


July 2025 NMCP Prenatal Class Schedule upd 30may2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3	4
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 Postpartum 1300-1430 Medical Interventions 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>	Independence Day
6	7	8	9	10	11
Prenatal <u>classes/tours</u> 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 Medical Interventions 1300-1430 C-Sections	1300-1500 Baby Basics 1600-1715 Labor and Delivery Tour	1000-1130 Natural Comfort Measures 1300-1430 Stages of Labor	**1330-1500 NMCRS Budget for Baby 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i> <i>0900: Stages of Labor</i> <i>1200: Postpartum</i>
13	14	15	16	17	18
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 Stages of Labor 1300-1430 Postpartum	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1600-1800 Baby Basics	1000-1130 Medical Interventions 1300-1430 Natural Comfort Measures	<i>Virtual Classes</i>	<i>Virtual Classes</i> **1400-1530 NMCRS Budget for Baby Virtual
20	21	22	23	24	25
**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. SEMI- poss LBFC	1000-1130 Natural Comfort Measures 1300-1430 Medical Interventions	1300-1500 Baby Basics 1600-1715 Labor and Delivery Tour	1000-1130 Stages of Labor 1300-1430 C-Sections	<i>Virtual Class</i> **1330-1500 NMCRS Budget for Baby 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>
27	28	29	30	31	1
 <p>Scan the QR code to go to the NMCP website with current schedules, course descriptions, and support group flyers.</p> <p>SCAN ME</p>	Military LEAVE	Military LEAVE	Military LEAVE	Military LEAVE	Military LEAVE

NMCP website: <https://portsmouth.tricare.mil/Health-Services/Womens-Health/Obstetrics/Prenatal-Classes> Scan QR Code to go to the website for the most current information. Visit online to review class descriptions, support group information and virtual prenatal class schedules.