ogden- 1st Flr Conference Rm	01:00pm-02:00pm
September 22 (Jue)	Atención del recién nacido y el niño (Newborn/Infant Care)	3860 W Ogden- 1st Flr Conference Rm	01:00pm-02:00pm

### Clases sobre la diabetes - espanol

Fecha	Nombre de la Clase	Lugar	Hora
September 1 (Jue)	Básico de diabetes (Diabetes Basics) - Richard Soto	Belle Whaley	06:30pm-09:30pm
September 16 (Vie)	Básico de diabetes (Diabetes Basics) - Maribel Estrada	3860 W Ogden- 1st Flr Conference Rm	10:00am-01:00pm
September 26 (Lun)	Básico de diabetes (Diabetes Basics) - Maribel Estrada	Belle Whaley	10:00am-01:00pm

- El edificio de Belle Whaley esta localizado en el 3812 W. Ogden Ave, justo al este de la clínica principal.
- Homan Square esta localizado en el 3517 W. Arthington St., entre las calles Homan y Central park Avenues.
- Favor de llamar a la línea de Citas para inscribirse para una clase.



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