



CHILDBIRTH EDUCATION PROGRAM 2022

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

You may bring a snack/drink. Dress comfortably.

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>
<i>Start date</i> Jan 5	5-Jan	12-Jan	19-Jan
<i>Start date</i> Feb 16	16-Feb	23-Feb	2-Mar
<i>Start date</i> March 30	30-Mar	6-Apr	13-Apr
<i>Start date</i> May 11	11-May	18-May	25-May
<i>Start date</i> June 22	22-Jun	29-Jun	6-Jul
<i>Start date</i> Aug 3	3-Aug	10-Aug	17-Aug
<i>Start date</i> Sept 14	14-Sep	21-Sep	28-Sep
<i>Start date</i> Oct 26	26-Oct	2-Nov	9-Nov
<i>Start date</i> Dec 7	7-Dec	14-Dec	21-Dec

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

Prepared Childbirth One Day Saturday Class

9:00 AM-4:00 PM Location will be provided via class reminder call

8-Jan <i>(snow day 1/15)</i>	9-Jul
5-Feb <i>(snow day 2/12)</i>	6-Aug
5-Mar <i>(snow day 3/12)</i>	10-Sep
2-Apr	1-Oct
30-Apr	5-Nov
11-Jun	3-Dec

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

Lunch is on your own for this class