

# Birth Days and Beyond

## Prenatal Education Program

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**SESSIONS ARE FREE  
HELD QUARTERLY**

### **2025 PROGRAM DATES:**

February 1<sup>st</sup>

May 10<sup>th</sup>

August 2<sup>nd</sup>

November 1<sup>st</sup>

**8:00 a.m. — 1:00 p.m.**

**Register you and a guest at:**

**[www.witham.org](http://www.witham.org)**

**Online classes available on the website**

**765-485-8411**

**Witham Hospital  
2705 N. Lebanon Street  
Lebanon, IN 46052  
North Pavilion, Entrance B  
Community Room**



**Plan to attend all day and enjoy educational topics including your childbirth experience, breastfeeding, and newborn care. Also spend time at some of our resource community booths.**

### **Childbirth Session**

Recommended for pregnant mothers in their first trimester and beyond. Learn what to expect during labor/delivery, comfort measures, positioning, pain management, and tour our beautiful maternity center.

### **Breastfeeding Session**

This breakout session will include breastfeeding advantages, positioning/latching, tips on getting breastfeeding off to a great start in the hospital, problem solving, pumping/storage guidelines, and much more.

### **Newborn Care Session**

This class will provide hands-on education to learn how to care for your newborn before they arrive. This class includes education related to newborn behavior, bathing, swaddling, diapering, safety, and safe sleep.