



PAC

Personalized Care
in Women's Health

ZOOM Classes

Summer 2022

ZOOM ID: 763 394 8786
Passcode: Diapers

Mondays | 1:30PM

June 6 Making Good Decisions

June 13 Setting Goals

June 20 On the Job

June 27 You Can Get There From Here

July 4 NO CLASS

July 11 Teach Your Children Well

July 18 The Code of Love

July 25 Soul Food

August 1 Hot Car Safety/Safe Sleep

August 8 Reading to Your Child

Thursdays | 4:00PM

June 9 Wake Up to Reality

June 16 Caution: Children Growing Here

June 23 Staying Connected

June 30 Check Your Attitude

July 7 NO CLASS

July 14 The Amazing Race

July 21 Leman: Secrets for Enjoying Life

July 28 Birth Order

August 4 Hot Car Safety/Safe Sleep

August 11 Love Languages

Sign up and more info at pac-woman.com/classes

Please note that classes listed above may not be offered on the day listed based on the availability of speakers