



September 2023 NMCP Prenatal Classes upd 2UG2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7	8
To Schedule Education Classes call: NMCP OB-GYN at 757-953-4300 . Classes should be scheduled in the 3 rd trimester.	Labor Day				
10	11	12	13	14	15
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.	1000-1130 Stages of Labor 1300-1430 Medical Interventions	1500-1700 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Postpartum	**1330-1500 NMCRS Budget for Baby 1600-1700 Labor and Delivery Tour	
17	18	19	20	21	22
**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 Medical Interventions 1300-1430 Natural Comfort Measures	1600-1800 Baby Basics	1000-1130 Postpartum 1300-1430 Stages of Labor	1300-1400 Labor and Delivery Tour 1500-1630 C-Section Education	**1400-1530 NMCRS Budget for Baby (<u>virtual</u>)
24	25	26	27	28	29
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. Please arrive 15 minutes ahead to get checked in before start time.	1000-1130 Stages of Labor 1300-1430 Postpartum	1500-1700 Baby Basics	1000-1130 Natural Comfort Measures 1300-1430 Medical Interventions	**1330-1500 NMCRS Budget for Baby 1600-1700 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.