



**PennState Health**  
Children's

## CHILDBIRTH EDUCATION PROGRAM 2025

*begin your classes at 28-30 weeks*

**Register a few months in advance to guarantee first choice of date(s).**

One support person is encouraged to attend and is included in the class cost.

### Prepared Childbirth Wednesday Series - 3 weeks

6:00-8:30 PM

January through August classes will be held at 1249 Cocoa Ave, Hershey (2<sup>nd</sup> Floor) Room 221  
September through December class location will be provided on your confirmation letter and class reminder call

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>
Start date <b>Jan 8</b>	8-Jan	15-Jan	22-Jan
Start date <b>Feb 19</b>	19-Feb	26-Feb	5-Mar
Start date <b>Apr 2</b>	2-Apr	9-Apr	16-Apr
Start date <b>May 14</b>	14-May	21-May	28-May
Start date <b>June 25</b>	25- Jun	2-Jul	9-Jul
Start date <b>Aug 6</b>	6-Aug	13-Aug	20-Aug
Start date <b>Sept 17</b>	17-Sep	24- Sept	1-Oct
Start date <b>Oct 29</b>	29- Oct	5-Nov	12-Nov
Start date <b>Dec 3</b>	3-Dec	10-Dec	17-Dec

*\*When registering, list your choice by 'start date'; a snow cancellation extends the session by 1 week*

### Prepared Childbirth One Day Saturday Class

9:00 AM-4:00 PM

January through August classes will be held at 1249 Cocoa Ave, Hershey (2<sup>nd</sup> Floor)  
September through December class location will be provided on your confirmation letter and class reminder call

4-Jan <i>(snow day 1/11)</i>	12-Jul
1-Feb <i>(snow day 2/8)</i>	2-Aug
2-Mar <i>(snow day 3/8)</i>	6-Sep
5-Apr	4-Oct
3-May	1-Nov
7-Jun	6-Dec

You may bring your own snacks/drinks; dress comfortably.

Yoga mats and exercise balls are provided for class use.

***There is a 45-minute lunch break, and it is not provided***