

# PRENATAL CLASS SCHEDULE

**First Trimester Class** - (approx 1-11wks of pregnancy)

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of month at 0900, OB/GYN Clinic

**Second Trimester Class** - (approx 12-25wks of pregnancy)

1<sup>st</sup> Monday of month at 0900, OB/GYN Clinic

**Third Trimester Class** - (approx 29-38wks of pregnancy)

3<sup>rd</sup> Monday of month at 0900, OB/GYN Clinic

**Red Cross** - "Infant and child CPR " class

3<sup>rd</sup> Monday of month at 1300, OB/GYN Clinic

**Breastfeeding Class** - 2<sup>nd</sup> Tuesday of month at 0900, OB/GYN Clinic

**Expectant Father's Class** - Every quarter at 0900, OB/GYN

**CONTACT GYN CLINIC AT 629 6404**

\*\*\*DATES OF CLASSES SUBJECT TO CHANGE DUE TO PATIENT\*\*\*  
PARTICIPATION, HOLIDAYS, ETC!!!

**Navy Relief** - "Budgeting for Baby" - 04<sup>th</sup> Wednesday of month, Capo location

" Baby Basics Course" - 03<sup>rd</sup> Thursday of month, Capo location

626-3913/081-568-3913 for registration/information

**VOLUNTARY HOME VISITS BY NURSE.**

**Fleet and Family Service Center (New Parent Support Team) -**

Breastfeeding consults. Resource library. Home visits/consults. Tel 629-6546/081  
811-6546.

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