



HAVING A BABY?

Sign up for one of our 2019 prenatal classes!

To register for a childbirth class, visit the 'Events' section of our website - mmhealth.org, or call 812.933.5298 and leave a message. All classes are free and will be held at the Main Campus. **Registration is required.**

PRENATAL CLASS

During this class, expectant parents will learn about labor and delivery, postpartum care, newborn care and comfort techniques. Class formats include a two-part, two-hour session OR one four-hour class.

TWO-PART CLASSES - 5:30 TO 7:30 P.M.

January 7 & 14
March 4 & 11
May 6 & 13

July 1 & 8
November 4 & 11

ONE FOUR-HOUR CLASS - 4 TO 8 P.M.

February 4
April 1
June 3

August 5
October 7
December 2

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

Breastfeeding Class

Taught by a certified lactation consultant or counselor, these classes are held from 5:30 to 6:30 p.m. on the following dates.

January 9
February 6
March 6
April 3
May 1
June 5
July 10
August 14
September 4
October 2
November 6
December 4

Natural Childbirth Class

This class provides expectant parents with the knowledge, skills and confidence for a delivery with little or no medication. Classes are held from 5:30 to 7:30 p.m. on the below dates.

January 29
March 26
May 28
July 23
September 24
November 19

Please attend one of our regular prenatal classes prior to taking this one. Be sure to bring a support person and wear comfortable clothing.