



January 2025 NMCP Prenatal Classes (In Person) upd 13dec2024

	Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2	3
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300. Classes should be scheduled in the 3 rd trimester.		New Year's Eve	New Year's Day	<i>Virtual Classes</i>	<i>Virtual Classes</i>
5	6	7	8	9	10
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 Natural Comfort Measures	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1600-1800 Baby Basics	1000-1130 Medical Interventions 1300-1430 Postpartum	<i>Virtual Class A.M.</i> 1700-1800 Labor and Delivery Tour	<i>Virtual Classes</i>
12	13	14	15	16	17
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 Natural Comfort Measures 1300-1430 Medical Interventions	<i>Virtual Classes</i> **1300-1430 NMCRS Breastfeeding Basics	1000-1130 Postpartum 1300-1430 Stages of Labor	**1330-1500 NMCRS Budget for Baby 1400-1500 Labor and Delivery Tour	
19	20	21	22	23	24
**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.	Martin Luther King Day	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1600-1800 Baby Basics	1000-1130 Stages of Labor 1300-1430 C-Sections Education	1700-1800 Labor and Delivery Tour	<i>Virtual Classes</i> **1400-1530 NMCRS Budget for Baby (virtual)
26	27	28	29	30	31
 Visit online for schedules, descriptions, Support Group and Virtual class information. 	<i>Virtual Classes</i>	<i>Virtual Classes</i>	1000-1130 Natural Comfort Measures 1300-1430 Medical Interventions	**1330-1500 NMCRS Budget for Baby 1300-1430 Postpartum 1530-1630 Labor and Delivery Tour	

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.