

# Preparation for Childbirth & Parenthood Program 2018

**Prepared Childbirth Class** - Wednesday 3 week series **or** 1 day Saturday class  
*encouraged to begin at 28-30 weeks*

## **Wednesday Series - 3 weeks**

6:00-8:30 PM at Mohler Senior Center, 25 Hope Drive, Hershey

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>
Start date <b>Jan 17</b>	17-Jan	24-Jan	31-Jan
Start date <b>Feb 28</b>	28-Feb	7-Mar	14-Mar
Start date <b>April 25</b>	25-Apr	2-May	9-May
Start date <b>June 13</b>	13-Jun	20-Jun	27-Jun
Start date <b>July 25</b>	25-Jul	1-Aug	8-Aug
Start date <b>Sept 5</b>	5-Sep	12-Sep	19-Sep
Start date <b>Oct 10</b>	10-Oct	17-Oct	24-Oct
Start date <b>Nov 28</b>	28-Nov	5-Dec	12-Dec

*\*when registering, list choice by 'start date'; for Jan & Feb start, snow date would extend series 1 week*

*You may bring a yoga mat or towel, birth ball, snacks/drinks*

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## **One Day Saturday Class**

9:00 AM-4:00 PM at Main Hospital (you will be notified of room location)

13-Jan <i>snow date Jan 20</i>	14-Jul
17-Feb <i>snow date Feb 24</i>	11-Aug
10-Mar <i>snow date Mar 17</i>	8-Sep
7-Apr	6-Oct
5-May	3-Nov
2-Jun	1-Dec

*You may bring a yoga mat or towel, birth ball, snacks/drinks*

*Lunch is on your own for this class - you may bring a lunch or purchase in cafeteria*

**REGISTER EARLY!** *See other side for additional classes*

For more information call 717-531-6981



**PennState Health**  
Milton S. Hershey Medical Center

## **Other Prenatal Parenting Classes & Sibling Class**

**Breastfeeding Class** - 2nd Tuesday of the month

6:00-8:30 PM Mohler Senior Center

Dates: 1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11

**Infant CPR & Safety** - 3rd Tuesday of the month

6:00-8:30 PM Mohler Senior Center

Dates: 1/16, 2/20, 3/20, 4/17, 5/15, 6/19, 7/17, 8/21, 9/18, 10/16, 11/20, 12/18

**Infant Care Class** - 4th Tuesday of the month

6:00-8:30 PM Mohler Senior Center

Dates: 1/23, 2/27, 3/27, 4/24, 5/22, 6/26, 7/24, 8/28, 9/25, 10/23, 11/27

**Sibling Class** - Quarterly class

*prep a big brother or big sister for a new role* - room to be announced

Dates: 3/6, 6/5, 9/4, 12/4

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## **Postpartum Classes/Support**

**Postpartum Breastfeeding Support** (Mothers & Babies)

10:00 AM-12:00 PM

Thursdays - University Fitness Center

5:15 PM-7:00 PM

1st & 3rd Monday of the month - Mohler Senior Center

*\*please call 717-531-1298 before your first meeting to schedule/confirm*

**Father's Class** (Fathers & Babies) - three classes per calendar year

6:30-7:30 PM Mohler Senior Center

Dates: 4/3, 8/7, 12/4



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