



October 2022 NMCP Prenatal Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6	7
Classes should be scheduled in the 3 rd trimester. To Schedule Education Classes call: NMCP OB-GYN at 757-953-4300	1000-1130 Stages of Labor 1300-1430 Medical Interventions 1500-1630 Postpartum	1500-1700 Baby Basics	1000-1130 C-Section Education 1300-1430 Natural Comfort Measures	**1100-1230 NMCRS Budget for Baby 1700-1815 Maternal Child Stay	
9	10	11	12	13	14
Prenatal classes are held in the OB-GYN/Magann Conference Room located in front of the OB-GYN/Women's Health clinic, Bldg. 2, 4 th Floor.	Columbus Day	1600-1800 Baby Basics	1000-1130 Postpartum 1300-1430 Medical Interventions 1500-1630 Stages of Labor	1300-1415 Maternal Child Stay Perinatal Bereavement Candle Lighting Ceremony At 1800 Building One Steps	1000-1130 Natural Comfort Measures **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.		1500-1700 Baby Basics	1000-1130 Medical Interventions 1300-1430 Postpartum 1500-1630 Stages of Labor	**1100-1230 NMCRS Budget for Baby 1400-1530 Natural Comfort Measures 1700-1815 Maternal Child Stay	
23	24	25	26	27	28
In person classes have limited seats and require pre-scheduling. No walk-ins can be accommodated. <u>One adult</u> healthy support person may attend with you.	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures 1600-1730 Medical Interventions	1600-1800 Baby Basics			
30	31	1	2	3	4
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.	Halloween 1000-1130 Postpartum 1300-1430 Stages of Labor	1500-1700 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Medical Interventions 1500-1630 C-Section Education	1700-1815 Maternal Child Stay	 

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.