





















November GROUPS AT THE SANDOVAL COUNTY HEALTH COMMONS

1500 Idalia NW, Bernalillo, NM 867-2291

We will be closed November 13, December 11, and January 8

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	 Juegos de Niños		 What's at the Commons?		 All About Breastfeeding
10:00 AM		 Expecting Moms	 Playgroup		
11:00 AM	 Iron Facts	 Grupo Discusión Prenatal	 Parents Sharing Ideas	 Playgroup	  Lactancia Materna Playgroup
1:00 PM	 Cooking	 Playgroup		 Orientación del Programa	 Clases de Cocina
3:00 PM	 Alimentación Para Su Familia		 Clases de Cocina	 Feeding Your Family	
4:00 PM		 What's at the Commons?			
5:30 PM			 Feeding Your Family/Alimentación Para Su Familia		

OTHER CLASSES REQUIRING ADVANCE RESERVATIONS

Medicaid* – Mondays 9-11 am –check with us for other times.

Breathing Easier Asthma Workshop, Music Together, and Kreative Kitchens