

One-day Prenatal Classes

2023 Class Schedule:

February 18, 2023
May 20, 2023
August 19, 2023
November 11, 2023

Class Time and Location:

10:00 AM
Education Conference Center
763 Johnsonburg Road
St. Marys, PA 15857

Giving birth can be a demanding and physically exhausting process. Penn Highlands Elk offers prenatal training to minimize a mother's effort through education and stress-reducing techniques. All prenatal classes are taught by nurses and providers who have had years of experience and expert training.

Classes include:

Welcome/Introductions
Hospital Arrival
Visitors
Labor Warning Signs & Symptoms
Labor Comfort Measures
Induction Methods
Vaginal Delivery
C-Section Delivery
Post-Partum Care
Newborn Care
Follow-Up Questions & Answers
Unit Tour

Because classes fill quickly, it is best to register by the end of your sixth month of pregnancy. The class is free of charge and can be scheduled through the facility you are delivering at.

To register or for more information, please contact the Maternal and Child Center at Penn Highlands Elk at 814-788-8558.

Maternal and Child Center

Penn Highlands Elk
763 Johnsonburg Road
St. Marys, PA 15857

