



May 2024 NMCP Prenatal classes last upd 12mar2024

	Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2	3
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300. Classes should be scheduled in the 3 rd trimester (28+ weeks).	1000-1130 Stages of Labor 1300-1430 Postpartum	1500-1700 Baby Basics	1000-1130 Medical Interventions 1300-1430 Natural Comfort Measures	**1330-1500 <i>NMCRS Budget for Baby</i> 1500-1600 Labor and Delivery Tour	
5	6	7	8	9	10
Prenatal classes/tours are held in the OB-GYN (Magann) Conference Room located in front of the OB-GYN/Women's Health clinic, Bldg. 2, 4th Floor.	1000-1130 Natural Comfort Measures 1300-1430 Medical Interventions	1600-1800 Baby Basics	1000-1130 Stages of Labor 1300-1430 Postpartum	1700-1800 Labor and Delivery Tour	**1400-1530 <i>NMCRS Budget for Baby (virtual)</i>
12	13	14	15	16	17
In person classes/tours have limited seats and require pre-scheduling. No walk-ins can be accommodated. One adult healthy support person may attend with you, no children.	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures	1500-1700 Baby Basics	1300-1430 Postpartum	1300-1400 Labor and Delivery Tour **1330-1500 <i>NMCRS Budget for Baby</i> 1500-1630 C-Section Education	
19	20	21	22	23	24
**The Navy Marine Corps Relief Society (<i>NMCRS</i>) offers Budget for Baby virtual and in-person. Call 757-953-5956 to schedule and for room location.	1000-1130 Postpartum 1300-1430 Stages of Labor	**1300-1430 <i>NMCRS Breastfeeding Basics (see flyer)</i> 1600-1800 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Medical Interventions	1700-1800 Labor and Delivery Tour	
26	27	28	29	30	31
	Memorial Day	1500-1700 Baby Basics	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures	1300-1400 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 site.