PENN STATE HERSHEY MEDICAL CENTER
Preparation for Childbirth and Parenthood Program 2012
Women's Health Center

CLASS SCHEDULE FOR PREPARED CHILDBIRTH SERIES DATES

Four week Series (Wednesday and Thursday 6:00pm to 8:30pm) plus Three week series (Saturday morning 9:30am to 12:30pm)

2012

Start date	Day of Week	Class 1	Class 2	Class 3	Class 4	
01/11/12	Wednesday	11-Jan	18-Jan	25-Jan	01-Feb	
01/12/12	Thursday	12-Jan	19-Jan	26-Jan	02-Feb	
01/21/12	Saturday	21-Jan	28-Jan	04-Feb		
02/15/12	Wednesday	15-Feb	22-Feb	29-Feb	07-Mar	
02/16/12	Thursday	16-Feb	23-Feb	01-Mar	08-Mar	
02/25/12	Saturday	25-Feb	03-Mar	10-Mar		
03/21/12	Wednesday	21-Mar	28-Mar	04-Apr	11-Apr	
03/22/12	Thursday	22-Mar	29-Mar	05-Apr	12-Apr	
04/21/12	Saturday	21-Apr	28-Apr	05-May		
04/25/12	Wednesday	25-Apr	02-May	09-May	16-May	
04/26/12	Thursday	26-Apr	03-May	10-May	17-May	
05/30/12	Wednesday	30-May	06-Jun	13-Jun	20-Jun	
05/31/12	Thursday	31-May	07-Jun	14-Jun	21-Jun	
06/02/12	Saturday	02-Jun	09-Jun	16-Jun		
07/11/12	Wednesday	11-Jul	18-Jul	25-Jul	01-Aug	
07/12/12	Thursday	12-Jul	19-Jul	26-Jul	02-Aug	
07/21/12	Saturday	21-Jul	28-Jul	04-Aug		
~~08/23/12~~	~~Thursday~~	~~23-Aug~~	~~30-Aug~~	~~06-Sep~~	~~13-Sep~~	Session cancelled
09/08/12	Saturday	08-Sep	15-Sep	22-Sep		
09/26/12	Wednesday	26-Sep	03-Oct	10-Oct	17-Oct	
09/27/12	Thursday	27-Sep	04-Oct	11-Oct	18-Oct	
10/06/12	Saturday	06-Oct	13-Oct	20-Oct		
11/03/12	Saturday	03-Nov	10-Nov	17-Nov		
11/07/12	Wednesday	07-Nov	14-Nov	28-Nov	05-Dec	
11/08/12	Thursday	08-Nov	15-Nov	29-Nov	06-Dec	

REGISTER EARLY - Phone (717) 531-6981

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Early Pregnancy Class: 3rd Tuesday of even Months 6:00-8:00pm
Dates: 2/21/12, 4/17/12, 6/19/12, 8/21/12, 10/16/12 Mohler Sr. Center

Prenatal Exercise Class: Monday Hospital - Room C3621 6:00-7:00pm
Dates: Except holidays

Breastfeeding Class: 2nd Tuesday of every Month 6:00-8:00pm
Dates: 1/17/12, 2/14/12, 3/13/12, 4/10/12, 5/8/12 Mohler Sr. Center
6/12/12, 7/10/12, 8/14/12, 9/11/12, 10/9/12, 11/13/12, 12/11/12

Infant Safety & CPR: 6:00-9:00pm
Dates: 1/24/12, 2/21/12, 3/20/12, 4/17/12, 5/15/12 Mohler Sr. Center
6/19/12, 7/17/12, 8/21/12, 9/18/12, 10/16/12, 11/20/12, 12/18/12

Infant Care Class: 4th Tuesdays of Month 6:00-9:00pm
Dates: 1/31/12, 2/28/12, 3/27/12, 4/24/12, 5/22/12, 6/26/12 Mohler Sr. Center
7/24/12, 8/28/12, 9/25/12, 10/23/12, 11/27/12

Anesthesia Class: 1st Tuesday of Month 7:00-9:00pm
Dates: 1/3/12, 2/7/12, 3/6/12, 4/3/12, 5/1/12, 6/5/12 Mohler Sr. Center
7/3/12, 8/7/12, 9/4/12, 10/2/12, 11/6/12, 12/4/12

Refresher / VBAC Class: 6:00-9:00pm
Dates: 2/7/12, 4/3/12, 6/5/12, 8/7/12, 10/2/12, 12/4/12 Hospital - Room C3621

Sibling Class: 4th Tuesday of Month 6:00-7:00pm
Dates: 1/31/12, 2/28/12, 3/27/12, 4/24/12, 5/22/12, 6/26/12 Hospital - Room C3621
9/25/12, 11/27/12

Postnatal Exercise Class: Thursday Fitness Center 10:00-12:00 noon
Babies welcomed!

Postpartum Breastfeeding Class: Every Tuesday 10:00-12:00 noon
Mothers & Babies together Women's Health Center, 2nd floor library

Father's Class: 3rd Tuesday of odd Months ***Babies welcomed!*** 6:00- 8:00pm
Dates: 3/20/12, 5/15/12, 9/18/12, 11/20/12 Mohler Sr. Center

Private Tutoring available on request.