



2022 Childbirth & Parenting Education Classes



Starr Regional Medical Center offers a series of classes to help expectant parents get ready for the physical, emotional and lifestyle changes that come with having a baby. Classes are designed and presented by healthcare professionals who will care for both you and your baby at Starr Regional.

Classes are free to the parents planning to deliver at Starr Regional Medical Center. Classes feature information concerning pregnancy, childbirth, and infant care. You may choose to attend classes offered in two sessions on Tuesdays from 5:30 - 7:30 p.m. or a one-session Saturday class from Noon - 4 p.m. Classes take place at the Athens Campus in the Conference Room. See our complete schedule of classes below. **Pre-registration is required and must be completed by noon the Friday prior to the class start date.**

All classes take place in the Conference Room on the Athens Campus of Starr Regional Medical Center. The Conference Room is located just past the main lobby (go right once inside the doors) on your left.

TUESDAY CLASSES

You must attend both sessions.

5:30 - 7:30 p.m.

January 18 & 25

February 15 & 22

March 22 & 29

April 12 & 19

May 17 & 24

July 19 & 26

September 13 & 20

November 1 & 8

SATURDAY CLASSES

This class is one session only.

12 - 4 p.m.

June 25

August 13

October 22

PLEASE NOTE: We are taking extra steps to keep you safe, including continuing stringent cleaning and disinfection protocols; and setting up stations stocked with alcohol-based sanitizers, tissues and hands-free trash cans throughout our facility.

Register for a class today!

Register online at StarrRegional.com/events

You may also register by calling **423.744.3280** or emailing StrrBabies@lpnt.net