

# いよいよお産の日スケジュール

※予約制の催しは、当日会場で先着順に予約を受け付けます。人数によってはお断りする場合がございます。  
また、各イベントの時間は状況により変更があることをあわせてご理解ご了承ください。

| 場 所 | 内 容                | 時 間                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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|     |                    | 10時                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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| 15時 | 16時  | ※妊婦の方は母子健康手帳 |       |
| 4 階 | マタニティヨガ【予約制】       | ↔                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           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| ↔   |      | 運動のできる服装     |       |
|     | マタニティエクササイズ【予約制】   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             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|     | ベビーマッサージ【予約制】      | ↔                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           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| ↔   | ↔    | バスタオル1枚      |       |
|     | もくよく体験【予約制】        | ↔↔↔                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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|     | ↔↔↔  |              |       |
|     | ミニマタニティフォトブース【予約制】 | ↔↔                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          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|     | ↔↔↔↔ |              |       |
|     | 母乳育児相談             | 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## ブース紹介

### ●マタニティヨガ●

時間：10:00～、13:50～ (40分間)

### ●マタニティエクササイズ●

時間：12:05～、15:00～ (40分間)

対象：妊娠16週以降の妊婦さん。パパも参加できます。

### ●妊娠・母乳と薬～薬剤師からのお話～●

時間：13:00～13:30

対象：どなたでもどうぞ。

薬剤師が多くのママが気になる薬のことについてお話します。

### ●ベビーマッサージ●

時間：10:00～、11:00～、  
12:00～、13:45～、  
14:45～ (40分間)

対象：1歳未満のお子様  
妊婦の方は見学OK

### ●もくよく体験●

時間：10:00～、10:30～、11:00～、  
12:00～、12:30～、13:00～、  
15:00～、15:30～ (30分間)

対象：妊婦さんとご家族。ご家族が体験することもできます。

### ●ミニマタニティフォトブース●

時間：10:00～11:00、  
12:00～14:00、14:30～16:00

対象：どなたでも

マタニティライフの思い出に  
笑顔のパチリ！

### ●お産劇●

時間：11:30～、14:00～  
(30分間)

出産って？命って？

きっと深く感じるものがある  
はず。スタッフが熱演します！

### ●パパ教室●

時間：10:10～11:10

対象：パパになる男性

もうすぐパパになるという自覚を持つことは  
意外に難しいですね？どんな準備をすれば  
よいのか一緒に考えてみましょう。

### ●母乳育児相談●

時間：1組20分間

対象：授乳中のママとお子様

### ●助産師外来体験●

時間：1組20分間

対象：妊娠16週以降の妊婦さん