



CHILDBIRTH EDUCATION PROGRAM 2021

encouraged to begin your classes at 28-30 weeks (please register before that time!)

Prepared Childbirth Classes - offered as a 3 week series or one day option

Prepared Childbirth Wednesday Series - 3 weeks

6:00-8:30 PM at Mohler Senior Center, 25 Hope Drive, Hershey

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>
Start date Jan 13	13-Jan	20-Jan	27-Jan
Start date Feb 24	24-Feb	3-Mar	10-Mar
Start date April 7	7-Apr	14-Apr	21-Apr
Start date May 19	19-May	26-May	2-Jun
Start date June 30	30-Jun	7-Jul	14-Jul
Start date Aug 11	11-Aug	18-Aug	25-Aug
Start date Sept 15	15-Sep	22-Sep	29-Sep
Start date Oct 27	27-Oct	3-Nov	10-Nov
Start date Dec 1	1-Dec	8-Dec	15-Dec

**when registering, list choice by 'start date'; a snow cancellation extends session by 1 week*

You may bring snacks/drinks; dress comfortably

Prepared Childbirth One Day Saturday Class

9:00 AM-4:00 PM at Main Hospital (you will be notified of room location)

9-Jan <i>(snow day 1/16)</i>	17-Jul
6-Feb <i>(snow day 2/13)</i>	7-Aug
6-Mar <i>(snow day 3/13)</i>	11-Sep
10-Apr	2-Oct
1-May	6-Nov
5-Jun	4-Dec

You may bring towel or yoga mat, snacks/drinks; dress comfortably

Lunch is on your own for this class - you may bring a lunch or purchase in cafeteria

REGISTER EARLY! See other side for additional classes

For more information call 717-531-6981



Other Prenatal Parenting Classes & Sibling Class

Breastfeeding Class - 2nd Tuesday of the month

6:00-8:30 PM Mohler Senior Center

Dates: 1/12, 2/9, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, 12/14

Infant CPR & Safety - 3rd Tuesday of the month

6:00-8:30 PM Mohler Senior Center

Dates: 1/19, 2/16, 3/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, 12/21

Infant Care Class - 4th Tuesday of the month

6:00-8:30 PM Mohler Senior Center

Dates: 1/26, 2/23, 3/23, 4/27, 5/25, 6/22, 7/27, 8/24, 9/28, 10/26, 11/23,

For the big brother or sister:

Sibling Class - Quarterly class

prep a big brother or big sister for a new role - room to be announced

Dates: 3/2, 6/1, 10/5,

After arrival of your newborn, we offer:

Postpartum Classes/Support

Postpartum Breastfeeding Support (Mothers & Babies)

10:00 AM-12:00 PM

Tues/Thurs - Hershey Public Library

5:15 PM-7:00 PM

Every other Monday - Mohler Senior Center

**please call 717-531-1298 before your first meeting to schedule/confirm*

Additional Classes

Due to high demand, we also offer these classes



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Prepared Childbirth One Day Sunday Class

This is a condensed Childbirth Preparation Class. Less time is spent practicing positions for labor and breathing techniques. It does include a tour of Women's Health.

1:00-6:00 PM at Main Hospital, room T2500

1st Sunday of the month

Dates: 1/10, 2/7, 3/7, 4/11, 5/2, 6/6, 7/18, 8/8, 9/12, 10/3, 11/7, 12/5

You may bring a yoga mat or towel, snacks/drinks; dress comfortably

Specialties Combination Class- Infant CPR & Safety, Infant Care, Breastfeeding

Most sessions 4th Monday of the month (see dates for exceptions)

9:00 AM-3:00 PM at 30 Hope Drive, room 2702 A/B

Dates: 1/25, 2/22, 3/29, 4/26, 5/24, 6/28, 7/26, 8/23, 9/27, 10/25, 11/22, 12/20

Hospital Tours

Not taking a Prepared Childbirth Class but desire a tour of Women's Health?

Tours are offered several times per month but you must be registered.

Tours are scheduled:

*1st and 3rd Monday evening of the month

*2nd Sunday of the month at scheduled times between 1:00 PM-4:00 PM

Select Thursdays at 1:30 PM

Please contact the Childbirth Education Dept. at 717-531-6981 to schedule
Please note: If you are taking Prepared Childbirth class, a tour is already included with that class, no need for you to schedule this tour.