


# July 2024 NMCP Prenatal classes (last updated 11jun2024)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4	5
To Schedule Prenatal Classes call: NMCP Women's Health at <b>757-953-4300</b> . Classes should be scheduled in the 3 <sup>rd</sup> trimester (28+ weeks).	<b>1000-1130</b> Natural Comfort Measures <b>1300-1430</b> Postpartum <b>1530-1630</b> Labor and Delivery Tour	<b>1600-1800</b> Baby Basics	<b>1000-1130</b> Stages of Labor <b>1300-1430</b> Medical Interventions	<b>Independence Day</b>	
7	8	9	10	11	12
Prenatal classes/tours are held in the OB-GYN (Magann) Conference Room located in front of the OB-GYN/Women's Health clinic, <b>Bldg. 2, 4<sup>th</sup> Floor.</b>	<b>1000-1130</b> Postpartum <b>1300-1430</b> Stages of Labor	<b>1500-1700</b> Baby Basics	<b>1000-1130</b> Natural Comfort Measures <b>1300-1400</b> Labor and Delivery Tour	<b>**1330-1500 NMCRS Budget for Baby</b>	
14	15	16	17	18	19
In person classes/tours have limited seats and require pre-scheduling. No walk-ins can be accommodated. <b>One adult</b> healthy support person may attend with you, no children.	<b>1000-1130</b> Stages of Labor <b>1300-1430</b> Natural Comfort Measures	<b>**1300-1430 NMCRS Breastfeeding Basics</b> <b>1600-1800</b> Baby Basics	<b>1000-1130</b> Medical Interventions <b>1300-1430</b> Postpartum	<b>1400-1530</b> C-Section Education <b>1700-1800</b> Labor and Delivery Tour	<b>**1400-1530 NMCRS Budget for Baby (virtual) DWE</b>
21	22	23	24	25	26
<b>**The Navy Marine Corps Relief Society (NMCRS)</b> offers Budget for Baby virtual and in-person. Call <b>757-953-5956</b> to schedule and for room location.	<b>1000-1130</b> Natural Comfort Measures <b>1300-1500</b> Baby Basics			<b>**1330-1500 NMCRS Budget for Baby</b> <b>1700-1800</b> Labor and Delivery Tour	
28	29	30	31	1	2
 <b>SCAN ME</b>	<b>1000-1130</b> Stages of Labor <b>1300-1430</b> Medical Interventions	<b>1600-1800</b> Baby Basics	<b>1000-1130</b> Natural Comfort Measures	<b>1400-1530</b> Postpartum <b>1600-1700</b> Labor and Delivery Tour	

Schedules and class descriptions are available on the NMCP website: <https://portsmouth.tricare.mil/Health-Services/Womens-Health/Obstetrics/Prenatal-Classes> Scan QR Code to go to the website for most current information.