

### About Parenting Classes

The city offers parenting classes.

Up till now, classes have been held at Yuyukan in Isawa, but from now on they will take place at a conference room at Oshu City Hall.

For details about dates and times, please check the info sheet (distributed to eligible people when they get their Health Handbook) or contact the office at the bottom of this page.

Those who are eligible and interested in participating should call to apply three days before the class they wish to take. (See contact info at the bottom of the page.)

Who: People living in Oshu who are 6-8 months pregnant
Where: Conference room at Oshu City Hall
Participant limit: 16 people
Contents: Dental hygiene class, nutrition class, videos, etc.
Staff: Public health nurse, dental hygienist, nutritionist

### Important Notes:

- Basic infection prevention measures, such as ventilation, are in effect.
- Hand sanitizer and temperature checks are in place at the venue entrance.
- Those who have been told by their main healthcare provider to take bedrest, or those experiencing bloating or cold-like symptoms, should not participate.
- If someone around you has become infected, please contact us in advance.

※ Depending on the current COVID-19 situation, classes may be canceled or the content may change. Thank you for your understanding and cooperation.

### Contact

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