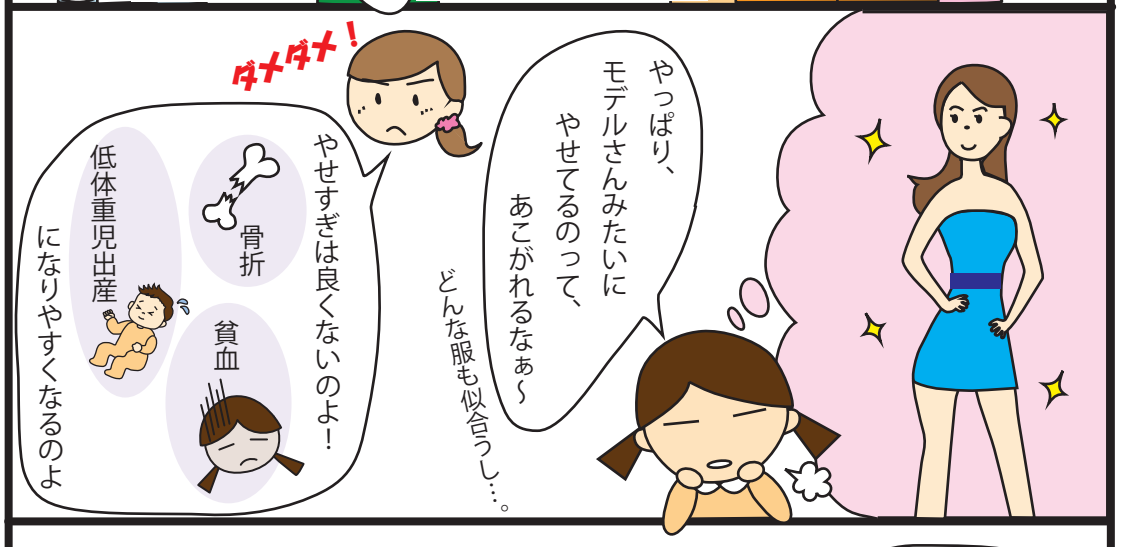
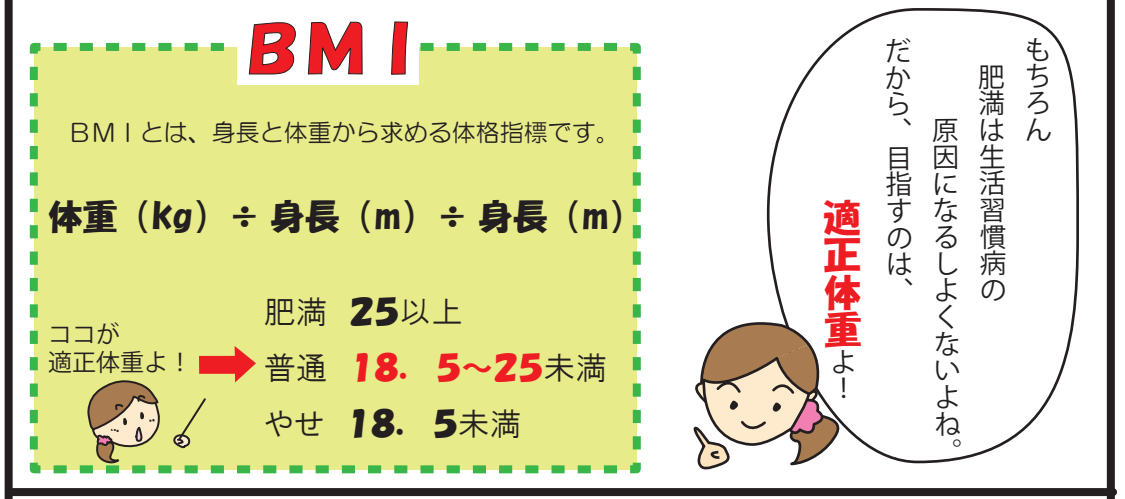
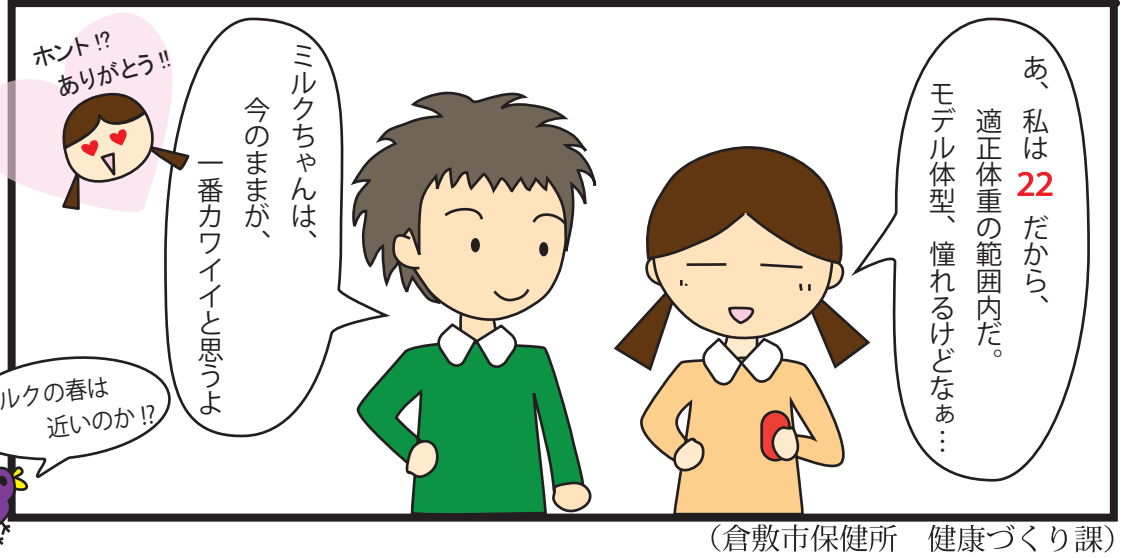
『普通』のあなたが一番ステキ☆の巻







（倉敷市保健所　健康づくり課）