

The Prenatal classes even during the pandemic.

To be close and reach all the future mothers and fathers, the ASL3 free clinic organizes online classes for foreigners in their mother languages.

During the classes it will be possible to stay in touch with the midwives who will answer all questions and clarify any doubts. Midwives will also talk about labour, delivery, breastfeeding and care of the newborn.

You will receive all the useful informations.

How to book:

By calling the numbers: 0108496830 or 0108496849

By sending an email to: [prenatalclasses@asl3.liguria.it](mailto:prenatalclasses@asl3.liguria.it)

How it is organized:

You will receive the link for the online platform.

The meetings are held weekly, lasting approximately 90 minutes, for a total of 6 meetings.

There are also gonna be meetings with other specialists and doctors.

1<sup>st</sup> meeting in english: February 8, 2021 at 3pm

We are waiting for you,

The Midwives of the *Percorso Nascita*