



# September 2022 NMCP Prenatal Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1	2
Classes should be scheduled in the 3 <sup>rd</sup> 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	1600-1800 Baby Basics	1000-1130 C-Section Education 1400-1530 Natural Comfort Measures	1700-1815 Maternal Child Stay	
4	5	6	7	8	9
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 <sup>th</sup> Floor.	Labor Day		1000-1130 Natural Comfort Measures 1300-1430 Stages of Labor 1500-1630 Postpartum	**1100-1230 NMCRS Budget for Baby 1400-1530 Medical Interventions	
11	12	13	14	15	16
**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 Postpartum 1300-1430 Medical Interventions 1500-1630 Stages of Labor	1600-1800 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 C-Section Education	Meeting at 1000 1700-1815 Maternal Child Stay	**1400-1530 NMCRS Budget for Baby (virtual)
18	19	20	21	22	23
In person classes have limited seats and require pre-scheduling. No walk-ins can be accommodated. <b>One adult</b> healthy support person may attend with you.	1000-1130 Stages of Labor 1300-1430 Medical Interventions 1500-1630 Postpartum	1500-1700 Baby Basics	1300-1430 Natural Comfort Measures	**1100-1230 NMCRS Budget for Baby 1400-1515 Maternal Child Stay	
25	26	27	28	29	30
Please be on time to classes and call to reschedule/cancel to open available seats. Patients more than 15 minutes late are asked to reschedule.	1000-1130 Natural Comfort Measures 1300-1430 Stages of Labor	1600-1800 Baby Basics	1000-1130 Medical Interventions 1300-1430 Postpartum	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.