



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

Penn State Health Milton S. Hershey Medical Center  
Preparation for Childbirth and Parenthood Program

**Class schedule for Prepared Childbirth Series**

**Wednesday Series**

3 weeks - 6:00-8:30 p.m.

Mohler Senior Center, 35 Hope Drive, Hershey, PA

|                                  | <b>Class 1</b> | <b>Class 2</b> | <b>Class 3</b> |
|----------------------------------|----------------|----------------|----------------|
| <i>Start date</i> <b>Jan 18</b>  | Jan 18         | Jan 25         | Feb 1          |
| <i>Start date</i> <b>Mar 8</b>   | Mar 8          | Mar 15         | Mar 22         |
| <i>Start date</i> <b>Apr 26</b>  | Apr 26         | May 3          | May 10         |
| <i>Start date</i> <b>June 7</b>  | June 7         | June 14        | June 21        |
| <i>Start date</i> <b>July 19</b> | July 19        | July 26        | Aug 2          |
| <i>Start date</i> <b>Aug 30</b>  | Aug 30         | Sept 6         | Sept 13        |
| <i>Start date</i> <b>Oct 4</b>   | Oct 4          | Oct 11         | Oct 18         |
| <i>Start date</i> <b>Nov 1</b>   | Nov 1          | Nov 8          | Nov 15         |

*\*when registering, list your choice by 'start date'*

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

**One Day Prepared Childbirth**

**Saturday - 9:00 a.m. - 4:00 p.m.**

Main Hospital room C-3621 (unless otherwise indicated)

|         |        |
|---------|--------|
| Jan 14  | July 8 |
| Feb 18  | Aug 5  |
| Mar 11  | Sept 9 |
| Apr 1   | Oct 7  |
| May 6   | Nov 4  |
| June 10 | Dec 2  |

**You may bring pillows, towel or yoga mat, birth ball, snacks and drinks**

Register early. For more information, please call 717-531-6981

**Breastfeeding Class**

2<sup>nd</sup> Tuesday of the month - 6:00 - 8:30 p.m.

Mohler Senior Center, Hershey, PA

**Dates:**

|              |             |
|--------------|-------------|
| January 10   | February 14 |
| March 14     | April 11    |
| May 9        | June 13     |
| July 11      | August 8    |
| September 12 | October 10  |
| November 14  | December 12 |

**Infant CPR and Safety**

3<sup>rd</sup> Tuesday of the month - 6:00 - 9:00 p.m.

Mohler Senior Center, Hershey, PA

**Dates:**

|              |             |
|--------------|-------------|
| January 17   | February 21 |
| March 21     | April 18    |
| May 16       | June 20     |
| July 18      | August 15   |
| September 19 | October 17  |
| November 21  | December 19 |

**Infant Care Class**

4<sup>th</sup> Tuesday of the month - 6:00 - 8:30 p.m.

Mohler Senior Center, Hershey, PA

**Dates:**

|              |             |
|--------------|-------------|
| January 24   | February 28 |
| March 28     | April 25    |
| May 23       | June 27     |
| July 25      | August 22   |
| September 26 | October 24  |
| November 28  |             |

**Father's Class (fathers and babies)**

1<sup>st</sup> Tuesday of even months - 6:00 - 8:00 p.m.

Mohler Senior Center, Hershey, PA

**Dates:**

|            |           |
|------------|-----------|
| April 4    | June 6    |
| August 1   | October 3 |
| December 5 |           |

**Sibling Class**

1<sup>st</sup> Tuesday of odd months – 6:00 – 7:00 p.m.  
Main Hospital (room to be announced)

**Dates:**

|            |             |
|------------|-------------|
| January 3  | March 7     |
| May 2      | September 5 |
| November 7 |             |

**Postpartum Breastfeeding Support (mothers and babies)**

10:00 a.m. – 12:00 p.m.

Tuesday – Ronald McDonald House (call 717-531-1298 to confirm)

**Postpartum Exercise/Breastfeeding Support (mothers and babies)**

10:00 a.m. – 12:00 p.m.

Thursday – University Fitness Center, Hershey, PA