


November 2023 NMCP Prenatal Classes upd 10OCT2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2	3
To Schedule Education Classes call: NMCP OB-GYN at 757-953-4300 . Classes should be scheduled in the 3 rd trimester.	1000-1130 Natural Comfort Measures 1300-1500 Baby Basics	Halloween	1000-1130 Stages of Labor 1300-1430 Postpartum 1500-1600 Labor and Delivery Tour	1000-1130 Medical Interventions	
5	6	7	8	9	10
Prenatal classes are held in the OB-GYN/Magann Conference Room located in front of the OB-GYN/Women's Health clinic, Bldg. 2, 4th Floor . Tours will initiate here as well.				**1330-1500 NMCRS Budget for Baby	Veterans Day (observed)
12	13	14	15	16	17
**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.					**1400-1530 NMCRS Budget for Baby (<u>virtual</u>)
19	20	21	22	23	24
In person classes have limited seats and require pre-scheduling. No walk-ins can be accommodated. One adult healthy support person may attend with you.	1000-1130 Stages of Labor 1300-1430 Medical Interventions 1500-1630 Postpartum	1600-1800 Baby Basics	1000-1130 Natural Comfort Measures 1300-1400 Labor and Delivery Tour	Thanksgiving Day	
26	27	28	29	30	1
Please arrive 15 minutes early, as classes start on time. If unable to attend, please cancel to open available seats. Patients more than 15 minutes late will need to reschedule .	1000-1130 Postpartum 1300-1430 Natural Comfort Measures	1500-1700 Baby Basics	1000-1130 Medical Interventions 1300-1430 Stages of Labor	**1330-1500 NMCRS Budget for Baby 1400-1500 Loss Support Group 1600-1700 Labor and Delivery Tour	 SCAN ME

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.