



HAVING A BABY?

Sign up for one of our 2020 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. A free meal is provided during the four-hour class.

TWO-PART CLASSES - 5:30 TO 7:30 PM

January 6 & 13
March 2 & 9
May 4 & 11

July 6 & 13
September 14 & 21
November 2 & 9

ONE FOUR-HOUR CLASS - 4 TO 8 PM

February 3
April 6
June 1

August 3
October 5
December 7

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 7 PM on the following dates.

January 8
February 5
March 4
April 1
May 6
June 3
July 1
August 12
September 9
October 7
November 4
December 2

Comfort Techniques for Labor

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 28
March 24
May 26
July 21
September 15
December 1

Be sure to bring a support person and wear comfortable clothing.