



Naval Hospital Camp Lejeune
Centering Pregnancy
Prenatal Care Program

910-450-4066

Like us on Facebook at www.facebook.com/NHCLCentering

Centering is group prenatal care consisting of 8-10 women who share close proximity due dates.

The APPOINTMENTS are 2 hours in length, are every 4 weeks until the 28th week of pregnancy then are every other week.

There are 10 sessions/ Appointments that include your Prenatal Care with an added educational component!

You will see the same Provider (Doctor/Midwife) for every session/appointment!

Feel free to bring a support person. This could be Dad, a friend, or a parent. Children are not permitted at Centering appointments.

All Centering Appointments start ON TIME and end ON TIME! There is NO WAITING for your Appointment!