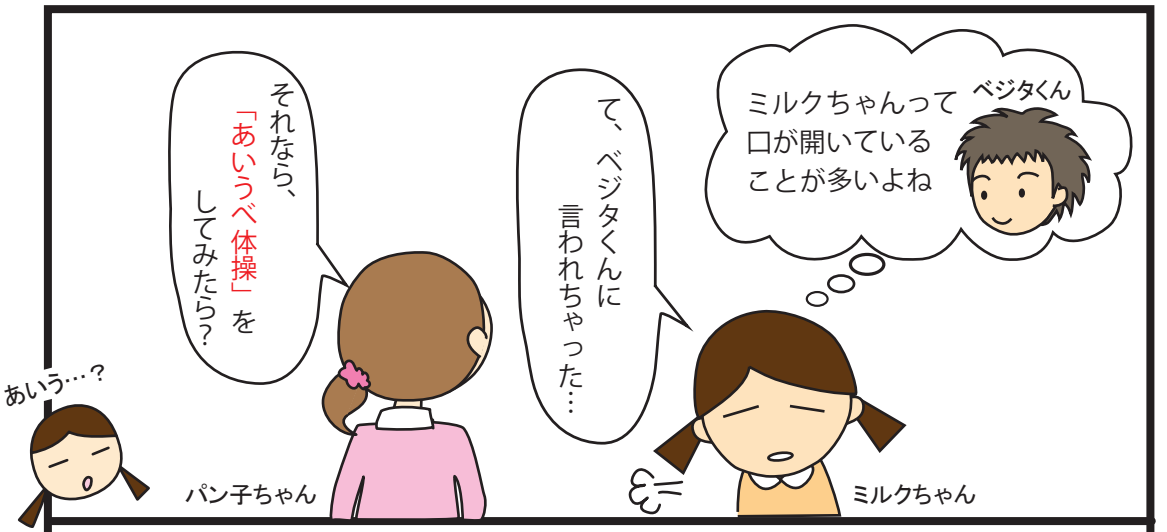
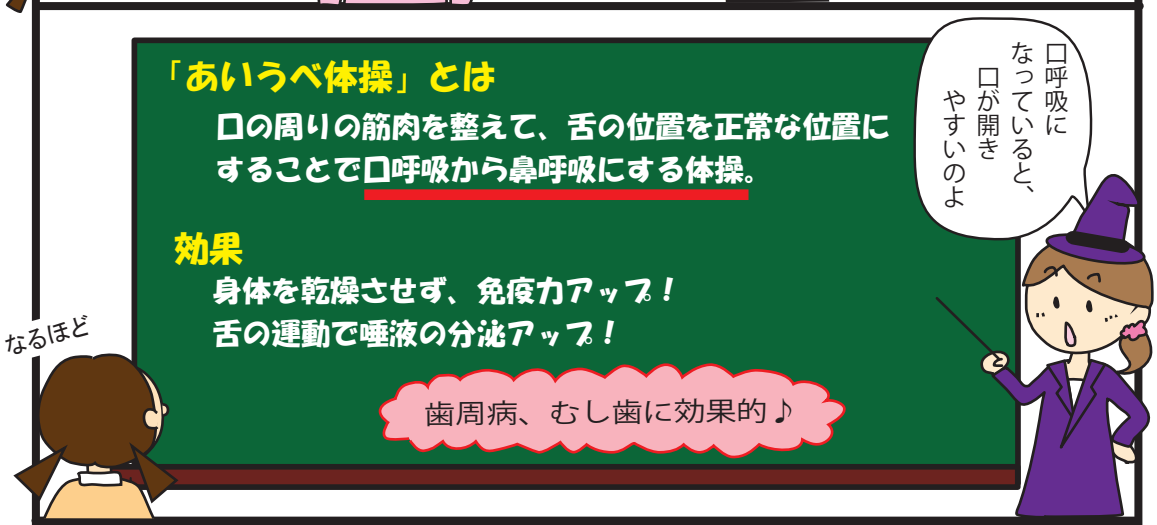
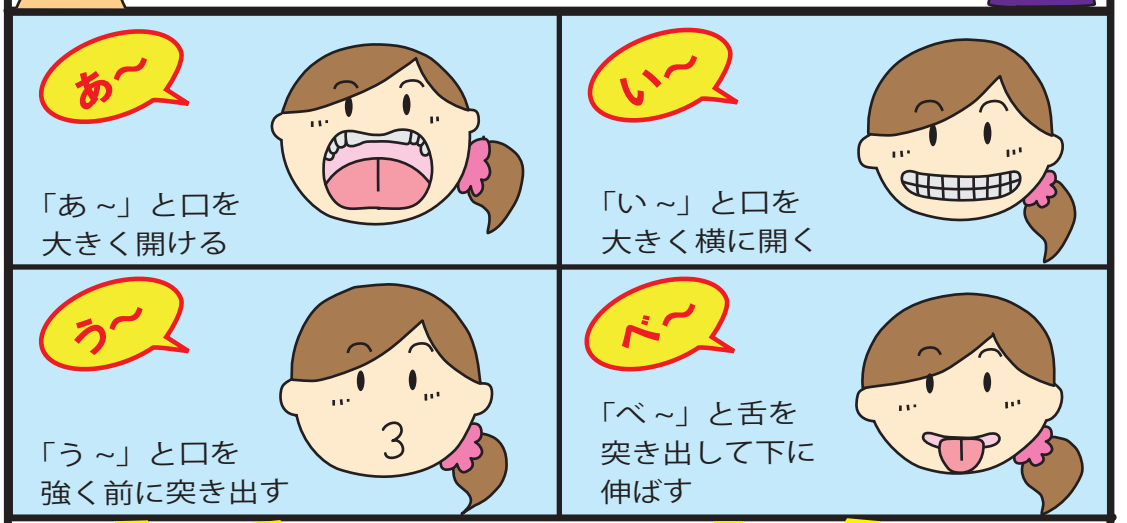
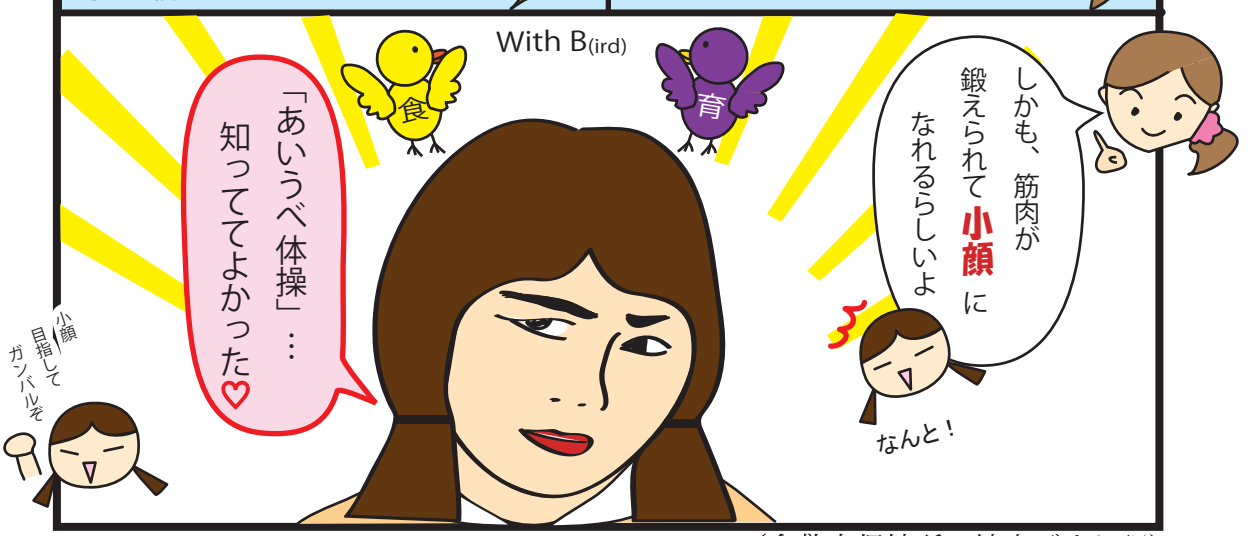
# 魔法のことば「あいうべ」の巻




（倉敷市保健所　健康づくり課）