

2025 Childbirth Classes at Hilo Benioff Medical Center

Mahalo for choosing Hilo Benioff Medical Center's Childbirth classes. Our 5 sessions will be at Hilo Benioff Medical Center on the 2nd floor at the Learning Center. To sign up please visit the link below or scan the QR code. 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.



<https://www.hbmc.org/maternity/resources/#cbc#cbc>

Hilo Benioff  Medical Center

2025 Childbirth Session Schedule

**Location: At Hilo Benioff 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

Session 1	Session 2	Session 3	Session 4	Session 5
01/28	03/04	04/08	05/13	06/17
02/04	03/11	04/15	05/20	06/24
02/11	03/18	04/22	05/27	07/01
02/18	03/25	04/29	06/03	07/08
02/25	04/01	05/06	06/10	07/15

Session 6	Session 7	Session 8	Session 9	Session 10
07/22	08/26	09/30	11/04	12/09
07/29	09/02	10/07	*11/12	12/16
08/05	09/09	10/14	11/18	01/06
08/12	09/16	10/21	11/25	01/13
08/19	09/23	10/28	12/02	01/20

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