

March 2017 NMCP Prenatal Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	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.	1230-1430 Breastfeeding Basics	1300-1430 Labor & Delivery Tour		
5	6	7	8	9	10	11
		1100-1300 NMCRS Budget for Baby	1230-1430 Breastfeeding Basics	1300-1700 Childbirth Prep class and Tour 1400-1500 Pregnancy and Postpartum Support Group 1730-1900 Labor & Delivery Tour		0900-1300 Childbirth Prep class and Tour
12	13	14	15	16	17	18
			1230-1430 Working and Breastfeeding	1300-1430 Labor & Delivery Tour		
19	20	21	22	23	24	25
			1230-1430 Breastfeeding Basics	1100-1300 NMCRS Budget for Baby 1300-1700 Childbirth Prep class and Tour 1400-1500 Pregnancy and PP Support Group 1730-1900 Labor & Delivery Tour		
26	27	28	29	30	31	1
				1300-1430 Labor & Delivery Tour	*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.