

January Virtual Prenatal Classes

2 JANUARY

- 1000: Stages of Labor
- 1300: Medical Interventions
- 1600: Natural Comfort Measures

3 JANUARY

- 0900: Baby Basics
- 1300: Maternal Child Stay
- 1530: Postpartum

9 JANUARY

- 0900: C-Section

10 JANUARY

- 1000: Stages of Labor
- 1300: Medical Interventions

14 JANUARY

- 0900: Baby Basics
- 1300: Maternal Child Stay
- 1500: Postpartum

24 JANUARY

- 1000: Medical Interventions
- 1300: Natural Comfort Measures

27 JANUARY

- 1000: Stages of Labor
- 1300: C-Section

28 JANUARY

- 1000: Postpartum
- 1300: Baby Basics
- 1600: Maternal Child Stay



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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. Please allow 1-2 business days for your registration and return email. You may attend any live 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>