



## HAVING A BABY?

### JOIN US FOR ANY OF OUR 2021 PRENATAL CLASSES

To register for any of our childbirth classes, visit the 'Community' section of our website - [mmhealth.org](http://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 ON MONDAYS

February 1 & 8  
April 12 & 19  
June 7 & 14

August 2 & 9  
November 1 & 8

### ONE FOUR-HOUR CLASS: 4 TO 8 PM

January 4  
March 1  
May 3

July 5  
October 4  
December 6

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

## BREASTFEEDING CLASS

Our free breastfeeding classes are taught by a Certified Lactation Consultant and offered virtually so you can participate from the comfort of your home. After you've registered, a meeting link will be e-mailed to you. To learn more, email [becky.niese@eiahec.org](mailto:becky.niese@eiahec.org).

January 6  
February 3  
March 3  
April 7  
May 5  
June 2  
July 14  
August 11  
September 1  
October 6  
November 3  
December 1

## COMFORT TECHNIQUES

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 PM on the below dates.

February 16  
April 20  
June 22  
August 24  
October 19  
December 14

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



MARGARET MARY  
HEALTH