

INCREDIBLE
things are happening

HERE



Lizzie Goldsmith, Born at MMH in 2017

HAVING A BABY?

Sign up now for one of Margaret Mary's 2018 prenatal classes!

To register for a childbirth class, go to the Events section online at mmhealth.org or call (812) 933-5298 and leave a message. These classes are free and are held at MMH's main campus. When you arrive, please ask the receptionist at the front desk where the class is being held.

Prenatal Classes, 5:30-7:30 p.m.

During this two-part series, you'll learn about labor and delivery, postpartum care, newborn care and comfort techniques. Breastfeeding is not covered during this class.

*There is a class limit of eight couples.

January 2 and 9
March 6 and 13
May 1 and 8
July 3 and 10
September 4 and 11
November 6 and 13

Saturday Class, 8 a.m.-Noon

This class covers the same topics as the two-part prenatal classes but in one day.

February 3
April 7
June 9
August 4
October 6
December 1

Breastfeeding Class, 5:30-7 p.m.

January 10	July 11
February 21	August 1
March 7	September 12
April 4	October 3
May 9	November 14
June 6	December 5

Natural Childbirth, 5:30-7:30 p.m.

This class prepares families with the knowledge, skills and confidence for a delivery with little or no medications. Please attend one of the regular prenatal classes prior to taking this one. Be sure to bring a support person and wear comfortable clothing. *There is a class limit of four couples.

January 25	July 19
February 22	August 16
March 22	September 20
April 19	November 1
May 24	December 6
June 28	

*Una versión española de nuestras clases si necesita ayuda, con intérprete español. Pide por una cita.