

2024 Childbirth Classes at Hilo Medical Center

Mahalo for choosing Hilo Medical Center's Childbirth classes. Our 5 sessions will be at Hilo Medical Center on the 2nd floor at the Learning Center. To sign up for the sessions or if you have any questions, please call the Obstetrics Unit at 808-932-3371

Must be 28 weeks gestation by the 1st session day

Childbirth Classes

\$60 fee for Childbirth Class

Sessions focus on what to expect during labor and delivery: Topics include comfort measures for labor, relaxation and breathing techniques, medical interventions for pain management, induction of labor and Cesarean birth. Videos, car seat installation and a hospital tour will help you prepare for your stay here at Hilo Medical Center.

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2024 Childbirth Session Schedule

Location: At Hilo Medical Center on the 2nd floor
in the Learning Center

Each class contains a total of 5 sessions. These sessions will be held weekly from 4:30pm-6:45pm

Note: Days with * falls on a Wednesday

Dec/Jan	Jan/Feb	Mar/Apr	Apr/May	May/Jun	Jun/Jul
12/19	01/30	03/05	04/09	05/14	06/18
*01/03	02/06	03/12	04/16	05/21	06/25
01/09	02/13	03/19	04/23	05/28	*07/03
01/16	02/20	*03/27	04/30	06/04	07/09
01/23	02/27	04/02	05/07	*06/12	07/16

Jul/Aug	Aug/Sept	October	Nov/Dec	Dec/Jan
07/23	08/27	10/01	*11/06	12/10
07/30	09/03	10/08	11/12	12/17
08/06	09/10	10/15	11/19	01/07
08/13	09/17	10/22	11/26	01/14
08/20	09/24	10/29	12/03	01/21

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