

Prenatal Class Schedule

***Please contact OB/GYN clinic at 629-6404 to register for the following classes:**

New OB Class/First Trimester Class-

(Approx. 6-10 weeks of pregnancy)

Date(s): 18JUL12, 01AUG12, 15AUG12

Time: 0900-1200

Location: OB/GYN lobby

Topics Discussed:

- Prenatal orientation and education
- Nutrition in Pregnancy

Second Trimester Class-

(Approx. 12-28 weeks of pregnancy)

Date(s): 09JUL12, 06AUG12

Time: 0900-1200

Location: OB/GYN lobby

Topics Discussed:

- What to expect in 2nd trimester
- 28 weeks laboratory tests/Rhogam
- New Parent Support Team
- New Baby Shipment Info

Third Trimester Class-

(Approx. 29+ weeks of pregnancy)

Date(s): 30JUL12, 20AUG12

Time: 0900-1200

Location: OB/GYN lobby

Topics Discussed:

- What to expect in 3rd trimester
- Registration/Passport/Citizenship
- Pain Management
- Visit from Pediatric Clinic-Newborn Topics
- Tour of Labor and Delivery
- Tri-Care Representative

Infant CPR-

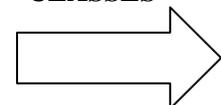
(Parents to be and/or new parents)

Date(s): 30JUL12, 20AUG12

Time: 1300-1600

Location: OB/GYN lobby

**PLEASE TURN OVER FOR MORE
CLASSES**



Breastfeeding Class-

Date(s): 17JUL12, 14AUG12

Time: 0900-1200

Location: OB/GYN lobby

Expectant Father's Class-

(Class is held for fathers to be)

Date(s): 10AUG12

Time: 0900-1200

Location: OB/GYN lobby

CLASSES HELD AT CAPODICHINO-

***Please call 626-3913/081-568-3913 to register for the following classes:**

Budgeting for Baby- Fourth Wednesday of every month

Baby Basics Course- Every Thursday from 0900-1200

Location: Navy Relief Office (CAPO)

Admin Building 2

Ground Floor- G016

Fleet and Family Service Center (New Parent Support Team)

Phone: 629-6546/081-811-6546