

OB Tour: Anxious about your delivery? Wondering what your delivery room will look like and what to expect? Register for the OB Tour given on the 1st and 3rd Wednesday of every month. Tour starts at 1 and lasts anywhere from 1.5 – 2 hours depending on questions. Tour the Labor Deck, Delivery Room, Postpartum Room, speak with an Anesthesia Provider and have all your questions answered. Couples only please, no children. Please call 450-4561 to register or you can schedule a tour during any of your prenatal appointments in person.

Early Pregnancy: Designed to guide you through the changes your body will go through during your first and second trimester. You will learn how to keep healthy and fit with diet and exercise. We will share important information to assist you in caring for yourself and your baby. Classes should be taken upon confirmation of a positive pregnancy test. Classes are held every Wednesdays from 1:30 – 3:30 pm. To register for a class please call Health Promotion and Wellness at 451-3712.

Nutrition & Exercise During Pregnancy: This class is designed for pregnant women who may be gaining weight too fast during pregnancy, who were overweight before pregnancy, or who are interesting in eating healthy and exercising during pregnancy. This class is taught on two Tuesday's each month from 1:00 – 3:30 in the Naval Hospital Galley. For more information or to register call 451-3712.

Gestational Diabetes Management: This class is designed for anyone who has been diagnosed by a healthcare provider with gestational diabetes (pregnancy-related diabetes). Learn about the disease process, goals of treatment (including the role of physical activity), risks to mother and infant, blood glucose monitoring, and treatment plan. This two session class meets for one hour and classes are held every Thursday from 10:00 – 12:00. Call Health Promotion and Wellness at 451-3712 to register.

Lamaze Class: Approach labor and birth with confidence and knowledge knowing that your body knows just what to do. Classes will help you feel more confident and allow you to trust your body. You will learn comfort measures, breathing, relaxation, coping mechanisms, and the benefits and risks of medical interventions. Classes are limited to 15 couples, allowing for more personal attention. Register early, classes should be taken in about your 7th month. Classes are planned in a 3 to 4 week sessions depending on the month (all classes begin at 5:00 pm). Call Health Promotion and Wellness at 451-3712 to register.

Infant Care Class: Never held a baby or changed a diaper? Learn the basics of infant care before your baby is born. Class includes interactive information and demonstrations on holding, diapering, bathing and feeding a baby. Newborn characteristics and behaviors are explained. Classes are held twice a month on Tuesdays. Call Health Promotion and Wellness at 451-3712 to register.

Pregnancy Exercise Program: This pre/post natal exercise class provides women a simple and convenient opportunity to participate in a group fitness atmosphere with other women in similar stages of pregnancy. This program is a one-hour class offered at the

Tarawa Terrace Fitness Center on either Mondays & Wednesdays from 10:20 – 11:20 am or on Thursdays from 3:30 – 4:30. Call 451-3712 for more information or to register.

Siblings Class: The sibling class is designed for children between the ages of 3 and 9. Children are encouraged to express their feelings about having a baby brother or sister. Topics explored in the class include: what to expect when the baby arrives home; how to help Mom and Dad care for the new baby; a craft project and a virtual tour of the Labor and Delivery Unit and Mother Baby Unit. Classes are held monthly on Monday's from 2:30 – 3:30. Call Health Promotion at 451-3712 to register.

Breastfeeding Basics Class: Learn the basic techniques to successfully feed your infant. Day classes are held from 12:30 – 2:30 on the 1st and 3rd Tuesday of the month. Night classes are held from 6 - 8 pm on the 2nd and 4th Monday of the month. Mothers who are between 28 - 36 weeks of pregnancy should attend. Classes are taught by Registered Lactation Consultants at the Naval Hospital Camp Lejeune. Call 450-4561 to register.

* Classes are not taught on federal holidays.