



June 2024 NMCP Prenatal Classes last updated 9apr2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30	31
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester (28+ weeks).	Memorial Day	1500-1700 Baby Basics	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures	1300-1400 Labor and Delivery Tour 1500-1630 Postpartum	
2	3	4	5	6	7
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 Medical Interventions	1600-1800 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Postpartum	**1330-1500 NMCRS Budget for Baby 1500-1600 Labor and Delivery Tour	
9	10	11	12	13	14
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 Postpartum 1300-1430 Stages of Labor	1500-1700 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 C-Section Education	1700-1800 Labor and Delivery Tour	**1400-1530 NMCRS Budget for Baby (virtual)
16	17	18	19	20	21
**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 Natural Comfort Measures	1600-1800 Baby Basics	Juneteenth	1300-1430 Stages of Labor 1500-1600 Labor and Delivery Tour	
23	24	25	26	27	28
	1000-1130 Stages of Labor 1300-1430 Medical Interventions	1500-1700 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Postpartum	**1330-1500 NMCRS Budget for Baby 1700-1800 Labor and Delivery Tour	 

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