



# Expectant Parent Classes 2024

Expectant Parent Classes @ Porter Medical Center



## Sign up options:

- Scan the QR code
- Go to: <https://forms.office.com/r/UFkBfV8HL>
- Mail or email this form

## Understanding Birth

One Saturday per month

9:00am-3:00pm

January 6th

February 10th

March 9th

April 13th

May 11th

June 8th

## Understanding Breastfeeding

One Wednesday per month

6:00pm-8:00pm

January 10th

February 17th \*Sat. 9a-11a\*

March 13th

April 10th

May 8th-Zoom

June 12th

## Comfort Measures

Once per month

Alternating days/times

January 27th 9a-11a

February 26th 6p-8p

March 30th 9a-11a

April 29th 6p-8p

May 25th 9a-11a

June 24th 6p-8p

All classes are in person at Porter Hospital (unless noted as Zoom)

Questions? Email: [CBE@portermedical.org](mailto:CBE@portermedical.org)

Name:

Email:

Phone Number:

Address:

If unable to use link to sign up you can circle the dates then  
mail or email form to:



[UVMHealth.org/PMC](https://UVMHealth.org/PMC)

Porter Birthing Center 115 Porter Drive

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THE  
University of Vermont  
HEALTH NETWORK

Porter Medical Center