

One-day Prenatal Classes

2026 Class Schedule:

January 24, 2026
February 21, 2026
March 28, 2026
April 18, 2026
May 9, 2026
June 20, 2026
July 11, 2026
August 22, 2026
September 12, 2026
October 24, 2026
November 14, 2026

Class Time and Location:

10:00 AM
Penn Highlands DuBois
100 Hospital Drive
DuBois, PA



Giving birth can be a demanding and physically exhausting process. Penn Highlands DuBois 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
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.

To register or for more information please contact the Maternal and Child Center at Penn Highlands DuBois at 814-375-4636.

Maternal and Child Center

Penn Highlands DuBois
100 Hospital Avenue
DuBois, PA 15801