


December 2024 Prenatal Classes updated 18OCT2024

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.	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1600-1800 Baby Basics	1000-1130 Medical Interventions 1300-1430 Postpartum 1530-1630 Labor and Delivery Tour	**1330-1500 <i>NMCRS Budget for Baby Virtual Class Day</i>	
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, 4 th Floor.	1000-1130 Natural Comfort Measures 1400-1600 Baby Basics	<i>Virtual Class Day</i>	1000-1130 Postpartum 1300-1430 Stages of Labor	1700-1800 Labor and Delivery Tour	
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 Stages of Labor 1300-1430 Medical Interventions	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1600-1800 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 C-Section Education 1600-1700 Labor and Delivery Tour	<i>Virtual Class Day</i>	
22	23	24	25	26	27
**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.		Christmas Eve	Christmas Day		
29	30	31	1	2	3
 SCAN ME		New Year's Eve	New Year's Day	<i>Virtual Class Day</i>	<i>Virtual Class Day</i>

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.