Central Health Del Valle Health & Wellness Center

November/Noviembre 2026

SUN./DOM.	MON./LUN.	TUES./MAR.	WED./MIER.	THURS./JUEV.	FRI./VIER.	SAT./SAB.
1	**2** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 2:30 - 3:30 p.m. Del Valle Mobile Library/ Biblioteca Movil de Del Valle 6:30-7:30 p.m. Sana Yoga	**3** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 4 - 6 p.m. Fresh for Less - Mobile Market/ Mercaditos 6:30-7:30 p.m. Zumba	**4** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 4 p.m. - 5:30 p.m. The Happy Kitchen	**5** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 6:30-7:30 p.m. Zumba 6 p.m. - 7:30 p.m. La Cocina Alegre	**6** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer	7
8	**9** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 2:30 - 3:30 p.m. Del Valle Mobile Library/ Biblioteca Movil de Del Valle 6:30-7:30 p.m. Sana Yoga	**10** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 4 - 6 p.m. Fresh for Less - Mobile Market/ Mercaditos 6:30-7:30 p.m. Zumba	**11** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer HAPPY Veterans DAY	**12** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 6:30 - 7:30 p.m. Zumba 6 p.m. - 7:30 p.m. La Cocina Alegre	**13** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer	14
15	**16** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 2:30 - 3:30 p.m. Del Valle Mobile Library/ Biblioteca Movil de Del Valle 6:30-7:30 p.m. Sana Yoga	**17** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 4 - 6 p.m. Fresh for Less - Mobile Market/ Mercaditos 6:30-7:30 p.m. Zumba	**18** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer	**19** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 6:30 - 7:30 p.m. Zumba	**20** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer	21
22	**23** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 2:30 - 3:30 p.m. Del Valle Mobile Library/ Biblioteca movil de Del Valle 6:30-7:30 p.m. Sana Yoga	**24** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 6:30-7:30 p.m. Zumba	**25** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer	**26** *-OFFICE CLOSED-* *-OFICINA CERRADA-* Happy Thanksgiving	**27** *-OFFICE CLOSED-* *-OFICINA CERRADA-*	28
29	**30** 8 a.m. - 5 p.m. Free diapers & feminine hygiene supplies/Panales y productos femeninos gratis Notary Services/Servicios notariales Reach Out & Read/ Comunicate y Leer 2:30 - 3:30 p.m. Del Valle Mobile Library/ Biblioteca movil de Del Valle 6:30-7:30 p.m. Sana Yoga					

Free diapers & feminine hygiene supplies | Monday - Friday, 8 a.m. - 5 p.m.

No appointment necessary, but please call ahead of time at 512.978.8570

- Diapers: Sizes Vary (Preemie - Size 6) If this is your first time, please bring each child's birth certificate.
- Baby Wipes
- Baby Formula: Brands/Sizes Vary
- Menstrual Products (Pads, Panty Liners)

Available only once a month, while supplies last.

Del Valle Mobile Library | Mondays, 2:30 - 3:30 p.m.

There's equitable and inclusive library services that bring information, ideas, and people together. We provide library services to neighbors that face barriers to visiting their local library due to health, distance, or transportation difficulties.

Visitors to our public stops are able to:

- Check out materials from our mobile library collection, including books and DVDs
- Pick up other materials reserved in advance
- Access Wi-Fi and printing services at 10 cents per side

Contact the mobile library manager at mobilelibrary@dvlibraries.org or 512.247.7371

Notary Services | Monday - Friday, 8 a.m. - 5 p.m. - By appointment only

Notary Services available for more information call Monica Rodriguez at 512.978.8570

Free Zumba Classes | Tuesdays and Thursdays 6:30 - 7:30 p.m.

- Classes are held in English and Spanish.
- Open to the community.
- Limited space available
- **NO** child care

Registration is required (arrive early for registration).

Fresh for Less - Mobile Market | Tuesdays, 4 - 6 p.m.

Mobile Markets - tasty, healthy, close by.

Farmshare Austin's Fresh for Less Mobile Markets bring locally grown produce and other healthy grocery items at reduced prices to you.

All markets accept Lone Star, SNAP, P-EBT, Credit Card, Debit Card, and cash payments.

Get double the amounts you spend on fresh produce with Double Up Food Bucks for an even greater value.

Questions? Call 512.553.6620 or visit online: farmshareaustin.org/food-access

Reach Out and Read - BookSpring | Monday - Friday, 8 a.m. - 5 p.m.

Promoting literacy and school readiness across the country. Reach Out and Read affiliates are statewide and regional offices affiliated with our National Center. They work together to ensure the effective implementation and quality of the Reach Out and Read model.

Free Books to select from in our Del Valle Health & Wellness Center. One book per child once a month.

Free Sana Yoga | Mondays, 6:30 - 7:30 p.m.

- Classes are held in English and Spanish.
- Open to the community.
- Limited space available
- **NO** child care

Class variations: Adaptive Yoga, Tai Chi, Chair Yoga, Yoga for Stress Management, and Yoga for kids.

Registration is required (arrive early for registration).

The Happy Kitchen | Wednesday, 4 - 5:30 p.m.

Designed for individuals managing diabetes and caregivers: Learn how to make delicious, affordable and diabetes-friendly meals through a free 6-week cooking and nutrition series in collaboration with Sustainable Food Center (SFC). Classes will be offered in English and Spanish. Call the SFC Help Desk for additional questions: 512.730.1807

Register at secure.sustainablefoodcenter.org/a/thk-dv-26-2-1

Panales y productos femeninos gratis | Lunes a Viernes de 8 a.m. a 5 p.m.

No se necesita cita previa, se recomienda llamar antes al 512.978.8570

- Panales: Varios Tamanos (Prematuro - Tamano 6) Si es la primera vez que utiliza este servicio, por favor traiga el certificado de nacimiento de cada nino.
- Toallitas para Bebes
- Formula para Bebes: Las Marcas/Tamanos Varian
- Productos Menstruales (Toallas, Panty Liners)

Disponible solo una vez al mes, hasta que se terminen.

La Biblioteca Movil Del Valle | Todos los Lunes de 2:30 a 3:30 p.m.

Hay servicios bibliotecarios equitativos e inclusivos que acercan informacion, ideas y personas.

Proporcionamos servicios bibliotecarios a los vecinos que se enfrentan a barreras para visitar su biblioteca local debido a la salud, la distancia o dificultades de transporte.

Los visitantes de nuestras paradas publicas pueden:

- Sacar material de la coleccion de nuestra biblioteca movil, incluidos libros y DVD
- Recoger otros materiales reservados con antelacion
- Acceder a Wi-Fi y a servicios de impresion a 10 centavos por cara

Contacte al director de la biblioteca movil al mobilelibrary@avlibraries.org o 512.247.7371

Servicios Notariales | Lunes a Viernes de 8 a.m. a 5 p.m. - Solo con cita previa

Servicios notariales disponible para mas informacion llamar a Monica Rodriguez al 512.978.8570

Clase de Zumba Gratis | Todos los Martes y Jueves de 6:30 a 7:30 p.m.

- Clases disponibles en Ingles y en Espanol.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de ninos

Registracion es obligatorio (Llegar temprano para registrarse.)

Fresh for Less - Mercaditos | Todos los Martes del mes de 4 a 6 p.m.

Mercados moviles: sabrosos, sanos y cercanos. Los mercados moviles Fresh for Less de Farmshare Austin le traen productos cultivados localmente y abarrotes saludables a precios reducidos. Todos los mercados aceptan Lone Star, SNAP, P-EBT, tarjeta de credito, tarjeta de debito y pagos en efectivo. Obtenga el doble de lo que gasta en productos frescos con Double Up Food Bucks para un valor aun mayor.

Tiene preguntas? Llame al 512.553.6620 o visite en linea: farmshareaustin.org/food-access

Comunicate y Leer - BookSpring | Lunes a Viernes de las 8 a.m. a 5 p.m.

Promocion de la alfabetizacion y la preparacion escolar en todo el pais. Las afiliadas de Reach Out and Read son oficinas regionales y estatales afiliadas a nuestro Centro Nacional. Trabajan directamente para garantizar la implementacion efectiva y la calidad del modelo Reach Out and Read. Libros gratis para elegir Del Valle Health & Wellness Center. Un libro por nino por mes.

Sana Yoga Gratuito | Todos los Lunes de 6:30 a 7:30 p.m.

- Clases disponibles en Ingles y en Espanol.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de ninos

variaciones de clases: Yoga adaptada, Tai Chi, Yoga de silla, yoga para el manejo de estres y yoga para ninos.

Registracion es obligatorio (Llegar temprano para registrarse.)

La Cocina Alegre | Jueves, 6 - 7:30 p.m.

Disenado personas que tienen diabetes o quienes estan al cuidado: Aprenda a preparar comidas deliciosas, accesibles y adecuadas para la diabetes mediante un programa gratuito de seis semanas sobre cocina y nutricion, en colaboracion con Sustainable Food Center (SFC). Las clases se impartiran en ingles y espanol.

Hable a la linea de asistencia si tiene preguntas: 512.730.1807

Register at secure.sustainablefoodcenter.org/a/lca-spn-dv-2-1