

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:

いりょう けんこう 医療・健康 “Iryou・Kenkou” ➡ けんこう 健康 “Kenkou”

➡ にんしん しゅっさん いくじ 妊娠・出産・育児のサイト “Ninshin・Shussan・Ikuji”

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