



Is there a baby in your *future?*

2023 PRENATAL CLASSES

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: 6-8 PM

February 6 & 13
April 3 & 10
June 5 & 12

August 7 & 14
November 6 & 13

FOUR-HOUR CLASS: 4-8 PM

March 6
May 1
July 3

October 2
December 4

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.

BREASTFEEDING

Our free breastfeeding classes are taught by a Certified Lactation Consultant from 5-7 PM. After you've registered, a meeting link will be e-mailed to you. To learn more, email chelsi.billman@mmhealth.org.

January 11
April 12
July 12
October 11

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