

Childbirth Education Classes



Join us!

Held at Daviness Community Hospital from 6-8:30 p.m., classes are structured as a four-week series - one class per week. Pick your session:

- **Session 1:** Feb 25, March 4, 11, 18
- **Session 2:** April 8, 15, 22, 29
- **Session 3:** May 20, 27, June 3, 10
- **Session 4:** July 8, 22, 29, Aug 5
- **Session 5:** Aug 19, 26, Sept 2, 9
- **Session 6:** Sept 30, Oct 7, 14, 21
- **Session 7:** Nov 11, 18, 25, Dec 2

Prepare for your baby's arrival!

Expecting a baby? Join our Childbirth Education Classes to gain confidence and knowledge before your big day! This interactive course is designed to prepare you for labor, delivery, newborn care, and beyond.

Why take a childbirth class?

- Learn what to expect during labor and delivery
- Explore pain relief options, breathing, and relaxation techniques
- Gain hands-on practice with newborn care and breastfeeding
- Have your questions answered by healthcare professionals
- Feel confident and prepared for your childbirth experience

Register today!

Registration is required. To sign up, call (812) 254-8620, ext. 1344, to reach Lactation Services. If no one is available, please leave a message with your name and contact information, and a member of our Lactation Services team will return your call as soon as possible.

Empower yourself with the knowledge you need for a positive birth experience!