



HAMURA NEWS



HAMURIN Hamura City Mascot

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August 1st, 2025

COMMUNITY

東京都・羽村市・日の出町合同 総合防災訓練

<Tokyo Metropolitan Government, Hamura City, and Hinode Town Joint Comprehensive Disaster Drill>

Inquiries: Bousai Anzen Ka, Bousai Anzen. Kiki Kanri Kakari ☎Ext. 214



Date & Time: August 30th (Sat) 10AM ~ Noon

Location: Recreation Square Under Weir

Date & Time: August 31st (Sun) 8:30AM ~ Noon
1PM ~ 4PM

Location: Sakae Elementary School

Location: Miyanoshita Athletic Park

Schedule スケジュール

■ August 30th (Sat) Recreation Square Under Weir

10AM	Isolated Area Drill ▼ 10AM ~ Noon
11AM	Helicopter rescue drill. (Visitor available)

■ August 31st (Sun) AM Sakae Elementary School

8AM	Evacuation center operation training by community members
9AM	▼ 8:30 AM - Noon (allow participation)
10AM	Simulation training for opening, setting up, and operating evacuation centers and for cooking out food.
11AM	

■ August 31st (Sun) PM Miyanoshita Athletic Park

1PM		
2PM	Exhibition and experience training ▼ 1PM ~ 4PM (allow participation) Display special vehicles and experience boarding a ladder truck.	Stage Event (Visitor available) ▼ 2PM ~ 3PM Participation in performance by Tokyo Fire Department Band and public awareness event.
3PM		Rescue out and Rescue Drill (Visitor available) ▼ 3PM - 3:45PM Drill with cooperation of voluntary disaster prevention organizations and various disaster prevention agencies.

※ Times and schedules are subject to change.

City Hall Parking lots 1~3 will not be available from August 29th (Fri) 6PM to August 31st (Sun) 6PM.
Please use parking lot 4 (south side of City Hall) when coming to City Hall.

- ※ Please use public transportation on the day of the event. The temporary bus will be available on August 30th (Sat) and 31st (Sun).
- ※ Rescue out and rescue drills will be broadcast live on Tokyo Video at on August 31st (Sun) 3PM~.
- ※ Traffic regulations will be announced on the city's official website.

お知らせ

INFORMATION

学び

LEARNING



夏だ！親子で学ぶ！つくってわかる！ソーラー電池教室

<Summer! Parents and children learn by making together! Solar Cell Workshop>

Why don't you and your children learn about solar cells, an earth-friendly energy source?

You can also experience for making a plastic model using solar cells.

Date & Time: August 21st (Thu) 10AM ~ 11:30AM

Location: Primo Hall Yutorogi Creation Room 1

Eligibility: Elementary school students 4th to 6th graders (accompanied by guardians)

Capacity: 10 pairs (in order of application)

Things to bring: Writing utensils, nippers, and files (if you have nippers and files).

Lecturer: Kyocera Corporation.

Application: August 4th (Mon) 8:30AM ~ 19th (Tue) 5PM, please fill out the application form posted in Hamura News ver. August 1st barcode to apply.

Inquiries: Kankyou Seisaku ☎Ext. 225.



カラダ塾 食物繊維を味方に！

<Karada Juku Dietary Fiber as an ally!>

Tasty Blood Sugar Control ~Diabetes Prevention~

おいしく血糖対策～糖尿病予防～

The power of dietary fiber is indispensable for blood sugar control. Q&A on dietary fiber, how to take plenty of it, and exercises you can do at home will be introduced.

Date & Time: September 4th (Thu) 10AM ~ 12:30PM

Location: Hoken Center

Eligibility: City residents

Capacity: 20 (in order of application)

Cost: JPY300 (for cooking practice fee)

Things to bring: Writing utensils, apron, bandana, and health notebook (if you have one).

※ From a food hygiene perspective, please wear mask during cooking practice.

Details: Health lecture, cooking practice, individual consultation (for those who wish).

Application: From August 5th (Tue), please apply by e-mail or phone to Kenko Ka (in Hoken Center), ☎Ext. 625. ✉s305000@city.hamura.tokyo.jp

※ If you apply by e-mail, please write "(1) Name, (2) Age, (3) Daytime contact phone number, (4) Address" in the text.

今月の子育て研修動画

<Parenting Training Video of the Month>

August Theme: Understanding and Supporting Children Truancy

不登校の理解と支援

Distribution Period: August 1st (Fri) ~ 31st (Sun) (about 75 minutes of viewing time)

※ Please check from city official website.

Lecturer: Mr. Hideo Honda (Director, Nagano Developmental Disabilities Information and Support Center "Toiro")

Details: The number of children and students who have difficulty going to school is not small. Not only "truancy" as defined by the Ministry of Education, Culture, Sports, Science and Technology (MEXT), but also the number of children who are in the preliminary stages of truancy is even larger. Since there are many factors behind truancy, and not an easy task to deal with it. In this lecture, we will discuss with you how to respond to the backgrounds and factors of children who are truants and those who are in the preliminary stages of truancy.

Co-sponsored by: Meiji Yasuda Foundation for Mental Health and Hamura City.

Supported by: Meiji Yasuda Life Insurance Company.

Inquiries: Kodomo Seisaku Ka ☎Ext. 261.

助成

SUBSIDY

羽村市骨髓移植ドナー支援事業

<Hamura City Bone Marrow Donor Support Program>

For those who have donated bone marrow to the Japan Marrow Donor Program, the subsidy will be provided.

Eligibility:

- ① Those who have an address in the city on the date of bone marrow donation and have received a document certifying the donation of bone marrow, etc.
- ② The donor's workplaces of ① (excluding national, local government and other organizations that allow leave for bone marrow donation).

Subsidy Amount: (1) JPY20,000 / per day (2) JPY10,000 / per day

※ Both subsidies are for the number of days required for hospital visits, hospitalization, etc. (up to 7 days).

Application period: Within 1 year from the date of completion of donation of bone marrow, etc.

Application & Inquiries: Please postmail the application form and required documents or in person to Kenko Ka (in Hoken Center) ☎Ext.627.

Send to: 〒205-0003 5-5-2 Midorigaoka, Hamura City, Hoken Center

※ The application form can be downloaded from the city official website.



暮らし

LIVING

令和7年度 就学義務猶予免除者等の 中学校卒業程度認定試験

<FY 2025 Junior High School Diploma Examination for Those Exempted from Deferment of School Attendance Obligation>

This examination is administered by the government to certify whether or not children who have been exempted from compulsory education due to illness or other unavoidable circumstances have academic ability equivalent or superior to that of a junior high school graduate. Successful applicants are qualified to enter high school.

For more information, including eligibility requirements, please visit the website or contact the Ministry of Education, Culture, Sports, Science and Technology (MEXT) directly.

Inquiries: School Education Section, Academic Affairs Division, ☎Ext.358.



貯水槽水道を設置している方へ

< Maintenance of Water Tank >

In buildings where tap water is supplied through a receiving tank or high-set water tank, water quality control beyond the receiving tank or high-set water tank is the responsibility of the installer. Please ensure proper sanitation management.

- Clean the inside of receiving tank and elevated water tank once a year.
- Check the water color, turbidity, odor, taste and residual chlorine for abnormalities regularly.

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

健康管理術

HEALTH CARE MANAGEMENT TECHNIQUES

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



夏にも気を付けたい糖尿病～ジュースやデザートは控え目に～

<Diabetes to be aware of even in summer - Moderate juice and desserts.>

- What is diabetes mellitus? 糖尿病とは

It is a chronic disease in which the blood glucose level (concentration of glucose in the blood) remains higher than normal. In the early stages of the disease, there are few subjective symptoms, making it difficult to recognize, while in severe cases, complications such as neuropathy, retinopathy, and nephropathy may occur. In the terminal stage, there is a risk of dialysis and blindness, so prevention and continued treatment are important.

- Cause 原因

When you eat or drink, glucose is produced and flows through the bloodstream to be absorbed by organs and tissues throughout the body. At this time, the hormone [insulin] assists absorption. Eating something that contains a lot of carbohydrates causes a rapid rise in blood glucose levels, requiring a large amount of insulin. If this is repeated, the pancreas, which secretes insulin, becomes tired and secretion declines, leaving glucose in the blood.

Obesity and lack of exercise affect the secretion and function of insulin, so it is effective to adjust one's lifestyle for prevention.

- Prevention through diet and exercise 食事と運動で予防を

Juices and cold desserts tend to increase in summer, but both are high sugar content foods. 500 ml carbonated drinks and sports drinks contain an average of 30 ~ 50g of sugar, which is equivalent to about 10 ~15 sticks of sugar.

▼ How to deal with juices and desserts?

- . Choose a specific amount, such as one or one glass per day.
- . Choose low-sugar foods as much as possible.
- . Eat high-fiber foods (vegetables, seaweed, mushrooms, etc.) first.
- ※ Remember that a well-balanced diet three times a day is the basic rule!

▼ Physical exercise is important.

Be active by consciously walking as far as you can, taking the stairs, cleaning, etc.

- If you would like to know more about diabetes

Please come to "Hamura City Health Seminar - Let's learn about diabetes correctly" on August 21st (Thu). Don't miss this opportunity! To apply, click the 2D code posted in Hamura News Ver. Aug 1st barcode.

償却資産の申告はお済みですか

< Have you Declared your Depreciable Assets ?>

If you are registered with Hamura City as a business or individual who owns a depreciable asset, you are required to file for that asset under your name as of January 1st every year and need to report. If you still

not reported yet, please report to city as soon as possible. Hamura City has sent forms in August to those who have not yet filed accordingly. Please confirm.

※ eLTAX is available to apply, please check city hall official website to get details.

【特例】先端設備等導入計画の認定を受けた中小事業者などの固定資産税

▼ [Special Exception] Fixed asset tax for small and medium-sized businesses, etc. certified under the plan for introduction of advanced equipment, etc.

Small and medium-sized businesses, etc. that are certified under the plan for introduction of advanced equipment, etc. and meet certain requirements are eligible for a special exception to fixed asset tax.

For details, please visit the Small and Medium Enterprise Agency website or the city's official website.

Inquiries: Kazei Ka, Shisanzei Kakari ☎Ext. 157.



収集作業中の熱中症対策で、収集時間が遅くなる場合があります

<Collection times may be delayed due to heat stroke prevention during collection operations.>

The risk of heat stroke increases during resource and garbage collection operations under the hot sun and intense heat during the summer season. Especially when heat stroke alerts and special heat stroke alerts are issued, we are more aware than ever of heat stroke countermeasures, such as taking temporary breaks in cooler areas and frequently replenishing water and salt.

As a result, collection times may be slower than usual. We ask for your understanding.

※ Resources and garbage are collected until around 3PM. Please contact us after that time to report uncollected resources and garbage.

Inquiries: Seikatsu Kankyou ☎Ext. 222.

MISCELLANEOUS INFORMATION

子育て

CHILDREN

1歳児教室「1歳ちゃん♪ 集まれ〜!」

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

Date: August 26th(Tue), from 9:30AM ~ 11:30AM Location: Hoken Center

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

Capacity: 15 pairs (in order of application)

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

Application and Inquiries: Starting from August 1st (Fri) 9AM~, via application form, please call or in person to Kodomo Katei Center, Boshi Hoken. Sodan Kakari ☎Ext. 693.



特別児童扶養手当「現況届」の提出を

< Notification of Current Status for Special Child-Raising Allowance >

Recipients of Special Child-Raising Allowance are required to submit a Notification of Current Status along with the required documents during the designated filing period. Recipients will be notified by middle of July by mailed notice from the City. (Postmail is acceptable).

Filing Period: August 1st (Fri) ~ 29th (Fri).

Time: 8:30AM~11:30AM, 1PM~4:30PM.

Submit to & Inquiries: City Hall 2F, Kodomo Seisaku Ka, ☎Ext 235.



S&D SWIMMING PLAZA HAMURA ☎042-579-3210

第3期水泳教室

<The 3rd Swimming Class>

Elementary school students and junior high school students must be picked up by parent / guardian age 16 or older after 5PM and 7PM, respectively.

Term: September 2nd (Tue) ~ October 26th (Sun)

Application: August 10th (Sun) ~ 28th (Thu) (9AM~8:50PM), please come to S&D Swimming Plaza Hamura.

プールの一般利用ができない日があります

<Swimming Center Pool will not be available on the following days for general public>

Due to elementary school swimming lessons at the Swimming Center, the pool will not be available on the following days. Thank you for your understanding and cooperation.



■ Days when the swimming center pool is not available for use.

September	3rd(Wed). 4th(Thu). 11th(Thu). 12th(Fri). 18th(Thu)※. 19th(Fri). 25th(Thu). 26th(Fri). 30th(Tue)
October	2nd(Thu). 10th(Fri). 17th(Fri).

Unavailable time: Open ~ 12:30PM (※ September 18th(Thu) is till 3:40PM).

Available time for starting: 1PM~ (※ September 18th(Thu) is from 4PM).

Inquiries: For Pool ~ S&D Swimming Plaza Hamura/

For swimming instruction... School Education Section, Guidance Division ☎Ext. 376.

図書館

PRIMO LIBRARY HAMURA ☎042-554-2280

<Close Day for Cleaning>

館内整理日

Date: August 15th(Fri)



月曜日が祝日で開館する場合、振替休館します

<When Monday is a holiday and the facility is open but it will be closed next day in lieu of holiday.>

From FY2026 = Society education facilities =

令和8年度から =社会教育施設=

In order to promptly carry out repairs, etc. that are difficult to perform on open days, as well as to reduce operating costs, the handling of closed days will be changed. We appreciate your understanding and cooperation.

Starting Date: April 1st, 2026.

Facilities: Primo Hall Yutorogi, Primo Library Hamura, S&D Sports Arena Hamura, Kyoudo Hakubutsukan.

※ S&D Swimming Plaza Hamura and Hamura City Kyudojo will remain open as before because they are operated by designated managers.

Details: If Monday is a national holiday, the facility will be open on Monday but closed on the following weekday.

Inquiries: To each facility

プリモホールゆとろぎ

PRIMO HALL YUTOROGI ☎042-570-070

<Call for audience!>

観覧者募集!

パフォーマンスキッズ・トーキョー「トークカラー」ダンス公演

~ Performance Kids Tokyo "Talk Color" Dance Performance

Children will perform a stage piece created with professional dancers.

Date and Time: August 24th (Sun) 2:30PM (Doors open at 2PM)

Location: Small Hall (All unreserved seats . Reservations required.)

※ Preschool children are also admitted.

Performers: Children in grades 3rd ~ 6th of elementary school.

※ For details, please check the city's official website or inquiry.

Co-organized by: Tokyo Metropolitan Foundation for History and Culture, Arts Council Tokyo, Artists and Children, Hamura City Board of Education.

Subsidized and supported by: Tokyo Metropolitan Government.

Applications Please submit the application form by August 21st (Thu).

糖尿病患者さんと糖尿病予備群の方のための“糖尿病1日教室”

<"One-Day Diabetes Classroom" for Diabetics and Pre-Diabetics>

Date & Time: September 13th(Sat), 2PM ~ 4PM.

Location: Multi-purpose hall on the 1st floor of Fussa Public Hospital

Capacity: 30 (in order of application)

Details: ① About diabetes (by diabetes specialist)

② Diet therapy (by dietitian)

③ Lecture on exercise therapy (by trainer)

Application & Inquiries: Please call Nishitama Medical Association ☎0428-23-2171 (Mon~Fri, 10AM~4PM) in advance.



国民年金保険料の納付は、口座振替・前納がお得です

< Rate Reduction Applied For National Pension Premium Advance Lump-Sum Payment >

When paying the National Pension Insurance premiums in advance for 6 months (from October to March of the following year) by account transfer, the premiums will be discounted by JPY1,190 compared to monthly cash payment or payment by account transfer.

If you wish to register for the automated bank transfer payment, please do so by the deadline (If you registered once, it will be automatically continued in every following year).

● Advance payment transfer date and application deadline

Advance payment transfer date	Application deadline
The End of October (October ~ March next year)	The End of August

※ If the last day of the month is a holiday, the next business day will be the transfer date.

Application:

Please submit the [Application for Payment (Change) of National Pension Insurance Premiums by Account Transfer] to the financial institution where you have your savings account or to the pension office.

※ The application for account transfer requires the entry of the basic pension number and the affixing of the seal of the financial institution.

※ The prepayment system by cash payment is also available. For details, please check the Japan Pension Service website or inquiry.

Inquiries: Ome Nenkin Jimusho (Pension Office) ☎0428-30-3410.

STOP ! オーバードーズ (過剰摂取)

<STOP ! Overdose>

~ Don't be misled by misinformation on the Internet and SNS! ~



There has been a string of accidents involving overdoses of over-the-counter drugs, especially among young people. Overdosing is drug abuse and a very dangerous behavior.

The Internet and social networking sites are full of misleading and dangerous information. Do not be misled and use over-the-counter medicines correctly.

Inquiries: Nishitama Public Health Center ☎ 0428-22-6141.

キッズダンス教室 8 月生募集!

<Kids Dance Class for August membes are recruitment!>

Date: August 6th (Wed) ~ 27th (Wed) Every Wednesday.

① Grade 1st to 3rd elementary school students...4:30PM ~ 5:30PM

② Grade 4th to 6th elementary school students...5:40PM ~ 6:40PM

Eligibility: Beginner dance of the elementary students

Location: S&D Sports Park Fujimi Clubhouse

Capacity: 15 for each class (in order of application)

Cost: JPY4, 400 (total 4 sessions)

Applications/Inquiries: Call or in person to Fujimi Park Clubhouse (Wing Park, designated park administrator) ☎ 042-555-4342.

※ Participation from the middle of the course is possible. Free trial is available.

8 月 10 日は道の日

< August 10th is "ROAD DAY" >

Street Rules for Keeping Safe and Pleasant Streets for Everyone!

☆ Do not set up banners, signboards or product displays on streets without permission.

☆ Do not illegally-park bicycles / motor bicycles on streets and other public places.

☆ Leaving ramp blocks (at the parking entrance/exit) on a street is prohibited.

☆ Do not dispose of trash or grease into street gutter.

☆ Do not neglect tree branches or plants growing out to street.

※ In case of a traffic accident caused by a personal thing or a signboard placed on street, or a tree branch growing out to the street, the owner of such item may be called to account for the accident.



The permit is required 許可が必要です

A permit is required for continuous use of the roadway, such as installing awnings, signboards, construction facilities and advertising, etc.

Inquiries: **[About road occupancy]** City roads Doboku Ka, Douro Kanri Kakari ☎ Ext. 295/
Metropolitan roads Nishitama Construction Office Management Section ☎0428-22-2517/
National roads Sobu National Highway Office Management 1st Section ☎042-643-2007.

[About outdoor advertisements] Doboku Ka, Douro Kanri Kakari ☎ Ext. 292 /
Tama Building Guidance Office Management Division ☎042-548-2029.

令和 7 年 8 月都営住宅入居者募集

< TOKYO METROPOLITAN PUBLIC HOUSING "Toei Juutaku" FY2025 Aug Application Information>

[Housing available]

1) Recruitment via point system (families only) ... for household of single-parent, the elderly, disability with mental or physical, multiple children family and particularly low income and wheelchair user.

※ Point system ~ Not based on drawing, but based on a method of screening tenant qualifications in descending order of housing poverty level

2) General Unit ~ Single. Wheel-chair and Silver peer (single or 2 persons household)



3) House that died of illness in room (single, single with wheel chair, silver peer, etc.)

Eligibility: There are applicant eligibility qualifications regarding income level. For details, please refer to the application brochure.

Application:

① Post mail ~ The completed application form must reach Shibuya Post office by August 18th (Mon).

② Online ~ Please apply via Tokyo Metropolitan Public Housing website by August 18th (Mon) 11:59PM.

Open Drawing Date and Time: September 25th (Thu) 9:30AM~10:30AM.

Drawing Location: Tokyo Metropolitan Government 2nd Building 1F Hall.

[Application Brochure Distribution]

Brochure Distribution Term : August 1st (Fri) ~ 12th (Tue).

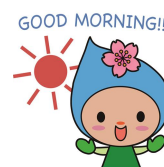
Brochure Handout Locations: at Kenchiku Ka (city hall 2nd Fl), 1st FL Reception Desk and B1 the front of Management Room (Saturday & Sunday are only in B1 Management Room).

※ Application form etc. can be downloaded from Tokyoto Juutaku Kyoukyuu Kousha Toei Jyuutaku Boshuu Center website within brochure handout period.

Inquiries: Tokyoto Juutaku Kyoukyuu Kousha Toei Jyuutaku Boshuu Center (JKK Tokyo Application Center)

○ Aug 1st (Fri) ~ 18th (Mon) (exclude Saturday, Sunday and Holidays) ☎0570-010-810

○ The others days ... ☎03-3498-8894 (exclude Saturday, Sunday and Holidays).



緑を増やそう

<Let's increase greenery>

~ **Green Curtain Workshop, Summer Edition** ~ ~グリーンカーテン講習会・夏編~

This workshop will cover how to care for green curtains (passion fruit) in summer, take cuttings and overwinter them (cuttings will be given to all participants).

Date & Time: August 23rd (Sat) 10AM ~11:30AM.

Location: Cafe Cactus (5-9-1 Midorigaoka, Hamura City)

Capacity: 30 (in order of application)

※ There will also be a talk on how to make tea using passion fruit, and success stories of participants in the [Green Curtain Workshop] held at the May [Mini Environmental Exhibition].

Lecturer: Mr. Hiromichi Matsuzaki (Chairman of Eco-Net Hamura)

Application & Inquiries: August 4th (Mon) ~ 22nd (Fri), via the application form barcode posted in Hamura News ver. Aug 1st, or call to Kankyo Seisaku Ka ☎ Ext. 227.

ヒノトントン ZOO (羽村市動物公園) NEWS

<Hinotonton ZOO (Hamura Animal Park) NEWS>

◎Summer Special Openings (until 7PM) August 2nd (Sat), 9th (Sat) ~ 16th (Sat), 23rd (Sat).

August Closed Days : August 4th (Mon), 18th (Mon), 25th (Mon).

※ Open on 11th (Monday, holiday)

September Closed Days : September 1st (Mon), 8th (Mon), 22nd (Mon), 29th (Mon).

※ Open on 15th (Monday, holiday)

Inquiries: Hinotonton ZOO ☎ 042-579-4041.

あなたの【推しモル】見つけませんか？

<Would you like to find your own "Favorite Guinea pig"?>

We have about 140 guinea pigs. They have various patterns and colors of fur, and to our surprise, all of them have names!

The [Hands-on] area with the guinea pigs is air-conditioned. Please join the event and cool off with the

guinea pigs!

♥ Guinea pig feeding (JPY100 per feed) Tuesday ~ Friday

... 1:30PM ~ 2PM / Saturday & Sunday ... 1:30PM ~ 2:15PM

※ No age limit, no reservation required.

♥ Guinea pig class (JPY500 per person) Sundays only ... 11AM ~ 11:30AM (for ages 4 and up)

※ Applications must be made at the service center 9AM ~ 10:50AM on the day of the class.

8月相談日

Public Consultations Schedule of August

Public Administration and Human Rights	21st (Thu)	1:30pm ~ 4:30pm
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◆ Consultations are by appointment only. Please call the Shimin Soudan-shitsu ☎Ext.541 for reservation.



8月休日診療

◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
August	9am~5pm		5pm~10pm		9am~5pm	
3rd (Sun)	Baba Kodomo Clinic	☎042-555-3788	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Inagaki Shika	☎042-555-6018
10th (Sun)	Yamakawa Iin	☎042-554-3111	Hikari Clinic (Fussa-shi)	☎042-530-0221	Inoue Shika Iin	☎042-554-7735
11th (Mon, Holiday)	Hamura Skin, Plastic Surgery and Intenal Medicine Clinics	☎042-578-8785	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Usui Shika. Orthodontic Clinic	☎042-579-1199
17th (Sun)	Wakakusa Iin	☎042-579-0311	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Uno Shika Iin	☎042-555-8241
24th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Okikura Shika	☎042-555-4331
31st (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Ozawa Shika Clinic	☎042-579-1500

※ The Other than abovementioned time, please call Tokyo Health & Medical Information Center "Himawari" ☎03-5272-0303 24 hours. For people with hearing and speech impairments, please Fax ☎03-5285-8080.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 627.