



Is there a baby in your
future?

2022 PRENATAL CLASSES (VIRTUAL)

To register for our childbirth classes, visit the Community section of our website - mmhealth.org, or call 812.933.5142 and leave a message. All classes are free and offered virtually so you can participate from the comfort of your home. Registration is required.

PRENATAL CLASSES

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

TWO-PART OPTION: 5:30-7:30 PM

March 7 and 14
May 2 and 9

August 1 and 8
December 5 and 12

FOUR-HOUR CLASS: 4-8 PM

February 7
April 4
June 6

October 3
November 7

After you've registered, we will contact you with login details for the virtual session as the date gets closer. If you do not receive an email or text from one of our prenatal instructors within 24 hours of the class start time, please contact our OB department at 812.933.5142.

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

BREASTFEEDING

Our free breastfeeding classes are taught by a Certified Lactation Consultant from 5:30-7 p.m. After you've registered, a meeting link will be e-mailed to you. To learn more, email becky.niese@eiahec.org.

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

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 5:30-7:30 PM on the below dates.

February 8
April 5
June 7
August 9
October 11
December 6

If possible, we recommend a support person join you.