



December 2023 NMCP Prenatal Classes upd 10oct2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30	1
To Schedule Education Classes call: NMCP OB-GYN at 757-953-4300 . Classes should be scheduled in the 3 rd trimester.	1000-1130 Postpartum 1300-1430 Natural Comfort Measures	1500-1700 Baby Basics	1000-1130 Medical Interventions 1300-1430 Stages of Labor	**1330-1500 NMCRS Budget for Baby 1600-1700 Labor and Delivery Tour	
3	4	5	6	7	8
Prenatal classes 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 Medical Interventions 1500-1630 C-Section Education	1600-1800 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Postpartum	1700-1800 Labor and Delivery Tour	**1400-1530 NMCRS Budget for Baby (<u>virtual</u>)
10	11	12	13	14	15
**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.	1000-1130 Postpartum 1300-1430 Natural Comfort Measures	1500-1700 Baby Basics	1000-1130 Medical Interventions 1300-1430 Stages of Labor	**1330-1500 NMCRS Budget for Baby 1300-1400 Labor and Delivery Tour	
17	18	19	20	21	22
In person classes have limited seats and require pre-scheduling. No walk-ins can be accommodated. <u>One adult</u> healthy support person may attend with you.	1000-1130 Stages of Labor 1300-1430 Medical Interventions	1600-1800 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Postpartum	1700-1800 Labor and Delivery Tour	
24	25	26	27	28	29
Please arrive 15 minutes early, as classes start on time. If unable to attend, please cancel to open available seats. Patients more than 15 minutes late will need to reschedule .	Christmas Day				 

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.