

January 2017 NMCP Prenatal Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 New Year's Day (observed)	3	4	5 1300-1700 Childbirth Prep class and Tour 1730-1900 Labor & Delivery Tour	6	7
8	9	10 1100-1300 NMCRS Budget for Baby	11 1230-1430 Breastfeeding Basics	12 1300-1700 Childbirth Prep class and Tour 1400-1500 Pregnancy and Postpartum Support Group 1730-1900 Labor & Delivery Tour	13	14 0900-1300 Childbirth Prep class and Tour
15	16 Martin Luther King Day	17	18 1230-1430 Working and Breastfeeding	19	20	21
22	23	24	25 1230-1430 Breastfeeding Basics	26 1100-1300 NMCRS Budget for Baby 1300-1430 Labor & Delivery Tour 1400-1500 Pregnancy and Postpartum Support Group	27	28
29	30	31	1	2	3	4
		To Schedule Education Classes call: 1-866-MIL-HLTH (1-866-645-4584) or NMCP OB-GYN at 953-4300.	*Childbirth Prep classes are held in the OB-GYN/ Magann Conference Room in front of OB-GYN clinic, Bldg. 2, 4 th Floor.	*Breastfeeding classes are held in Bldg 2, 4 th floor 4KL Dayroom in the Postpartum Inpatient Ward.	*Pregnancy and Postpartum Support group meets in Social Work Conference Room, Bldg 3, 4 th Floor. Call 757-953-5861 to schedule.	*Navy Marine Corps Relief Society offers Budget for Baby twice monthly at NMCP, Call 757-953-5956 to schedule.