



Expectant Parent Classes 2024

Expectant Parent Classes @ Porter Medical Center



Scan the QR code

or

Go to: <https://forms.office.com/r/UFkBfVvk8HL>

All classes are in person at Porter Medical Center (unless noted as Zoom)
Questions? Email: CBE@portermedical.org

Understanding Birth One Saturday per month

9:00am-3:00pm

April 13th

May 11th

June 8th

July 13th

August 10th

September 14th

October 12th

November 9th

December 14th

Understanding Breastfeeding One Wednesday per month

6:00pm-8:00pm

April 10th

May 8th

June 12th

July 10th

August 14th

September 11th

October 9th via Zoom

November 13th

December 11th

Comfort Measures One Class per month Alternate Mon. & Sat.

April 29th 6p-8p

May 25th 9a-11a

June 24th 6p-8p

July 27th 9a-11a

August 26th 6p-8p

September 28th 9a-11a

October 28th 6p-8p

November 16th 9a-11a

December 7th 6p-8p

Name:

Email:

Phone Number:

Address:

If preferred; sign up by circling dates and
mail or email form to:

Porter Birthing Center

115 Porter Drive

Middlebury, Vermont 05753



UVMHealth.org/PMC

THE
University of Vermont
HEALTH NETWORK

Porter Medical Center