


# October 2024 NMCP (In Person) Prenatal classes updated 12sep24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3	4
To Schedule In-person Prenatal Classes call: NMCP Women's Health at <b>757-953-4300</b> . Classes should be scheduled in the 3 <sup>rd</sup> trimester.	<b>1000-1130</b> Medical Interventions <b>1300-1430</b> Stages of Labor	<b>1000-1100</b> Perinatal Support Group <b>1130-1230</b> Postpartum Support Group <b>1600-1800</b> Baby Basics	<b>Virtual Class Day</b>	<b>1500-1600</b> Labor and Delivery Tour	
6	7	8	9	10	11
Prenatal classes/tours are held in the OB-GYN (Magann) Conference Room located in front of the OB-GYN (Women's Health clinic), <b>Bldg. 2, 4<sup>th</sup> Floor.</b>	<b>1000-1130</b> Stages of Labor <b>1300-1430</b> C-Section Education	<b>Virtual Class Day</b>	<b>1000-1130</b> Postpartum <b>1300-1430</b> Natural Comfort Measures	<b>1330-1500</b> <b>NMCRS</b> Budget for Baby <b>1700-1800</b> Labor and Delivery Tour	
13	14	15	16	17	18
In person classes/tours have limited seats and require pre-scheduling. No walk-ins can be accommodated. <b>One adult</b> healthy support person may attend with you, no children please.	<b>HOLIDAY</b>	<b>1000-1100</b> Perinatal Support Group <b>1130-1230</b> Postpartum Support Group <b>**1300-1430</b> <b>NMCRS</b> Breastfeeding Basics <b>1600-1800</b> Baby Basics	<b>1000-1130</b> Natural Comfort Measures <b>1300-1430</b> Stages of Labor <b>1530-1630</b> Labor and Delivery Tour	<b>Virtual Class Day</b>	<b>**1400-1530</b> <b>NMCRS</b> Budget for Baby ( <i>virtual</i> )
20	21	22	23	24	25
<b>**The Navy Marine Corps Relief Society (NMCRS)</b> offers Budget for Baby virtual and in-person. Call <b>757-953-5956</b> to schedule and for room location.	<b>1000-1130</b> Stages of Labor <b>1300-1430</b> Natural Comfort Measures	<b>Virtual Class Day</b>	<b>1000-1130</b> Postpartum <b>1300-1430</b> Medical Interventions	<b>**1330-1500</b> <b>NMCRS</b> Budget for Baby <b>1700-1800</b> Labor and Delivery Tour	
27	28	29	30	31	1
 See Website for details, Virtual class information and current schedules. <b>SCAN ME</b>	<b>Virtual Class Day</b>	<b>1500-1700</b> Baby Basics	<b>Virtual Class Day</b>	<b>1300-1400</b> 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 website for most current information. Please see flyers regarding **Support Groups**.