



HAMURA NEWS

March 1st, 2023

Edited by: Hisho Kouhou Ka (Secretary & Public Information Section)

Published by: Hamura City 5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

Hamura City Official Website = <https://www.city.hamura.tokyo.jp> E-mail:s102000@city.hamura.tokyo.jp

はむら花と水のまつり2023開催!

<HAMURA FLOWER AND WATER FESTIVAL 2023>

~ Some locations will be changed. ~

Inquiries: Hamura Flower and Water Festival Executive Committee Office (Hamura City Tourism Association

☎042-555-9667 / Industry Promotion Division, Commerce and Industry Tourism Section

☎Ext.667).

● Early Term ~ Sakura Festival

Date and Time: March 25th (Sat) ~ April 9th (Sun) 10AM~5PM

Location: Sakura Dzutsumi Park, Water Park and Shinsui Park.

** Banquets are not possible in or around the venue.

● Late Term ~ Tulip Festival

Date and Time: April 10th (Mon) ~ 20th (Thu) 10AM~5PM

Location: Paddy field in front of Negarami

★ There will be mock stores for both terms, details will be announced in Hamura News (Koho) March 15th Version.

** The early term Sakura Festival will be changed location from

** It is not allow to have party around venues.

** Please have countermeasures to prevent COVID-19.



こいのぼり飾りに協賛募集

<Please support the CARP STEAMER decoration!>

During the Hamura Flower and Water Festival 2023 "Late term Tulip Festival", Carp steamer decorations will be carried out for wishing the healthy growth of children. You may see the swimming carp steamer drawn by children of nursery school and kindergarten in the blue sky.

For this foundation, kindly have the support from citizens, business establishments / organizations, nursery schools / kindergartens, etc.

Decoration term of Carp Steamer: April 10th (Mon) ~ 20th (Thu)

Location: Paddy field in front of Negarami (tulip field)

Sponsorship: Individual ~ ¥3,000 / per unit

Business establishments / groups ~ ¥5,000 / per unit

** You may apply for as many units as you like

How to apply: Till March 18th (Sat), please submit to Hamura Flower and Water Festival Executive Committee Office (Hamura City Tourism Association 1-13-15 Hanehigashi (close Tuesday and Wednesday) directly.

Benefits: Names and groups will be posted at Tulip Festival Venue

ADVERTISE YOUR BUSINESS on HAMURA CITY-DESIGNATED WASTE BAG

Design of Hamura City-designated Burnable Waste Bags (blue plastic) will incorporate a section for business advertisement. It can be a great medium to effectively promote your business to local residents.

Listing Period: Starting from July 2023 for 1 year (may be subject to change by number of distribution)

Special Offer (optional): Free banner advertisement on Hamura City Official Website for 3 months.

Application: Please submit to Seikatsu Kankyou-Ka via post mail, email or come to directly with the draft data and completed contract form before March 31st (Fri).

If using format other than illustrator, ai-File, JPEG, TIFF, PDF, please make an inquiry. Post mail to 〒205-8601 (location is not required) / ✉s208000@city.hamura.tokyo.jp

* Please download application form from City official website.

Listing Fee: Differs depending on the design size and quantity. Advertisement for packaging only cannot be placed. On individual bags - ¥70,000~¥180,000 / On wrapping of bulk-sale package - ¥40,000~¥45,000

Please contact Seikatsu Kankyou Ka ☎Ext.204./ s208000@city.hamura.tokyo.jp

Inquiries: Seikatsu Kankyou Ka ☎Ext.204



■新型コロナウイルスワクチンが接種 予約受付中です！

<The COVID-19 Vaccine are accepting reservation of vaccination!>

For details, please search [Hamura COVID-19 vaccine] in city official website.

Inquiries: Hamura City COVID-19 Call Center ☎0570-030207 (9AM~5PM including Saturday, Sunday and Holidays)

** Those who wish to use the telephone relay service (call through an operator who interprets in sign language etc.), please call Kenko Ka (in Hoken Center) ☎Ext. 628~630

お知らせ

INFORMATION

■堰下レクリエーション広場の受付期間・窓口などが変更

< Under the Weir Recreation Square's Reception period, Service location etc. will be changed.>

From April, the registration period, etc. for the recreation field under the weir will be changed as follows.

New location ~ S&D Sports Park (Fujimi Park) Club House.

● **Till March 31st**

Reception	Within the city	3 months prior to the desired date of use
	Outside of city	1 month prior to the desired date of use
Cancellation		Refund~ ● Full refund if cancel request up to 20 days prior to the desired date of use. ● 75% refund if cancel request up to 10 days prior to the desired date of use. ● 50% refund if cancel request up to 5 days prior to the desired date of use.
Location		S&D Sports Arena Hamura (Sports Center)

● **From April 1st**

Reception	Within the city	1 month prior to the desired date of use
	Outside of city	10 days prior to the desired date of use
Cancellation		Full refund if cancel request up to 5 days prior to the desired date of use.
Location		S&D Sports Park Fujimi (Fujimi Park) Club House

Inquiries: S&D Sports Arena Hamura (Sports Center) ☎042-555-0033

「いこいの里」4月1日から毎週日曜日を休館

< Ikoi No Sato closes every Sunday from April 1st.>

“Ikoi No Sato” ~ Home Service Center for the Elderly will be closed every Sunday from April 1st.

** The center will remain to close on Holidays.

Thank you for your understanding and cooperation.

Inquiries: Korei Fukushi Kaigo Ka, Korei Fukushi Kakari ☎Ext. 175 /
The elderly home service center Ikoi No Sato ☎042-578-0678



■妊婦応援特別給付金は3月31日（金）まで

<Pregnant Woman Support Special Benefit can be applied till March 31st (Fri)>

City will provide a “pregnant woman support special benefit”, so that pregnant women can maintain their health and create an environment where they can give birth and raise children with peace of mind.

Eligibility: Those who have a city resident’s card at the time of applying for the benefits, have submitted a pregnancy notification from April 1st, 2022 ~ March 31st, 2023 and have received a maternal and child health handbook.

- For those who have submitted a pregnancy notification within April ~ September, 2023. The application form will be sent to.
- Please make sure to have stamp before submitting application form.
- In principle, the benefit will be sent to pregnant women’s account, if you need to send to others account, the power of attorney will be required.
- For those who will move in Hamura and submit a pregnancy notification after April 1st are also eligibility, please inquiry.

Inquiries: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 697

4月に小学生のお子さんに(子)の医療証を送付

< For child will be Elementary School student from April, Medical Certificate (子) 医療証 will Be Sent>

If your child was born between Apr 2nd, 2016 and Apr 1st, 2017, and will enter an elementary school first grade in April 2023. The new health insurance certificate <Child Medical Certificate (子) 医療証> under the Medical Program for Children of Compulsory School Age for your child which is valid from April will be sent from the City Hall Kosodate Shien Ka in late March. No further application procedures are required.

Please note that, for those children, Infant Medical Certificate (乳) 医療証 will expire on March 31st(Fri) 2023. The “Medical Expense Subsidy System for Children of Compulsory Education School Age (Maruko)” provides subsidies for children of compulsory education school age to cover 30% of the out-of-pocket medical expenses, excluding ¥200 (maximum amount) per hospital visit.

** Please be sure to report any changes in your child’s health insurance card.

** Children who have not yet entered elementary school and do not have an Infant Medical Card, and children who are attending elementary or junior high school and do not have a Child Medical Card may apply for the subsidy.

** Please note that, in principle, retroactive certification is not available.

Required documents to apply:

- ① Child’s insurance card.
- ② Applicant’s Identification Document (Driving License, My Number Card or passport etc.).
- ③ If you were residing in other municipality as of January 1st 2023, please also bring a taxation statement of 2023 (令和4年度課税・非課税証明書) issued by the municipality.

** If you agree to confirm the acquisition of local tax information through linkage under the My number system, the submission of the certificate can be omitted.

Inquiries: City Hall, Kosodate Shien Ka, Shien Kakari ☎Ext. 237

■ For Hamura City National Health Insurance Members ~ “Muscle Training Semina in Spring”

~ Self-training to eliminate metabolic syndrome. ~

Date and Time: March 18th (Sat) 10AM~11:30AM (accepting: 9:45AM~)

Location: Primo Hall Yutorogi, Kouzashitsu 1

Eligibility: For age 40~74 who are enrolled in Hamura City National Health Insurance on the day of seminar.

Capacity: 10 (in order of application)

** Scheduled to be jointly implemented with specific health guidance on the day.

Things to bring: Writing utensils and Beverages.

Details: Fat burn exercise, prevention of lifestyle-related diseases, self-training and random training (exercise practice).

** Please come with wearing mask, easy to move clothes easy and shoes.

Lecturer: Mr. Tomomi Kantani (Medical Fitness Division, Wafukai Association, Medical Corporation)

How to apply and Inquiries: Starting from March 3rd (Fri) to 17th (Fri), please call to Kenko Ka (in Hoken Center) ☎Ext. 625



■健康管理術

HEALTH MANAGEMENT TECHNIQUES

WITH コロナ時代のストレスをためない暮らし方

<How to live Stress-Free with the COVID-19>

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 625

With the COVID-19 disaster, some of us are feeling stress as we spend more time at home and work from home. Everyone has stress but too much of it can lead to a loss of mental and physical health.

● The well-rounded lifestyle is important for mental health

To deal with stress effectively, it is important to adjust your daily lifestyle firstly. Eating well-balanced diet, getting a good night's sleep and maintaining a moderate exercise routine are the foundations of good mental health.

It is also important to have time for relaxation in your daily life as a countermeasures against stress.

For example,

- Breathe from the abdomen.
- Gaze out the window.
- Take a relaxing bath.
- Stretching your body lightly.
- Listen to your favorite music.

However, please be careful not to drink alcohol to relieve stress, as it may decrease the quality of your sleep and make your mind unstable. Reflect on your lifestyle habits and link them to your mental health.

Reference: “Tobira for Mental Health”, Ministry of health, Labor and welfare website.

● Hamura City Health Promotion Plan “Kenko Hamura 21”

For citizen's health project, one of the goals of “Health Hamura 21” is to keep mental health by not allowing worries and stress to persist for a long time.

** At the Health Section (in the Hoken Center), public health nurse and dietitians provide consultation on physical condition, diet and mental health. Please feel free to consult with them.

< BLOOD DONATION NEEDED! > 愛の献血

Blood supplies tend to be short when donors are scarce depending on the season. Your contribution will be appreciated. No reservation is required. Donation of either 400ml or 200ml can be chosen by a donor.

Date & Time: March 22nd (Wed) 10AM ~ Noon / 1:15PM ~ 4PM

Location: Hamura City Hall, by the Main Entrance

Eligibility: Age 16~69 (Those over age 65/older who had donation experiences at age 60~64 are ineligible)

Details: for 400ml or 200ml blood

*Taking medicine for stomach ache, vitamins, or drugs to lower blood pressure will not affect the ability to donate. Those who are deemed to be unfit for donation may be referred to a medical interview on site prior to the procedure and be asked to decline.

Inquiries: Kenko Ka ☎Ext.623

子育て

INFORMATION for CHILDREN AND PARENTS



妊産婦オンライン相談（要予約）

<Pregnant women online consultation (reservation required)>

Eligibility: Those who are pregnant or raising children residents (generally within one year after giving birth)

March Consultation Day and Time: Midwife consultation March 16th (Thu)

① 9:30AM~ ②10:30AM~ ③11:30AM~

(One person / per session about 30 minutes, in application order)

Public Health Nurse Monday ~ Friday 9AM~4PM

Inquiries: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 692

■ 1歳児教室「1歳ちゃん♪ 集まれ〜!」

< The 1 Year-Old and Parent Get-Together Group >

The "Happy" Kosodate Chiiki Houkatsu Center (Regional Family Support Center) will hold a get-together for fun class geared toward 1 year old kids and their parents. They will offer tips on how to stop breast feeding or about safety, and the child can play with other children.

Date: March 28th (Tue), from 9:30AM ~ 11PM Location: Hoken (Health) Center

Eligibility: Hamura City Residents who have a child at age 1 year old as **March** can attend with their child.

Priority for applicants of the 1st child.

Capacity: 8 (in order of application)

Things to Bring: Boshi Kenkou Techou (Maternal Handbook), Bath Towel and Beverage

Application and Inquiries: Starting from March 7th (Tue) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎Ext. 695

■ 「ちょこっと広場」を利用してください

< "Chokotto Hiroba" Consultation Services- Require Reservation >

The Child Rearing Consultation Service offered by Clinical Psychologists assigned from Hamura City Child and Family Support Center (Kodomo Katei Shien Center), "Chokotto Hiroba" are offered to city citizens.

Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc. In addition to the general consultation, they provide more detailed consultation about the various matters related to the growth by addressing the specific needs of your child.

こころの相談（臨床心理士）

◆ Consultation for Emotional Wellbeing of Your Child ~ "Kokoro No Soudan"

Date and Time	Capacity	Location
March 14 th (Thu) ①10AM ②11AM	Each 1 (in order of application)	Central Children Center

ことばの相談（言語聴覚士）

◆ Consultation for speech and hearing Concerns (speech therapist) of Your Child

Date	Capacity	Location
March 10 th (Fri) and 20 th (Mon) ① 9:30AM ② 10:45AM ③ 1:15PM ④ 2:30PM	One person for each time (in order of application)	Hoken Center

** City official website is posted the whole year schedule.

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎Ext. 694

税金

TAX

令和5年度償却資産の申告はお済みですか？

< Please Report Ownership of Depreciable Assets for 2023 Fiscal Year >

Business entities are required to report any depreciable assets which are owned as of January 1st of each year. You will be sent a reminder notice from the city in early March requesting current status or to come file for these assets. Please request an application form if you do not have one. They can also be filed on-line.

Inquiries: Kazei Ka, Shisan Zei Kakari, ☎Ext 152

水道メーターボックス内の維持管理を

< Please maintain your Water Usage Meter >

Every two months, your meter is inspected for water usage amount.

① Please clean the inside of Meter Box.

It is important to keep the meter box free from foreign objects during the warm season. Remove blankets and cloths wrapped around the meter to prevent frosting because it will be infested with bugs.

② Check for water leakage.

Leaks may be detected if the surface is wet. If you do not use water for a while, it might be unable to run.

If you have any question, please consult with city designated plumbing shop.

Inquiries: Suidou Jimusho (Hamura City Waterworks Office) ☎042-554-2269



<Mr. Kaname Kawabata Concert in Hamura ~ by Primo>

~ Kawabata Kaname San (CHEMISTRY) will hold a concert in Hamura City!

Students of Hamura City and Primo Co., Ltd which has acquired naming rights will collaborate to liven up Hamura City.

Date and Time: April 8th (Sat) 6PM~8PM

Location: Primo Hall Yutorogi Main Hall

Capacity: 838

Ticket sales: From March 1st (Wed) ~ Presale ¥5,000 On event day ¥5,500

** All seats reserved.

** Hamura citizens ¥500 discount. Free for age 4 or under for Knee without seat.

Performer: Mr. Kawabata , Hamusupo Junior Cheerleading dance, Hamura High School dance club, Woodwind quintet Le P'etale (Kunitachi College of Music students including those from Hamura) and F-onist (Primo Co. employee band members) will perform 7 songs.

Play Guide: ZAIKO, Primo Hall Yutorogi service counter

Inquiries: Primo Co. charge in planning ☎042-556-8712

<Celebrating Hamusupo's 15th Anniversary

~ Sports Wellness Blowgun Special Trial Lesson >

Date and Time: March 16th (Thu), 23rd (Thu) and 30th (Thu) 9:30AM~11AM (3 days course)

Location: S&D Sports Arena Hamura (Sports Center) the 1st Hall

Capacity: 10 (in application order)

Eligibility: Inexperienced players or beginners.

Things to Bring: Indoor sports shoes, comfortable clothes and drink with lid.

Application and Inquiries: March 3rd (Fri) ~ 14th (Tue), please call, email or come directly to the Hamusupo office (S&D Sports Arena Hamura) ☎042-519-5712, ✉hamusupo@gmail.com

** If you call or come, please within Tuesday ~ Friday 3PM~5PM.

フレッシュランド西多摩

FRESHLAND NISHITAMA ☎042-570-2626



■ イベント案内

EVENT

★ Green Curtain Exhibition

緑のカーテン展 ~ これからどうなる?地球温暖化~

~ What will happen now? Global Warming ~

Why don't you try to grow your own green curtains this year? While enjoying the growth of your favorite plants, the refreshing greenery will soften the strong summer sun. Let's think about global warming by decorating your home with greenery.

Period: March 7th (Tue) ~ 19th (Sun)

Sponsor: Econet Hamura

■ 休館のお知らせ

Notice of Closing

Freshland Nishitama will be closed for about 2 years from April 1st (Sat) for remodeling. We apologize for any inconvenience caused by the closure and as for your understanding and support.

Inquiries: Freshland Nishitama ☎042-570-2626



[東京お米クーポン] 差し上げます

< [Tokyo Rice Coupon] Giveaway! >

Coupons for domestically produced rice and vegetables will be distributed to households exempt from residence tax and households with sudden change in household finances.

Eligibility: Households exempt from residence tax in fiscal 2022 or experiencing a sudden change in finances (households whose income unexpectedly declined between January to December 2022 and estimated annual income of all household members is equivalent to being exempt from residence tax)

** Coupons for eligible households will be sent out sequentially by the end of April.

** For households exempt residence tax those who are the eligibility of subsidy project for measures against rising crude oil prices and soaring living costs are eligible.

** Please apply via application postcard or coupons official website to apply.

Inquiries: Tokyo Okome Coupon Business Call Center ☎03-5249-3553

(Including Saturday, Sunday and Holidays)

S&D SWIMMING PLAZA HAMURA (SPORTS CENTER) ☎042-579-3210(closed every Monday)

スイミングセンター プール1期 教室案内

<Swimming Center Pool 1st Lesson Schedules>

Term: April 4th (Tue) ~ May 28th (Sun)

** Elementary school students after 5PM, Junior high school students after 7PM, need to company with guardian age over 16 for dropping off and picking up.

Lesson Schedules:

Lesson	Eligibility	Date and Time	Capacity	Fee
Preschoolers Swimming Lesson	3~6 Years old	*Tue ~ Fri 3PM~3:50PM, 4PM~4:50PM	20 peoples for each class	¥6,800 (for all 8 times)
Elementary School Students Swimming Lesson	Elementary School Students	*Wed/Fri 4PM~4:50PM, 5PM~5:50PM, *Thu 5PM~5:50PM , 6PM~6:50PM *Sat 12PM~12:50PM , 1PM~1:50PM, 2PM~2:50PM *Sun 11AM~11:50AM	20 peoples for each class	¥6,400 (for all 8 times)
Swimmer	Elementary/ Junior High School Students	*Fri 7PM~7:50PM *Sat 3PM~3:50PM	15 peoples for each class	¥7,200 (for all 8 times)
Personal Swimming Lesson	Elementary/ Junior High School Students	*January & February Saturday 4PM~4:50PM, 5PM~5:50PM	One(1) people	¥20,000 (for all 4 times)
Ault Swimming Lesson	Junior High School Students or over	*Sun 7PM~7:50PM	40 peoples	¥7,400 (for all 8 times)

** The details, things to bring etc. please inquires.

How to Apply: March 12th (Sun) ~ 26th (Sun) 9AM~8:50PM, please come to S&D Swimming Plaza Hamura (Swimming Center) directly.

第32回 自殺防止！東京キャンペーン

< THE 32nd TOKYO SUICIDE PREVENTION CAMPAIGN >

In Tokyo Metropolitan, every year's March and September are Suicide Prevention Reinforcement Months. The City assists those who need help by offering various consultation services.

◇ **Consolation counters during Campaign Term**

Service Counter/ Facility	Telephone Number	Special Consolation Term
Toll Free Special Counseling	☎0120-58-9090/ 03-5286-9090	Mar 1 st (Wed)~6 th (Mon) 8PM~ / Mar 7 th (Tue) 5PM~ (all days till next day 2:30AM)
NPO Bifrenders Tokyo Suicide Prevention Center		
Yamabiko Support for Life "Inochino Yamabiko Phone Line"	☎03-3842-5311	March Tuesday, Wednesday, Friday ~ Sunday and Holidays Noo~8PM
Suicide Prevention Hotline "Inochi-no Denwa"	☎0120-783-556	Mar 10 th (Fri) 8AM~11 th (Sat) 8AM/ Mar 1 st (Wed)~31 st (Fri) 4PM~9PM
Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" [NPO Mental Care Association]	☎0570-087478	Mar 27 th (Mon) ~ 31 st (Fri) every day 24 hours

◇ **LINE Counseling** LINE 相談

Every day, 3PM~11PM (Reception till 10:30PM)

Account Name: Sodan Hotto LINE@Tokyo

** For details, please check Tokyo Metropolitan Welfare and Health Bureau official website.

◇ **Telephone Counseling for Suicide-Bereaved Family** 自死遺族のための電話相談

Service Counter [Facilities]	Telephone Number	Special Consolation Term
Grief Care and Support (NPO Grief care support plaza)	☎03-3796-5453	March 7 th (Tue) ~ 10 th (Fri) Noon~4PM
Suicide-Bereaved Family Support Center	☎03-3261-4350	March 6 th (Mon) ~ 8 th (Wed) 10AM~8PM

多重債務110 番

- Telephone Counseling for Problems with Multiple Consumer Loans #110

☎03-3235-1155 (Tokyo Consumer Affairs Center)

Date and Time: March 6th (Mon), 7th (Tue) 9AM~5PM

- * Consultation is free of charge at any of the services.
- * Call charges and communication charges will apply to all other numbers except the toll-free number.
- * Navi Dial numbers starting with 0570 are **NOT** covered by cell phone toll-free numbers, unlimited calling plans, etc.

こころといのちの講演会

- **Kokoro and Life Lecture (schedule ONLINE)**

Date and Time: March 16th (Thu) 2PM~3:30PM

Eligibility: Hamura residents, workers and students.

Lecturer: Professor Hideko Sekiya (Psychiatrist/ Professor, Faculty of Modern Welfare, Hosei University).

** For details, please check Tokyo Metropolitan Welfare and Health Bureau official website.

「こころの健康図書」特設コーナー 自殺予防普及啓発月間

**** Kokoro (Mental) Health Books' Exhibition Corner for Suicide Prevention Month in Library**

Day and Time: February 25th (Sat) ~ March 31st (Fri) 10AM~8PM (exclude Mondays, Feb 28th (Tue) ~ Mar 9th (Thu) (Books checking days) and Mar 15th (Wed) (Library clean day))

Location: Primo Library Exhibition Corner

Details: There are 50 books or over related to health, suicide prevention etc. and posts to exhibit.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 625

■3月24日は世界結核デーです

<March 24 is World Tuberculosis Day>

There are 1,429 cases were diagnosed in Tokyo and 37 cases in Nishitama Public Health Center area in 2022. The initial symptoms of TB are similar to common cold. If cough and phlegm persist for more than two weeks,

visit a medical institution as soon as possible.

Elderly patients may have no symptoms and should be alert for symptoms such as low fever, loss of appetite and weight. Even if you have no symptoms but have a chest X-ray at least once a year for your own health management, e.g. at a medical checkup.

Inquiries: Infectious Disease Control, Nishitama Public Health Center ☎042-22-6141

3月相談日

PUBLIC CONSULTATIONS Schedule of MARCH

Category	Date	Time	Contact
General Consultation for Foreign Residents ㊤*	Appointment required		Shimin Soudan-shitsu city hall ext.541 Public Administration Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only. ◆
Public Administration and Human Rights	16 ^h (Thu)	1:30pm ~ 4:30pm	

*㊤=appointment required. *For Koren and Spanish translation services, please make an appointment in advance

◆ Consultations are by appointment only. Please do not call the Shimin Soudan-shitsu for consultation over the telephone.

3月の休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
5 th (Sun)	Matsubara Naika Iin	☎042-554-2427	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Yano Shika Iin	☎042-555-3363
12 th (Sun)	Baba Kodomo Clinic	☎042-555-3788	Hikari Clinic (Fussa-shi)	☎042-530-0221	Watanabe Shika Iin	☎042-570-1688
19 th (Sun)	Hamura Sougo Shinryoujo	☎042-554-5420	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Honda Dental Clinic	☎042-554-4184
21 st (Tue, Holiday)	Yamakawa Iin	☎042-554-3111	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Asahi Kouen Douri Shika Iin	☎042-555-7904
26 th (Sun)	Matsuda Iin	☎042-554-0358	Hikari Clinic (Fussa-shi)	☎042-530-0221	Ikoma Shika Hamura Shinryoujo	☎042-555-3139

* Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily