**HealthNet’s Childbirth Education Class**

- Signs and stages of labor
- Comfort measures
- Health care during labor
- C-section
- Tour of the Methodist Maternity Center
- You will get a snack, a BABE coupon and a gift to help with labor

**What to bring**

Please bring a blanket and pillow to the class for breathing and relaxation. You may also bring one support person.

**Location**

IU Health Methodist Hospital, Room A3304
1701 North Senate Boulevard
Indianapolis, IN 46206

**Dates and Times**

Classes are on the 2nd Saturday from 9:00 a.m. - 12:00 noon. This class is free as a part of your OB care.

- January 12
- February 9
- March 9
- April 13
- May 11
- June 8
- July 13
- August 10
- September 14
- October 12
- November 9
- December 14

**Directions**

- Park in Garage 1 – you will get a parking pass in the class
- Take the walkway to the main entrance of the building
- You can ask for directions at the Information Desk or go straight past the cafeteria
- Turn right at the coffee shop at Rotunda Way
- Turn left at the toy train station
- Enter the Palm Tree Atrium and turn right
- Take the Palm Tree Elevators to the third floor
- Turn right out of the elevators and go past the Patient Visitor Desk
- The classroom is just behind this desk on the left before the double doors (A3304)

**Register**

You can sign up for a class 3 ways:

- At your prenatal visit,
- Online through your Patient Portal, or
- Call 317-957-2022

**Registering through your Patient Portal**

1. Log into your Portal account
   - If you do not know your username or password, select the option “Can’t access your account?”

2. Create a “General Message”
   - **Facility:** Choose your health center
   - **Provider:** Choose your OB provider
   - **Subject:** Type “Childbirth Education” in the subject line
   - **Message:** Type the date of the class you would like to attend

3. Click “Submit”

   You will be contacted to confirm your registration.