

One-day Prenatal Classes

2025 Class Schedule:

January 11, 2025
February 22, 2025
March 15, 2025
April 26, 2025
May 17, 2025
June 28, 2025
July 19, 2025
August 9, 2025
September 20, 2025
October 11, 2025
November 22, 2025

Class Time and Location:

10:00 AM
Penn Highlands DuBois
204 Hospital Drive
DuBois, PA



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