


July 2026 NMCP Prenatal Classes (In-Person) upd 26may26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	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 (28+ weeks).	1000-1130 Natural Comfort Measures 1300-1430 Medical Interventions	* 1600-1800 Baby Basics	1000-1130 Stages of Labor 1300-1430 Postpartum 1700-1815 Labor and Delivery Tour		Independence Day (observed)
5	6	7	8	9	10
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 Postpartum 1300-1430 C-section Education	* 1600-1800 Baby Basics	1000-1130 Medical Interventions 1300-1430 Stages of Labor 1600-1715 Labor and Delivery Tour	* **1200-1330 NMCRS Budget for Baby 1600-1730 Natural Comfort Measures	* *
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 Stages of Labor 1300-1430 Postpartum	* 1500-1700 Baby Basics	1000-1130 Natural Comfort Measures 1400-1530 Medical Interventions	* 1700-1815 Labor and Delivery Tour	**1400-1530 NMCRS Budget for Baby Virtual
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.	1000-1130 Medical Interventions 1300-1430 Postpartum	* **1300-1430 NMCRS Breastfeeding Basics 1600-1730 Natural Comfort Measures	1000-1130 C-section Education 1400-1515 Labor and Delivery Tour 1700-1815 Labor and Delivery Tour	* **1200-1330 NMCRS Budget for Baby	1000-1200 Baby Basics
26	27	28	29	30	31
 Scan the QR code to go to the NMCP website for class descriptions and virtual class information. SCAN ME	1000-1130 Stages of Labor 1400-1530 Natural Comfort Measures	* 1500-1700 Baby Basics	1000-1130 Postpartum 1300-1430 Medical Interventions 1700-1815 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. Visit online to review current schedules, class descriptions and virtual prenatal class schedules/registration. Please take Stages of Labor class first in the series.