

# One-day Prenatal Classes

## 2023 Class Schedule:

February 11, 2023

April 15, 2023

June 17, 2023

August 12, 2023

October 7, 2023

December 9, 2023

## Class Time and Location:

10:00 AM

West Wing Annex

204 Hospital Drive

DuBois PA 15801

Giving birth can be a demanding and physically exhausting process. Penn Highlands DuBois offers prenatal training to minimize a mother's effort through education and stress-reducing techniques. All prenatal classes are taught by nurses and providers who have had years of experience and expert training.

## Classes include:

Welcome / Introductions

Hospital Arrival

Visitors

Labor Warning Signs & Symptoms

Labor Comfort Measures

Induction Methods

Vaginal Delivery

C-Section Delivery

Post-Partum Care

Newborn Care

Follow-Up Questions & Answers

Unit Tour

Because classes fill quickly, it is best to register by the end of your sixth month of pregnancy. The class is free of charge and can be scheduled through the facility you are delivering.

**To register or for more information please contact the Maternal and Child Center at Penn Highlands DuBois at 814-375-4636.**

## Maternal and Child Center

Penn Highlands DuBois

100 Hospital Avenue

DuBois, PA 15801



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Highlands  
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[www.phhealthcare.org/prenatalclass](http://www.phhealthcare.org/prenatalclass)

