

# One-day Prenatal Classes

## 2024 Class Schedule:

January 20, 2024  
February 10, 2024  
March 16, 2024  
April 13, 2024  
May 18, 2024  
June 15, 2024  
August 17, 2024  
September 14, 2024  
October 19, 2024  
November 9, 2024

## 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  
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

