



April 2024 NMCP Prenatal Classes last upd 15APR2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4	5
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester.	Spring Break			**1330-1500 NMCRS Budget for Baby	
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, Bldg. 2, 4th Floor .	1000-1130 Stages of Labor 1300-1430 Postpartum	1500-1700 Baby Basics	1000-1130 Medical Interventions 1300-1430 Natural Comfort Measures	1700-1800 Labor and Delivery Tour	**1400-1530 NMCRS Budget for Baby (virtual)
14	15	16	17	18	19
**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.	Room reserved A.M. 1300-1430 C-Section Education	**1300-1430 NMCRS Breastfeeding Basics (see flyer) 1600-1800 Baby Basics	1000-1130 Stages of Labor 1300-1430 Medical Interventions	1300-1400 Labor and Delivery Tour **1330-1500 NMCRS Budget for Baby 1530-1700 Natural Comfort Measures	
21	22	23	24	25	26
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 Medical Interventions 1300-1430 Stages of Labor	1500-1700 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Postpartum	1700-1800 Labor and Delivery Tour	
28	29	30	1	2	3
	1000-1130 Stages of Labor 1300-1430 Postpartum		1000-1130 Medical Interventions 1300-1430 Natural Comfort Measures	1500-1600 Labor and Delivery Tour	 

Schedules and class descriptions (recommend taking Stages of Labor before any other courses) 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.