

# Fall & Winter 2025 Class Schedule

Perinatal Education Program

Morgantown, WV 26505

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**Call or text (304) 290-2097 to sign up!**

\*\* Classes are held in the Conference Center at Mon Health Medical Center, unless specifically noted that they are virtual.

\*\* Grandparents and other family members are welcome and encouraged to take CPR classes and Baby Basics 101!

\*\* More CPR classes will be set up as classes fill up since class size is limited!

Welcome to the Mon Health Perinatal Education Program Classes. All of us at Mon Health Medical Center are committed to providing you with the information you need to make your child's birth a comfortable and safe experience.

The first two classes of the series focus on birth as a natural process (as opposed to a "medical procedure"). We will cover a number of topics designed to assist labor progress while helping mothers cycle through the process. These topics include the stages of labor, anatomy, a natural birth film, relaxation, breathing, massage and comfort techniques, and positioning for labor.

The second two classes focus on epidurals, narcotic analgesics, medical interventions, cesarean birth, labor rehearsal and birth video, newborn procedures and a tour of the Birth Center. **Please be aware that just because you take weeks 3 & 4 class does not guarantee that you will receive an epidural at your request. You may still have to employ comfort techniques in labor until the anesthesiologist and your health care provider deem if/when it is appropriate to receive an epidural.**



Most families take classes about **32 weeks** into their pregnancies!



Dec. 9 Baby basics 101 class 7 - 9 PM Virtual

Dec. 16 Breastfeeding class 7 - 9 PM Virtual

**Winter break**



Jan. 13, 27 & Feb. 3, 10 Childbirth class #1-4 7 - 9 PM Virtual

**No class on Jan. 20**



Feb. 17 Breastfeeding class 7 - 9 PM Virtual

Feb. 24 Baby basics 101 class 7 - 9 PM Virtual

March 3 Infant CPR class 7 - 9 PM In-person



March 10, 17, 24, 31 Childbirth class #1-4 7 - 9 PM In-person/virtual vote

April 7 Breastfeeding class 7 - 9 PM In-person/virtual vote



April 14 Baby basics 101 class 7 - 9 PM In-person/virtual vote

**Spring break**

April 28 & May 5, 12, 19 Childbirth class #1-4 7 - 9 PM In-person/virtual vote



\*\*\* Please be aware that classes are **cancelled** due to inclement winter weather; any doubt, please call (304) 290-2097 to ensure class is still happening!

