January 2026 Virtual Prenatal Classes

29 December, Monday

0900: Stages of Labor
1200: Medical Interventions
1500: Natural Comfort
          Measures

30 December, Tuesday

1000: Postpartum
1300: Baby Basics (2 hours)
1600: C-Section Education

06 January, Tuesday

1000: C-Section Education
1300: Postpartum

08 January, Thursday

1000: Stages of Labor

13 January, Tuesday

1000: Natural Comfort Measures
1300: Medical Interventions
1600: Baby Basics

15 January, Thursday

1000: Maternal Child Stay

20 January, Tuesday

1000: Baby Basics
          (2 hours)

22 January, Thursday

1000: Stages of Labor

27 January, Tuesday

1000: C-Section
          Education
1300: Postpartum

SCAN ME

Scan QR Code for additional information on the website.

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-pongratz.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 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 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