

PENN STATE HERSHEY MEDICAL CENTER
Preparation for Childbirth and Parenthood Program 2014
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)

2014

<u>Start date</u>	<u>Day of Week</u>	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>	<u>Class 4</u>
01/09/14	Thursday	09-Jan	16-Jan	23-Jan	30-Jan
01/11/14	Saturday	11-Jan	18-Jan	25-Jan	
01/15/14	Wednesday	15-Jan	22-Jan	29-Jan	05-Feb
02/19/14	Wednesday	19-Feb	26-Feb	05-Mar	12-Mar
02/20/14	Thursday	20-Feb	27-Feb	06-Mar	13-Mar
02/22/14	Saturday	22-Feb	01-Mar	08-Mar	
03/22/14	Saturday	22-Mar	29-Mar	05-Apr	
03/26/14	Wednesday	26-Mar	02-Apr	09-Apr	16-Apr
03/27/14	Thursday	27-Mar	03-Apr	10-Apr	17-Apr
04/30/14	Wednesday	30-Apr	07-May	14-May	21-May
05/01/14	Thursday	01-May	08-May	15-May	22-May
05/03/14	Saturday	03-May	10-May	17-May	
06/04/14	Wednesday	04-Jun	11-Jun	18-Jun	25-Jun
06/05/14	Thursday	05-Jun	12-Jun	19-Jun	26-Jun
06/07/14	Saturday	07-Jun	14-Jun	21-Jun	
07/12/14	Saturday	12-Jul	19-Jul	26-Jul	
07/16/14	Wednesday	16-Jul	23-Jul	30-Jul	06-Aug
07/17/14	Thursday	17-Jul	24-Jul	31-Jul	07-Aug
08/09/14	Saturday	09-Aug	16-Aug	23-Aug	
09/03/14	Wednesday	03-Sep	10-Sep	17-Sep	24-Sep
09/04/14	Thursday	04-Sep	11-Sep	18-Sep	25-Sep
09/13/14	Saturday	13-Sep	20-Sep	27-Sep	
10/08/14	Wednesday	08-Oct	15-Oct	22-Oct	29-Oct
10/09/14	Thursday	09-Oct	16-Oct	23-Oct	30-Oct
10/11/14	Saturday	11-Oct	18-Oct	25-Oct	
11/08/14	Saturday	08-Nov	15-Nov	22-Nov	
11/12/14	Wednesday	12-Nov	19-Nov	03-Dec	10-Dec
11/13/14	Thursday	13-Nov	20-Nov	04-Dec	11-Dec

REGISTER EARLY

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Early Pregnancy Class:	3rd Tuesday of even Months	6:00-8:00pm
Dates:	2/18/14, 4/15/14, 6/17/14, 8/19/14, 10/21/14	Mohler Sr. Center
Prenatal Exercise Class:	Monday	6:00-7:00pm
Dates:	Except holidays	Mohler Sr. Center

Breastfeeding Class:	2nd Tuesday of every Month	6:00-8:30pm
Dates:	1/14/14, 2/11/14, 3/11/14, 4/8/14, 5/13/14, 6/10/14, 7/8/14, 8/12/14, 9/9/14, 10/14/14, 11/11/14, 12/9/14	Mohler Sr. Center
Infant Safety & CPR:		6:00-9:00pm
Dates:	1/21/14, 2/18/14, 3/18/14, 4/15/14, 5/20/14, 6/17/14, 7/15/14 8/19/14, 9/16/14, 10/21/14, 11/18/14, 12/16/14	Mohler Sr. Center
Infant Care Class:	4th Tuesdays of Month	6:00-9:00pm
Dates:	1/28/14, 2/25/14, 3/25/14, 4/22/14, 5/27/14, 6/24/14 7/22/14, 8/26/14, 9/23/14, 10/28/14, 11/25/14	Mohler Sr. Center
Anesthesia Class:	1st Tuesday of Month	7:00-9:00pm
Dates:	1/7/14, 2/4/14, 3/4/14, 4/1/14, 5/6/14, 6/3/14 7/1/14, 8/5/14, 9/2/14, 10/7/14, 11/4/14, 12/2/14	Mohler Sr. Center

Refresher / VBAC Class:		6:00-9:00pm
Dates:	2/4/14, 4/1/14, 6/3/14, 8/5/14, 10/7/14, 12/2/14	Hospital - Room C3621
Sibling Class:	4th Tuesday of Month of odd months	6:00-7:00pm
Dates:	1/28/14, 3/25/14, 5/27/14, 7/22/14, 9/23/14, 11/25/14	Hospital - Room C3621

Postnatal Exercise Class:	Thursday	Fitness Center	10:00-12:00 noon
<i>Babies welcomed!</i>			
Postpartum Breastfeeding Class:	Every Tuesday		10:00-12:00 noon
<i>Mothers & Babies together</i>			
Father's Class:	3rd Tuesday of odd Months	<i>Babies</i>	6:00- 8:00pm
Dates:	3/18/14, 5/20/14, 7/15/14, 9/16/14, 11/18/14	<i>welcomed!</i>	Mohler Sr. Center

For more information call 717-531-6981