



October 2023 Prenatal Classes upd 2aug2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|------------------------------|---|---|--|
| 1 | 2 | 3 | 4 | 5 | 6 |
| To Schedule Education Classes call: NMCP OB-GYN at 757-953-4300 . Classes should be scheduled in the 3 rd trimester. | 1000-1130 Medical Interventions 1300-1430 Natural Comfort Measures | 1600-1800 Baby Basics | 1000-1130 Stages of Labor 1300-1430 Postpartum | 1000-1100 Labor and Delivery Tour | |
| 8 | 9 | 10 | 11 | 12 | 13 |
| 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 initiate here as well. | Columbus Day Holiday | 1500-1700 Baby Basics | 1000-1130 Stages of Labor 1300-1430 Medical Interventions 1500-1630 Postpartum | **1330-1500 NMCRS Budget for Baby 1700-1800 Labor and Delivery Tour | |
| 15 | 16 | 17 | 18 | 19 | 20 |
| **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 Natural Comfort Measures 1300-1430 Stages of Labor | 1600-1800 Baby Basics | 1000-1130 Postpartum 1300-1430 Medical Interventions | 1300-1400 Labor and Delivery Tour 1500-1630 C-Section Education | |
| 22 | 23 | 24 | 25 | 26 | 27 |
| 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 Postpartum | 1500-1700 Baby Basics | 1000-1130 Medical Interventions 1300-1430 Natural Comfort Measures | **1330-1500 NMCRS Budget for Baby 1700-1800 Labor and Delivery Tour | |
| 29 | 30 | 31 | 1 | 2 | 3 |
| 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 Natural Comfort Measures 1300-1500 Baby Basics | Halloween | 1000-1130 Stages of Labor 1300-1430 Postpartum 1500-1600 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.