



Childbirth Education Classes

Taught by our Midwives

AVAILABLE DATES:

- SUNDAY, JANUARY 14
- SUNDAY, FEBRUARY 11
- SUNDAY, MARCH 10
- SUNDAY, APRIL 14
- SUNDAY, MAY 5



Please sign-up via Google Form



\$90 per couple
Pay via cash, check, or Venmo
on the day of class

Location: PIWH Lemoyne Office
One Lemoyne Square, Suite 201
Lemoyne, PA 17043
Time: 9:00am - 1:00pm

Light refreshments will be provided

Topics will include:

- 3rd Trimester Discomforts
- Managing Early Labor
- Physiology of Labor
- Pain Management in Labor
- Induction Process
- What to Expect at the Hospital
- Normal Postpartum Course
- Breastfeeding Basics

Please contact piwhmidwives@gmail.com with any questions.

*You may be eligible for reimbursement through your insurance for the cost of the class.