



## 2018 Prenatal Class Schedule

### Prenatal Childbirth Class - \$60

Tuesday - 6 p.m. - 9 p.m.

Jan. 9, 16, 23, 30

Mar. 6, 13, 20, 27

May 1, 8, 15, 22

July 10, 24, 31

Aug. 7

Sept. 4, 11, 18, 25

Nov. 6, 13, 27

Dec. 4

### Weekend Prenatal Childbirth Class - \$60

Thursday - 6 p.m. - 9 p.m.  
and Saturday - 9 a.m. - 3 p.m.

Feb. 22 and 24

Apr. 12 and 14

Jun. 7 and 9

Jul. 26 and 28

Aug. 9 and 11

Oct. 18 and 20

Dec. 13 and 15

### Baby Care Basics - \$30

Tuesday - 6 p.m. - 9 p.m.

Feb. 6

Apr. 17

Jun. 12

Aug. 21

Oct. 2

Dec. 11

### Breastfeeding Class - \$35

Saturday - 9 a.m. - 12 p.m.

Mar. 10

May 12

Jun. 23

Sept. 15

Nov. 17

Tuesday - 6 p.m. - 9 p.m.

Feb. 20

Apr. 10

Jun. 5

Aug. 14

Oct. 9

### Birth Place at UPMC Horizon

2200 Memorial Drive

Farrell, PA 16121

Phone: 724-983-8730

To register for classes, please go to **Classes.UPMC.com** then to UPMC Horizon classes.

If you have any questions, please call **724-983-7962**, Monday through Friday, 10 a.m. until 6 p.m.

All classes are held in Conference Room 1 at **UPMC Horizon-Shenango Valley**  
2200 Memorial Drive  
Farrell, PA

Many insurances will reimburse for prenatal classes, so please check with your insurance provider before class begins.

## Birth Place at UPMC Horizon

Prenatal Class Registration 2018



UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.



## Birth Place Tours

Tours of Birth Place are offered and must be pre-scheduled. To register for a tour, call 724-983-7962, and leave a message with your name and phone number. A staff member will return your call to schedule a date and time for your Birth Place tour.

## Prenatal Childbirth Class

This four-week course offers expectant parents insight into labor and delivery, as well as the post-partum period and newborn care. The class provides an informal and relaxed setting to encourage an exchange of questions and answers about the birth experience and what typically happens during a hospital stay. Classes are designed to inform new parents about the signs of labor, relaxation skills, comfort measures, pain management options, and breathing techniques. Mothers-to-be and their support people experience hands-on practice with various comfort measures and rehearse for labor to help decrease anxiety and uncertainty about their upcoming delivery. Instructors are Childbirth Educator certified. The cost of class is \$60 and includes a gift, refreshments, and a tour of the Birth Place at UPMC Horizon.



## Weekend Prenatal Childbirth Class

This two-day course, offered on Thursday evening and for six hours on Saturday, offers the same content as the four-week Prenatal Childbirth Class. The cost of class is \$60 and includes a gift, refreshments on Thursday evening, lunch on Saturday, and a tour of the Birth Place at UPMC Horizon.

## Baby Care Basics

New parents learn basic skills including care and feeding, as well as insight into infant behaviors with an emphasis on infant safety, health, along with current car seat safety and review. This class includes a tour of the Birth Place at UPMC Horizon. The cost of class is \$30.

## Breastfeeding Class

This class provides education and answers questions for expectant mothers who plan to breastfeed their babies. Topics include the benefits of breastfeeding, positioning, and latching. Breastfeeding after returning to work will also be discussed. This course follows the recommendations of the American Academy of Pediatrics. This is a class for women who want to know more about breastfeeding, as well as their support person. The cost of the class is \$35 and includes refreshments, a gift, and a tour of the Birth Place at UPMC Horizon.

## Family and Friends Pediatric CPR Course

This course focuses on basic one-man CPR and relief of foreign body obstruction (choking) for conscious children and infants. Cost is \$15 per person or \$25 per couple and includes a booklet. To register, please call the Education Department/American Heart Association Training Center at 724-589-6419.

## Contact Us

To learn more about Birth Place, visit  
[UPMCHorizon.com/BirthPlace](https://UPMCHorizon.com/BirthPlace)