

Naval Medical Center Portsmouth August 2026 Virtual Prenatal Classes

18 August, Tuesday

1000: Baby Basics (2 hrs)
1300: Natural Comfort Measures

20 August, Thursday

1000: Stages of Labor
1300: Medical Interventions

25 August, Tuesday

1000: C-Sections
1300: Postpartum

27 August, Thursday

1000: Natural Comfort Measures
1300: Baby Basics (2 hrs)

1 September, Tuesday

1000: Postpartum
1300: Stages of Labor

2 September, Wednesday

1330: Maternal Child Stay

3 September, Thursday

1000: Medical Interventions
1300: C-Sections



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NMCP is offering VIRTUAL prenatal classes on Microsoft TEAMS as an alternate option to in-person classes. To register send an email to norma.d.knight-ponggratz.civ@health.mil with the following information:

1. **Mother's Full name including middle name, exactly as it appears on your military ID**
2. **One Email address**
3. **Due Date (Must be at least 20 weeks to register, no exceptions)**

You should be a Tricare beneficiary eligible for care at NMCP and at least 20 weeks pregnant to register. After verifying eligibility, you will be emailed the monthly links to prenatal classes. You will be validated at each meeting via your name/email and a virtual encounter will be created in your medical record for attendance. Microsoft Teams app can be downloaded to your computer, tablet or phone. You will need a strong internet signal for appropriate streaming of classes and videos along with a microphone to ask questions. Please allow 2 business days for your registration and return email. You may attend any virtual class session after you have registered. Only virtual classes can be registered this route, please contact the clinic or NMCRS to register for in person classes. Additional information and schedules are located at

<https://www.med.navy.mil/sites/nmcp/Dept/SitePages/OBGYN/PrenatalClassInfo.aspx>