

# October Virtual Prenatal Classes

**2 October**

1000: Maternal Child Stay  
1200: Baby Basics (2 hours)

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**23 October**

1000: Maternal Child Stay

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**10 October**

0900: Stages of Labor  
1200 Medical Interventions  
1400: Natural Comfort Measures

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**24 October**

0900: Postpartum  
1200 Medical Interventions

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**14 October**

1000: Baby Basics (2 hours)

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**30 October**

0900: Baby Basics (2 hours)  
1200 Natural Comfort Measures

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**16 October**

0900: Stages of Labor  
1200: C-Section Education

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**17 October**

1000: Natural Comfort Measures

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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-pongatz.civ@health.mil](mailto:norma.d.knight-pongatz.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>