

# HAMURA NEWS

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Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)

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! CHECK OUT INSIDE !

**HAMURA CITY PUBLIC FACILITIES YEAR-END & NEW-YEAR SCHEDULE**

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## **KYODOU HAKUBUTSUKAN (Folk Museum) ☎558-2561**

### < Cultural Workshop ~ Let's make *Mayudama Dango!* ~ >

When silk cultivation was a thriving industry in *Hamura*, people used to make a new year's decoration called "*Mayudama Kazari*", a cut tree branch with attached *mochi* balls imitating abundant silk cocoons, to pray for a good harvest and good health on the lunar New Year days, January 14<sup>th</sup> ~ 16<sup>th</sup>.

The *Mayudama Kazari* created by the participants of this workshop will be displayed in the Orientation Hall and Old *Shimoda* Residence at Folk Museum from January 6<sup>th</sup>(Sun) to 16<sup>th</sup>(Wed). Please join us!

Date & Time: January 5<sup>th</sup>(Sat), 1:30PM~3:30PM Place: Orientation Hall Fee: Free

Capacity: First 30 people \*4<sup>th</sup> grader and younger children need to be accompanied by a guardian.

Items to Bring: Apron, Head Cloth, and Towel

Application / Inquiry: Call or visit Folk Museum starting December 18<sup>th</sup> (Tue), 9AM~.

## **CENTRAL CHILDREN CENTER (*Chuuou Jidoukan*) ☎554-4552**

### < Daytime Moon Viewing >

Date & Time: December 23<sup>rd</sup>(Sun), 4PM~4:30PM \*cancelled in case of rain Fee: Free

Eligibility: Elementary School Students up to 18 years old \*No reservation required.

### < Family Astronomical Observation >

Date & Time: December 23<sup>rd</sup>(Sun), 6PM~7PM \*cancelled in case of rain Fee: Free

Eligibility: Elementary School Students up to 18 years old \*No reservation required.

\*Junior High School Students or younger must be accompanied by an adult.

### < Home Cooking Class ~ Pizza Margherita ~ >

Date & Time: January 13<sup>th</sup>(Sun), 10AM~11:30AM Capacity: First 20 applicants Fee: ¥90 (Ingredients)

Eligibility: Elementary School Students in *Hamura* up to 18 years old

Things to bring: Indoor shoes, apron, head cloth, hand towel, and drink (tea)

How to apply: Call or visit Central Children Center between December 22<sup>nd</sup>(Sat) ~ January 6<sup>th</sup>(Sun), 9AM~4:30PM (except December 28<sup>th</sup>(Fri) ~ January 4<sup>th</sup>(Fri)).

## **! CAUTION ! YOUR COOPERATION NEEDED for SAFE WASTE HANDLING**

### **A lighter was found in incombustible garbage!**

There was a lighter in one of the bags of incombustible garbage collected on November 7<sup>th</sup>(Wed), and because of this lighter the garbage caught on fire during the collections process. It is very dangerous to dispose of hazardous object this way. Please be sure to follow the disposal rules for hazardous waste.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* Ext.204

## CHANGE of PUBLIC SERVICES SCHEDULE during YEAR-END & NEW-YEAR HOLIDAYS

### < Community Bus "Hamuran" will be running during New Year Holidays >

From December 29<sup>th</sup>(Sat) to January 3<sup>rd</sup>(Thu), *Hamuran* buses will operate on Holiday schedule.

Please note that there will not be any round-trip route to/from *Fussa Hospital (Hamura Higashi Course)* during this period.

Inquiry: *Bousai Anzen-ka Koutsuu · Bouhan-kakari* Ext.216

### < Temporary Closure of the Public Facility Reservation System >

Reservation system will not be available on: January 1<sup>st</sup>(Tue) 0:00AM ~ January 4<sup>th</sup>(Fri) 9AM

Reservation status can not be browsed on: December 31<sup>st</sup>(Mon) 5PM ~ January 4<sup>th</sup>(Fri) 8:40AM

Reservation drawing results will be announced on: January 4<sup>th</sup>(Fri) 8:40AM

Inquiries: *Yutorogi* ☎570-0707

### < Library – Change of Lending Period >

The book lending period will be changed during the Year-End & New-Year Holidays. Please be aware that the Book Post will not be available for returning the library materials during this period.

\*Magazines for holiday lending will be available from December 22<sup>nd</sup>(Sat). Inquiries: Library ☎554-2280

### < Temporary Suspension of Automated Registry Machine at City Hall >

The service of automated registry machine for Resident's Registry and Personal Seal Registry will not be available from December 29<sup>th</sup>(Sat) ~ January 3<sup>rd</sup>(Thu). Inquiry: *Shimin-ka Uketsuke-kakari* Ext.124

## PUBLIC FACILITIES – YEAR-END & NEW-YEAR HOLIDAY SCHEDULE

| Facilities   | Closed Days  | Notes   |
|--|--|---|
| City Hall, City Hall Branch Offices, <i>Hoken</i> Center, Waterworks Bureau, Sports Center, Swimming Center, <i>Kyuudou</i> Center, <i>Yutorogi</i> , Library, Folk Museum, Community Center, <i>Shimin Katsudou</i> Center, <i>Shouhi Seikatsu</i> Center, <i>Sangyou Fukushi</i> Center, <i>Fukushi</i> Center, <i>Kyouiku Soudan-shitsu</i> , <i>Iko no Sato</i> , <i>Heijitsu Yakan Kyuukan</i> Center | Dec 29 <sup>th</sup> (Sat) ~ Jan 3 <sup>rd</sup> (Thu)   | *City Hall: Procedures related to Family Register will be handled at the Guard's Room located by West Entrance (B1 floor)<br><br>* <i>Heijitsu Yakan Kyuukan</i> Center will accept emergency out-patients on Dec. 29 <sup>th</sup> ~30 <sup>th</sup> and Jan. 2 <sup>nd</sup> during 5PM~10PM. |
| Municipal Nursery Schools  | Dec 29 <sup>th</sup> (Sat) ~ Jan 3 <sup>rd</sup> (Thu)   | Reduced students capacity on Dec. 29 <sup>th</sup> & 30 <sup>th</sup>   |
| Children Centers, <i>Gakudou</i> Clubs   | Dec 29 <sup>th</sup> (Sat) ~ Jan 3 <sup>rd</sup> (Thu)   | Only <i>Chuuou Jidoukan</i> will be closed from Dec. 28 <sup>th</sup> (Fri) to Jan. 4 <sup>th</sup> (Fri)   |
| <i>Hamura</i> Zoo  | January 1 <sup>st</sup> (Tue)  | Open everyday except on Jan. 1 <sup>st</sup> .  |
| <i>Nousanbutsu Chokubaijo</i>  | Dec 31 <sup>st</sup> (Mon) ~ Jan 5 <sup>th</sup> (Sat)   | -----   |
| <i>Fujimi</i> Park Club House  | Jan 1 <sup>st</sup> (Tue) ~ Jan 3 <sup>rd</sup> (Thu)  | The house will close at 6PM on Dec. 31 <sup>st</sup> . Only the Same-day Reservations accepted during Dec. 29 <sup>th</sup> ~ 31 <sup>st</sup> .  |
| Fresh Land <i>Nishitama</i><br>☎570-2626   | Dec 30 <sup>th</sup> (Sun) ~ Jan 1 <sup>st</sup> (Tue)   | Bath facility will open from Jan. 2 <sup>nd</sup> 0:00PM<br>Gym / meeting rooms will open from Jan. 5 <sup>th</sup><br>Hula Class will start on Jan. 9 <sup>th</sup><br>Yoga Class will start on Jan. 10 <sup>th</sup>  |
| <Funeral Halls><br><i>Fujimi Saijou</i> ☎555-6269<br><i>Mizuho Saijou</i> ☎557-0064  | Jan 1 <sup>st</sup> (Tue) and 2 <sup>nd</sup> (Wed)<br>*Ceremony reservations accepted by phone. | Funeral service can be held until Dec. 31 <sup>st</sup><br>Services will be available again from Jan. 3 <sup>rd</sup><br>Cremation will be available from Jan. 4 <sup>th</sup>  |

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

DECEMBER 16<sup>th</sup>(Sun) ~ JANURARY 3<sup>rd</sup>(Thu)

| Date                                      | Hospital                      |          |   |          | Dental Clinic                |          |
|---|-------------------------------|----------|---|----------|------------------------------|----------|
|   | 9am~5pm                       |          | 5pm~10pm                                  |          | 9am~5pm                      |          |
| 16 <sup>th</sup> (Sun)                    | <i>Futaba Clinic</i>          | 570-1588 | <i>Fussa-shi Hoken Center</i>             | 552-0099 | <i>Inoue Shika Iin</i>       | 554-7735 |
| 23 <sup>rd</sup> (Sun)<br>Holiday         | <i>Izumi Clinic</i>           | 555-8018 | <i>Fussa-shi Hoken Center</i>             | 552-0099 | <i>Usui Shika Iin</i>        | 579-1199 |
| 24 <sup>th</sup> (Mon)<br>holiday in lieu | <i>Yamaguchi Naika Clinic</i> | 570-7661 | <i>Nanohana Clinic (Mizuho-machi)</i>     | 557-7995 | <i>Uno Shika Iin</i>         | 555-8241 |
| 29 <sup>th</sup> (Sat)                    | <i>Sakae-chou Shinryoujo</i>  | 555-8233 | <i>Heijitsu Yakan Kyuukan Center</i>      | 555-9999 | <i>Kusaka Shika</i>          | 555-7793 |
| 30 <sup>th</sup> (Sun)                    | <i>Matsubara Naika Iin</i>    | 554-2427 | <i>Heijitsu Yakan Kyuukan Center</i>      | 555-9999 | <i>Watanabe Shika Iin</i>    | 570-1688 |
| 31 <sup>st</sup> (Mon)                    | <i>Takiura Iin</i>            | 555-2655 | <i>Ishihata Shinryoujo (Mizuho-machi)</i> | 557-0072 | <i>Tsushima Shika Iin</i>    | 579-1800 |
| 1 <sup>st</sup> (Tue)                     | <i>Shiozawa Iin</i>           | 554-7370 | <i>Taisei Byouin (Fussa-shi)</i>          | 551-1311 | <i>Tsushima Shika Iin</i>    | 579-1800 |
| 2 <sup>nd</sup> (Wed)                     | <i>Matsuda Iin</i>            | 554-0358 | <i>Heijitsu Yakan Kyuukan Center</i>      | 555-9999 | <i>Nozaki Shika Clinic</i>   | 555-3316 |
| 3 <sup>rd</sup> (Thu)                     | <i>Yokota Clinic</i>          | 554-8580 | <i>Hikari Clinic (Fussa-shi)</i>          | 530-0221 | <i>Hanenaka Shika Clinic</i> | 554-2202 |

\*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily Inquiry: *Hoken Center* ☎555-1111 Ext.627

NEW YEAR'S FIRST WASTE COLLECTION DAY

| Districts                         | Recyclables A          | Recyclables B          | Hard Plastics & PET Bottles | Metals & Non-Burnables     | Hazardous Waste        | Burnables             |                        |                       |                        |                        |
|-----------------------------------|------------------------|------------------------|-----------------------------|----------------------------|------------------------|-----------------------|------------------------|-----------------------|------------------------|------------------------|
| <i>Kawasaki, Seiryuu Tamagawa</i> | 9 <sup>th</sup> (Wed)  | 8 <sup>th</sup> (Tue)  | 11 <sup>th</sup> (Fri)      | 4 <sup>th</sup> (Fri)      | 18 <sup>th</sup> (Fri) | 7 <sup>th</sup> (Mon) |                        |                       |                        |                        |
| <i>Hane Higashi</i>               | 9 <sup>th</sup> (Wed)  | 4 <sup>th</sup> (Fri)  | 15 <sup>th</sup> (Tue)      | 22 <sup>nd</sup> (Tue)     | 8 <sup>th</sup> (Tue)  |                       |                        |                       |                        |                        |
| <i>Hane Naka</i>                  | 8 <sup>th</sup> (Tue)  | 4 <sup>th</sup> (Fri)  | 16 <sup>th</sup> (Wed)      | 23 <sup>rd</sup> (Wed)     | 9 <sup>th</sup> (Wed)  |                       |                        |                       |                        |                        |
| <i>Hane kami, Hane Nishi</i>      | 9 <sup>th</sup> (Wed)  | 8 <sup>th</sup> (Tue)  | 11 <sup>th</sup> (Fri)      | 18 <sup>th</sup> (Fri)     | 4 <sup>th</sup> (Fri)  |                       |                        |                       |                        |                        |
| <i>Ozakudai</i>                   | 8 <sup>th</sup> (Tue)  | 4 <sup>th</sup> (Fri)  | 16 <sup>th</sup> (Wed)      | 9 <sup>th</sup> (Wed)      | 23 <sup>rd</sup> (Wed) |                       |                        |                       |                        |                        |
| <i>Shinmeidai 1, 2</i>            | 4 <sup>th</sup> (Fri)  | 9 <sup>th</sup> (Wed)  | 8 <sup>th</sup> (Tue)       | 8 <sup>th</sup> (Tue)      | 15 <sup>th</sup> (Tue) |                       |                        |                       |                        |                        |
| <i>Shinmeidai 3, 4</i>            | 7 <sup>th</sup> (Mon)  | 9 <sup>th</sup> (Wed)  | 17 <sup>th</sup> (Thu)      | 24 <sup>th</sup> (Thu)     | 10 <sup>th</sup> (Thu) | 4 <sup>th</sup> (Fri) |                        |                       |                        |                        |
| <i>Futabachou, Midorigaoka 3</i>  | 9 <sup>th</sup> (Wed)  | 7 <sup>th</sup> (Mon)  | 10 <sup>th</sup> (Thu)      | 10 <sup>th</sup> (Thu)     | 17 <sup>th</sup> (Thu) |                       |                        |                       |                        |                        |
| <i>Hane-Musashino</i>             |                        |                        |                             |                            |                        |                       |                        |                       |                        |                        |
| <i>Gonokami-Musashino</i>         |                        |                        |                             |                            |                        |                       |                        |                       |                        |                        |
| <i>Kawasaki-Musashino</i>         |                        |                        |                             |                            |                        |                       |                        |                       |                        |                        |
| <i>Fujimidaira</i>                |                        |                        |                             |                            |                        |                       | 10 <sup>th</sup> (Thu) | 9 <sup>th</sup> (Wed) | 7 <sup>th</sup> (Mon)  | 28 <sup>th</sup> (Mon) |
| <i>Gonokami</i>                   |                        |                        |                             |                            |                        | 9 <sup>th</sup> (Wed) | 10 <sup>th</sup> (Thu) | 7 <sup>th</sup> (Mon) | 14 <sup>th</sup> (Mon) | 28 <sup>th</sup> (Mon) |
| <i>Midorigaoka1,2,4,5</i>         | 7 <sup>th</sup> (Mon)  | 10 <sup>th</sup> (Thu) | 9 <sup>th</sup> (Wed)       | Dec.26 <sup>th</sup> (Wed) | 16 <sup>th</sup> (Wed) |                       |                        |                       |                        |                        |
| <i>Sakaechou</i>                  | 10 <sup>th</sup> (Thu) | 7 <sup>th</sup> (Mon)  | 9 <sup>th</sup> (Wed)       | 16 <sup>th</sup> (Wed)     | 9 <sup>th</sup> (Wed)  |                       |                        |                       |                        |                        |

\*Information of the last collection dates of 2012 for all waste categories including oversized trash, excreta collection and recyclable waste spot-collection are detailed in *Hamura News* December 1<sup>st</sup> issue.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* Ext.205

## NEW OPENING HOURS - SPORTS CENTER (PARTLY) & SWIMMING CENTER

Parts of Sports Center and entire Swimming Center will reopen starting January 4<sup>th</sup>(Fri). Sports Center's training rooms and studios' opening hours will be 9AM ~ 4:45PM. \*No evening programs will be held.

Inquiry: Sports Center ☎555-0033 Swimming Center ☎579-3210

### SWIMMING CENTER ☎579-3210

#### < Aquabics (In-Water Aerobics) January ~ March Schedule >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday between January 10<sup>th</sup> and March 28<sup>th</sup>, 3PM~3:50PM

Eligibility: Anyone who is 16 years old and older Capacity: First 35 people

Fee: *Hamura* residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Items to bring: Swimsuit, swimming cap, and towel Instructor: *Hamura-shi Taiiku Kyoukai* Sports Trainer

How to attend: Please come to Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

#### < Fitness Programs starting January 2013 >

##### • Easy Core Exercise

An exercise using a balance ball to strengthen waist area, also effective at improving your metabolism.

Date & Time: Every Friday, 2PM ~ 3PM Place: Training Room on 2<sup>nd</sup> floor Capacity: First 20 people

Fee: ¥500 per class Things to bring: Exercise outfit, drink, towel, and indoor exercise shoes

##### • Body Make-up

This is a training class where you move your body along with music. The beginners are welcome too!

Date & Time: Every Friday, 7PM ~ 8PM Place: Training Room on 2<sup>nd</sup> floor Capacity: First 20 people

Fee: ¥500 per class Things to bring: Exercise outfit, drink, towel, and indoor exercise shoes

How to apply to either class: No reservation is required. Just show up at Sauna Front Desk on 2<sup>nd</sup> floor.

\*The following classes will be finished in this year:

Beginner's Step & Shape, Step Exercise, *Shikkari Aero*, and *Tappuri Aero* classes.

### 2012 TRAINING CLASSES for SPORTS LEADERS

Interested in becoming a Sports Leader of your community? Join this class!

After completing all the classes, you can become a certified *Hamura* City Sports Leader.

Eligibility: Anyone at age 20 or older Capacity: First 80 applicants Place: ①Yutorogi ②&③Sports Center

Fee: Free Things to bring: Writing materials \*On the day③, please make sure to wear exercise outfit.

How to apply & Inquiry: Fill in the application form (available at Sports Center) then fax, e-mail, or bring to the Sports Center by January 6<sup>th</sup>(Sun). ☎555-0033, Fax: 554-9974, Email: s705005@city.hamura.tokyo.jp

\*You can also download the application form from the Sports Center website.

| Date                                    | Hours           | Class Details   |
|---|-----------------|---|
| ①<br>January<br>20 <sup>th</sup> (Sun)  | 1:30PM ~ 2:40PM | Japan's Sports Basic Act and <i>Hamura's</i> Sports Promotion Policies  |
|   | 3:10PM ~ 4:40PM | How to make interesting and effective sports coaching in local areas    |
| ②<br>January<br>27 <sup>th</sup> (Sun)  | 1:30PM ~ 3PM    | Sports Activities and Diet (including hydration during exercises)       |
|   | 3:30PM ~ 5PM    | Legal Liability in case of accidents and the responsibility as a Leader |
| ③<br>February<br>10 <sup>th</sup> (Sun) | 1:30PM ~ 3PM    | Theory and method of stretch exercise – Warming-up & Cooling down       |
|   | 3:30PM ~ 5PM    | Learning CPR (cardiopulmonary resuscitation) and AED usage              |

## 2013 WINTER CAMPAIGN for EARTHQUAKE RESISTANCE IMPROVEMENTS

### < Earthquake Resistance Forum >

Date & Time: January 22<sup>nd</sup>(Tue), 1:30PM ~ 5PM    Capacity: First 500 people    Admission: Free

Place: Tokyo Metropolitan Government Building No.1, 5<sup>th</sup> floor Main Hall

### < Consultation for Anti-Seismic Improvement >

Date & Time: January 22<sup>nd</sup>(Tue), 2PM ~ 5PM    Capacity: First 15 people each category

Place: Tokyo Metropolitan Government Building No.1, 5<sup>th</sup> floor Reception Hall    Fee: Free

Consultation Categories: Seismic capacity evaluation of wooden building , Seismic capacity evaluation of road-side building, Seismic capacity upgrade renovation

### < Earthquake Study Bus Tour >

**Course A** - January 24<sup>th</sup>(Thu) and 25<sup>th</sup>(Fri), 10AM~1PM,

Tour to Earthquake Research Institute of the University of Tokyo and Tokyo Fire Department Life Learning Center.

**Course B** – January 24<sup>th</sup>(Thu) and 25<sup>th</sup>(Fri), 1PM~5PM,

Field trip to visiting 2 sites for seeing examples of anti-seismic improvements on residential apartment buildings.

Meeting Place: Tokyo Metropolitan Government Building No.1, 1<sup>st</sup> floor Lobby

Capacity: First 20 applicants for each course each day

Fee: Free    \*transportation fee to/from the meeting place will not be provided

How to Apply: Please provide your name, phone number and number of persons in your party via fax, email or by phone to 2013 *Taishin* Campaign Office ;

☎03-5459-4260, Fax: 03-6418-9411, Email: taishin2013@access-t.co.jp

## TOKYO METROPOLITAN VOCATIONAL SKILLS DEVELOPMENT CENTER

( *Tama Shokugyō Nouryōku Kaihatsu Center* )

<http://www.hataraku.metro.tokyo.jp/vsdc/tama/>

Trainee application for the Spring 2013 Entrance will start in January. The 2013 curriculums will start in April. The course curriculum period, applicant qualification requirements and class capacity varies in department. Open school day is available. To find out more, please contact the institution directly.

Application Period: January 7<sup>th</sup>(Mon) ~ February 6<sup>th</sup>(Wed)

Schools and subjects accepting applications for Spring 2013 Entrance:

• *Tama Center School* in *Akishima City* ☎042-500-8700

Measurement Control System, Precision Machining, Machine Assembly

• *Hachiōji School* in *Hachiōji City* ☎042-622-8201

Automobile Servicing Engineering, Mechatronics, Electrical Facility System

• *Fuchū School* in *Fuchū City* ☎042-367-8201

Embedded Systems Engineering, Electrical Facility Engineering, Building Cleaning And Management

## RENEWAL of SINGLE-PARENT MEDICAL SUPPORT CERTIFICATE

New 親 Single-Parent Medical Support Certificate (peach color) will take effect from January 1<sup>st</sup> 2013. The new card will be mailed to applicable households in the late December. Please return the old certificate (lavender color) to *Kosodate Shien-ka* by mail or in person. If there are any changes in your registered status as in cases listed below, please report immediately. If you delay to report a change that affects beneficiary eligibility, the office may demand the return of subsidy provided after the status change.

- ① Change of the household member and/or house address.
- ② Change with the medical insurance detail
- ③ Subsidy beneficiary\* is admitted to a care institution \*Child(ren) in single-parent family.
- ④ Subsidy beneficiary\* is issued with a Medical Support Certificate for Handicapped Person
- ⑤ Subsidy beneficiary's\* parent is in state of common-law marriage (de facto marriage)

\*If any of case ③,④, or ⑤ applies, the beneficiary is no longer eligible to this medical support program.

\*Current beneficiaries who still have not completed the status report must submit the report immediately.

Inquiries: *Kosodate Shien-ka Shien-kakari* Ext.236

## NATIONAL HEALTH INSURANCE MEDICAL EXPENSE REPORT

If you have received medical service in September and/or received physical therapy from a judo healing practitioner in October, and the total medical fee in those months was more than ¥3000, you will receive National Health Insurance (NHI) Medical Expense Report (国民健康保険医療費通知) by mail.

It is a letter from municipal government to NHI members which notifies his/her record of received medical services in September and/or in October (only services applicable to NHI coverage), with the list of original medical service fees at 100% (amount before the insurance coverage was applied).

This report is issued in purpose of promoting the understanding of NHI coverage system as well as the awareness of health management importance.

There is no required procedure to be done concerning this report.

Inquiries: *Shimin-ka Hoken-kakari* Ext.129

## HOKEN (Public Health) CENTER ☎555-1111 Ext.625

### < New-born Baby Care Class for Mothers and Fathers >

Date & Time: January 20<sup>th</sup>(Sun) ①10AM ~ Noon ②2PM ~ 4PM Place: *Hoken* Center

Eligibility: Expectant Mothers living in *Hamura*, and her family Capacity: First 15 pairs (in each class)

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, *Kosodate Ouen* Handbook (These handbooks are included within "*Haha to Kono Hoken* Bag")

Class Detail: How to bathe your baby, changing diapers, how to make formula, and more

How to apply: Call or visit *Hoken* Center.

### < Baby Food Class for 7 months old and older >

Date & Time: January 10<sup>th</sup>(Thu), 10AM~11:30AM Place: *Hoken* Center Capacity: First 15 pairs

Eligibility: Babies born between March 16<sup>th</sup> ~ May 31<sup>st</sup> 2012 and his/her family

Details: Tips of how you should prepare baby food for a 7-month old baby, demonstration of cooking baby food, tasting baby food, and talk about "Baby food and nursing"

How to apply: Starting December 18<sup>th</sup>(Tue) 8:30AM, please call *Hoken* Center Ext.625.

\*Sorry, but no older children are allowed in this class.