



## 2026 Childbirth Education Classes

Penn State Health Lancaster Medical Center offers childbirth education classes to help you have a happy and healthy birth experience. All classes include a tour of the Lancaster Medical Center Family Birthing Suite.

**You can choose to attend a series of three Thursday evening sessions from 6-9 p.m.:**

- June 11, 18 and 25
- Sept. 10, 17 and 24
- Nov. 5, 12 and 19

**Or one full-day Saturday session from 8 a.m.–4:30 p.m.:**

- May 16
- Aug. 8
- Oct. 17

**What to bring:**

- One support person
- Yoga mat
- Birthing (exercise) ball

**Where:** Lancaster Medical Center, 2160 State Road, Lancaster, Room 1603.

**To schedule:** Call your obstetrician provider.

**Cost:** Will be billed to insurance.

**Questions?** Call Penn State Health OB-GYN: 223-287-8160.

**Lactation or newborn feeding questions?** Contact an International Board-Certified Lactation Consultant: 223-287-4331.

**Need a newborn appointment?** Call Penn State Health Children's Lancaster Pediatric Center: 717-327-4680



**PennState Health**  
Lancaster Medical Center