

One-day Prenatal Classes

2024 Class Schedule:

February 17, 2024

May 4, 2024

August 10, 2024

November 9, 2024

Class Time and Location:

10:00 AM

Education Conference Center

763 Johnsonburg Road

St. Marys, PA 15857

Giving birth can be a demanding and physically exhausting process. Penn Highlands Elk 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 at.

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

Maternal and Child Center

Penn Highlands Elk

763 Johnsonburg Road

St. Marys, PA 15857



**Penn
Highlands
Healthcare**

**The Maternal
and Child Center**

Advanced Medicine. Here.

www.phhealthcare.org/prenatalclass

