

Available Seminars during Pregnancy

Ota City conducts the following seminars for expectant mothers who have submitted their resident registration *Jyumin Touroku* in Ota. **<Application is necessary.>**

Please see the [Ota City website](#) (only in Japanese) for schedules as follows:

医療・健康 “Iryou・Kenkou” ➡ 健康 “Kenkou”

➡ 妊娠・出産・育児のサイト “Ninshin・Shussan・Ikuji”

■ Food and Dental Seminars

- ✧ A nutritionist will discuss eating habits from the time of pregnancy to labor, and the nutrition of babies.
- ✧ A dental hygienist will discuss about the teeth of pregnant women and babies / infants.

■ Pregnancy and Childbirth

- ✧ Pregnant life and the stages of childbirth

■ Afterbirth and Breastfeeding

- ✧ Life afterbirth, breastfeeding, and parenting

※ Attendance is up to one time per person for any seminar.

Contact Information:

■ Ota-shi Health Center *Ota-Shi Hoken Center*

Tel: 0276-46-5115

(Regarding Maternal and Child Health, Tel. 0276-61-3001)

■ Nitta Health Center *Nitta Hoken Center*

Tel: 0276-57-2651