



NHCL Lactation Support Group

NHCL's IBCLC & CLC's supporting mothers on their breastfeeding journey. We offer an open, supportive discussion group to talk about the challenges and joys of breastfeeding as well as an opportunity to weigh your baby! **Every 3rd Wednesday of each month**, Building 4, Health & Wellness Department. **Point of Contact: LT Gail Evangelista 904-422-5702**

Baby Boot Camp-NPSP

Bldg 799 Brewster Blvd

Offered by the **New Parent Support Program**, this 2 day, baby boot camp class is designed to help Mom and Dad make a smooth transition into parenthood. You will learn how to care for your newborn through 6 months of age. It is fun, interactive, and filled with "hands on" activities and training. **Call 449-9501 to register.**

Budget for Baby Class-NMCRS

400 McHugh Blvd

Offered by the **Navy-Marine Corps Relief Society**, learn budgeting techniques and the impact a baby has on a family's finances. This class is offered the 1st and 3rd Friday of each month at Bldg 524. **To register, call 451-5346/5584.**

OB Tour-NHCL

The OB Tour encompasses a tour of the NHCL Facility in which 3rd trimester attendees are escorted to various areas throughout the hospital and are familiarized with what to expect as they begin their journey through labor. 1st & 3rd Wednesdays, meet in the OB/Gyn waiting area. **Call 450-4561 to register.**

Breastfeeding Class



Learn the basic techniques to successfully breastfeed your infant from a Registered Lactation Consultant. Mothers should be at least 28 weeks pregnant to attend.

A support person is welcome to attend. **Call 450-4561 to register.**

The Breastfeeding Class is given monthly on the 1st Sunday and 3rd Sunday from 1:00pm – 3:00pm or 1st Tuesday and 3rd Tuesday from 12:30pm – 2:30pm. You only have to attend (1) Class.

The Breastfeeding Class is held on the 3rd Floor, in the Mother Baby Conference Room.



Health Promotion Wellness Programs

“Navigating You to Better Health”

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.

Lamaze Childbirth Preparation



Approach labor and birth with confidence and knowledge, knowing that your body knows just what to do. You will learn comfort measures, breathing, relaxation, coping mechanisms, and the benefits and risks of medical interventions, including a tour of Labor & Delivery at the Naval Hospital. Register early, classes should be taken in about your 7th month.

Pregnancy Exercise Program (PEP)



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.

Nutrition & Exercise During Pregnancy

This class is designed for pregnant women who may be gaining weight too fast, not gaining enough weight during pregnancy, or are interested in eating healthy and exercising during pregnancy.

Infant Care



Learn the basics of infant care before your baby is born. Class includes information and demonstrations on holding, diapering, bathing and feeding a baby. Newborn characteristics and behaviors are explained.

Sibling



The sibling class is designed for children between the ages of 3 and 9. This is a highly interactive class that includes safety lessons with life-like dolls, a virtual tour of a NHCL labor room, and crafts.

Gestational Diabetes



This gestational diabetes class is designed for pregnant women who have been diagnosed with gestational diabetes during pregnancy, those who may have borderline gestational diabetes, or those who had diabetes before pregnancy. Patients must have a separate consult for Health Promotion & Wellness and Nutrition clinic from their provider before registering.

To register for a class or make an appointment please call

910.451.3712

NHCL Health Promotion and Wellness Bldg 4

(across the street from the Camp Lejeune Base Theater).

