

# Naval Medical Center Portsmouth September 2026 Virtual Prenatal Classes

**1 September, Tuesday**

1000: Postpartum

1300: Stages of Labor

**22 September, Tuesday**

1000: Medical Interventions

1300: Natural Comfort Measures

**3 September, Thursday**

1000: Medical Interventions

1300: C-Sections

**24 September, Thursday**

0900: Baby Basics (2 hrs)

1300: C-Section Education

**10 September, Thursday**

0900: Baby Basics (2 hrs)

1300: Natural Comfort Measures

**29 September, Tuesday**

1000: Stages of Labor

1300: Medical Interventions

**15 September, Tuesday**

1000: Stages of Labor

1300: Postpartum

**1 October, Thursday**

1000: Natural Comfort  
Measures

1300: Postpartum

**18 September, Friday**

1300: Maternal Child Stay

Naval Medical Center Portsmouth 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-pongatz.civ@health.mil](mailto:norma.d.knight-pongatz.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 or a Browser can be used. 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. Please review course descriptions and suggested order. Additional information and schedules are located at <https://www.med.navy.mil/sites/nmcp/Dept/SitePages/OBGYN/PrenatalClassInfo.aspx> or QR code.



SCAN ME