



WOMEN'S HEALTH CARE GROUP OF PA  
Main Line Perinatal Associates Division

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## PRENATAL CLASSES THROUGH MAIN LINE HEALTH

Main Line Health offers a number of classes and workshop for the new and expectant parents. Classes are available at Lankenau, Bryn Mawr, and Paoli Hospitals. We recommend all first-time parents take the Prepared Childbirth Course. This includes a tour of Lankenau Labor & Delivery.

For full class descriptions, visit [www.mainlinehealth.org](http://www.mainlinehealth.org) or call 1-866-CALL-MLH.

Below is a sampling of the available classes:

- Prepared Childbirth Education (3 week series or one-day Saturday) \$110
- On-line Childbirth Preparation (without L&D tour) \$110
- Pregnancy 101 (for first-time parents)
- Marvelous Multiples (for parents expecting twins or more) \$110
- Childbirth Refresher (experienced parents) \$50
- Advanced Comfort Measures (preparing for natural childbirth) \$45
- Sibling Preparation (aimed at siblings ages 3-7) \$30 one child  
\$10 extra child
  
- Prenatal Breastfeeding \$45
- Safe Surroundings (babyproofing) \$45
- The Happiest Baby on the Block (sleep-training) \$90
- Welcoming Baby: A Family Affair \$45/couple  
\$10/relatives