

August Virtual Prenatal Classes

12 August

1000: Stages of Labor

14 August

1000: Medical Interventions

15 August

0900: Postpartum

1200: Natural Comfort Measures

19 August

1400: Baby Basics (2 hours)

21 August

1000: Postpartum

1300: C-Section Education

22 August

1400: Maternal Child Stay

26 August

0900: Stages of Labor

1200: Medical Interventions

1400: Postpartum

28 August

1000: Baby Basics (2 hours)



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NMCP will be offering VIRTUAL prenatal classes on Microsoft TEAMS as an alternate option to in-person classes. To register, the maternal patient should email the Mother's full name, including middle (as it appears on your military ID), one email address and due date to norma.d.knight-pongartz.civ@health.mil. 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 weekly 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 and a microphone to ask questions. Please allow 1-2 business days for your registration and return email. You may attend any virtual class session after you have registered. You must 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>