

Childbirth Classes

Let's get ready to have a baby! This class is an in-depth trip through the entire birthing process. This class includes different methods, positions, techniques, and possibilities during labor. Parents often feel more informed and confident after going through this series of casual classes. Preparing yourself, your partner, and your family is a little easier when you have an idea of what to expect.

There are 3 classes in this program, scheduled over 3 evenings from 6:00 – 8:00pm each night. These classes take place in the training room on the third floor of the hospital. Registration is required. Please call **607-337-4145** for more information and to register.

Here is the schedule for 2020

(Monday, Wednesday, Thursday)

January 13,15,16

March 16,18,19

May 11,13,14

July 13,15,16

September 14,16,17

November 16,18,19