2027 Classes

Prepared Childbirth Class

___ Jan. ___ March ___ May ___ July ___ Sept. ___ Nov.

Breastfeeding Class

___ Jan. ___ March ___ May ___ July ___ Sept. ___ Dec.

Hydrotherapy Class

___ Feb. ___ April ___ June ___ Aug. ___ Nov.

Siblings Class

___ Feb. ___ April ___ June ___ Aug. ___ Nov.

For Further Information or To Register

Please feel free to reach out if you have any questions by emailing Tomah Health's Women's Health Educators at WHClass@tomahhealth.org.



Visit TomahHealth.org/childbirth-education/ to view our 2027 classes and to sign up!

Early registration is advised.

Education classes are free to the public.

Steps To Register Online

Start by visiting:
www.TomahHealth.org/childbirth-education/



Tomah Health offers expecting parents services and education to help prepare for their new arrival! Click on each of the classes below for a detailed description of the class and to click on the date of the class you would like to attend.

1. Click on the heading or the + sign of the class you would like to attend. Then click on the class date you would like to attend.

2. The page will open to the set event where you will then click the "register now" button.

3. You will then select your date in the first dropdown and fill out the registration information.

4. After completed hit submit. You will receive a confirmation email shortly after.

Tomah Health
TOGETHER IN CARE

501 Gopher Drive, Tomah, WI 54660 | 608-372-2181
Visit us on the web at tomahhealth.org

January 2027
WH001

Childbirth Education



Expecting parents will find free services and education to help prepare for their baby's arrival at Tomah Health.

Tomah Health
TOGETHER IN CARE

Classes



Prepared Childbirth Class

This free all-inclusive course will assist you in planning your birth experience. You and your partner can support each other through pregnancy, labor, and birth by understanding the birthing process and practicing massage, relaxation, and coping techniques together.

You will learn about the physical changes you will experience, pain relief options, and possible complications, including Cesarean birth. You will also learn about newborn characteristics and primary care.

Pre-Birth Planning and Tour will also be included in the first part of the class.

Dates Offered:

January 16, 2027
March 13, 2027
May 8, 2027
July 17, 2027
September 11, 2027
November 6, 2027

Time: 9:00 a.m. – Noon

Location: Tomah Health Professional Development Center: Cranberry Room.

Please use the entrance located to the right of the Rehabilitation Services entrance.

Breastfeeding Class

This class is designed to prepare your family for the breastfeeding experience. During this class, information will be presented on the advantages of breastfeeding, prenatal preparation, healthy nutrition, the partner's role and returning to work while continuing to breastfeed.

Dates Offered:

January 20, 2027
March 31, 2027
May 26, 2027
July 21, 2027
September 15, 2027
December 1, 2027

Time: 5:30 p.m. – 7:00 p.m.

Location: Tomah Health Professional Development Center: Cranberry Room.

Please use the entrance located to the right of the Rehabilitation Services entrance.

Hydrotherapy Class

Do you have questions, concerns, or just curiosity about hydrotherapy, also known as water-birth? Then this is the class for you. Come see what water-birth is all about and learn how this technique can assist in promoting a calm, safe and relaxed birth experience.

Dates offered:

February 4, 2027 - 6:00 p.m. – 8:00 p.m.
April 6, 2027 - 7:00 p.m. – 9:00 p.m.
June 10, 2027 - 6:00 p.m. – 8:00 p.m.
August 14, 2027 - 11:00 a.m. – 1:00 p.m.
November 4, 2027 - 6:00 p.m. – 8:00 p.m.

Location: Tomah Health Professional Development Center: Cranberry Room.

Please use the entrance located to the right of the Rehabilitation Services entrance.

Car Seat Safety Class

By Appointment Only with a Child Passenger Safety Technician

Call 608-377-8400 to:

- Set up an appointment
- Receive education on how to safely transport your child
- Get help with installation
- Ask questions

Fee: Free



Sibling Class

The Sibling Class is designed to prepare children for the arrival of a new brother or sister.

Dates Offered:

February 6, 2027 - 9:00 a.m. - 10:30 a.m.
April 8, 2027 - 6:00 p.m. – 7:30 p.m.
June 11, 2027 - 6:00 p.m. – 7:30 p.m.
August 14, 2027 - 9:00 a.m. - 10:30 a.m.
November 6, 2027 - 9:00 a.m. - 10:30 a.m.

- November Class will be in Harvest Room.

Location: Tomah Health Professional Development Center: Cranberry Room.

Please use the entrance located to the right of the Rehabilitation Services entrance.