


September 2024 NMCP Prenatal classes (last updated 13AUG24)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester (28+ weeks).	Labor Day	1600-1800 Baby Basics	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures	1300-1430 Postpartum **1330-1500 NMCRS <i>Budget for Baby</i> 1530-1630 Labor and Delivery Tour	
8	9	10	11	12	13
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 Postpartum 1300-1430 Stages of Labor	1500-1700 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Medical Interventions	1700-1800 Labor and Delivery Tour	**1400-1530 NMCRS <i>Budget for Baby (virtual)</i>
15	16	17	18	19	20
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 please.	1000-1130 Medical Interventions 1300-1430 Natural Comfort Measures	**1300-1430 NMCRS <i>Breastfeeding Basics</i> 1600-1800 Baby Basics	1000-1130 Stages of Labor 1300-1430 C-Section Education	**1330-1500 NMCRS <i>Budget for Baby</i> 1400-1500 Labor and Delivery Tour	
22	23	24	25	26	27
**The Navy Marine Corps Relief Society (NMCRS) offers Budget for Baby virtual and in-person. Call 757-953-5956 to schedule and for room location.		1500-1700 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Postpartum	1700-1800 Labor and Delivery Tour	
29	30	1	2	3	4
 SCAN ME See Website	1000-1130 Medical Interventions 1300-1430 Stages of Labor	1600-1800 Baby Basics		1500-1600 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.