



HAMURA NEWS



HAMURIN Hamura City Mascot

Published by: Hamura City

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

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

August 1st, 2026

返礼品で市の魅力を発信 ふるさと納税

<Promoting the City's Appeal Through Thank-You Gifts ~ Hometown Tax Donation>

The Hometown Tax Donation program allows individuals to make donations to their hometown or to local governments they wish to support. With the goals of [Promoting the city's appeal], [Raising its profile] and [Revitalizing local industries], the city has been implementing a Hometown Tax Donation program using thank-you gifts since FY2020.

返礼品提供事業者募集中

[Call for Businesses to Provide Return Gifts]

The city is seeking businesses willing to provide return gifts for the Hometown Tax Donation program. Interested businesses are encouraged to contact us.

In addition, the city will hold an information session for businesses, featuring a representative from the city's contracted Hometown Tax Donation service provider. Businesses interested in the Hometown Tax Donation program are welcome to participate.

事業者向け説明会

◆ Information Session for Businesses

Date & Time: August 26th (Wed), starting at 2PM.

Location: City Hall East Building 4F, Main Conference Room.

Lecturer: Representative from Sinex Co., Ltd. (contractor for the Hometown Tax program).

※ To allow time to prepare materials, please apply via application form in advance if you wish to attend (you may still attend even without prior applying).

主な返礼品

[Main Thank-You Gifts]

- ◆ Set of 3 Titanium Seals (Official Seal, Bank Seal, and General-Purpose Seal with Case).
- ◆ i-cord NEEDLE (JP/4-5) (Knitting Tools, Craft Supplies).
- ◆ Tonkatsu Chigasaki meal vouchers, "Hamura" sake, frozen baked sweet potatoes (salted, etc.).
- ◆ PayPay gift certificates (limited to donations made through Satofuru).

City will add "PayPay Gift Certificate" as a new Thank-You gift option!

The loss of resident tax revenue because the Hometown Tax Donation program has been increasing year-by-year, in FY2025, approximately JPY170 million flowed out to other municipalities. As this loss of revenue could lead to a decline in city services quality, city is working to enhance its Hometown Tax Donation program to ensure the continued, stable provision of services to citizens. Starting in August, city will add "PayPay Gift Certificate", an electronic voucher that can be used for payments at local restaurants and others as a thank-you gift for donations via the "Satofura" portal site. Kindly have your continue to share information about Hamura's initiatives and attractions with you friends and others.



※ The listing on Satofuru will be available starting at August 3rd (Mon) 10AM.
※ "PayPay Gift Certificates" will be scheduled to start from August 7th (Fri) 0AM.
※ In accordance with national standards, return gifts cannot be provided to residents of the city.
However, the portion of the donation exceeding JPY2,000 yen is eligible for a tax deduction (subject to certain upper limits).
Inquiries: About "Satofuru"... Zaisei Ka, ☎ Ext. 319 / About the Business Briefing. Return Gift ...Sangyou Shinkou Ka, Shoukou Kankou Kakaari ☎ Ext. 667.

お知らせ

INFORMATION

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

コンビニ交付サービスの停止

<Suspension of the Convenience Store Issuance Service>

Due to system maintenance, the Convenience Store Issuance Service will be suspended during the following period.

Date & Time: August 5th (Wed) whole day.

Services Suspended: All services (Certificates of Residence, Seal Registration Certificates, Tax (Non-Taxable) Certificates, Family Register (Complete. Individual) Certificates, and Registration for Domicile Redidence).

Inquiries: Shimin Ka, Uketsuke Kakari ☎Ext. 121.



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, FAX042-554-2573.

<City Leakage Survey>

Survey period: Aug 3rd (Mon) ~ Feb 26th (Fri), 2027.

Investigation company: Rikuchi Leakage Investigation Co.

The city will install monitoring equipment throughout the city to investigate water leaks in water mains. The door-to-door acoustic surveys also will be conducted in the entire area east of the Ome Lin (including water supply pipes, shut-off valves, and meters at each household).

※ The investigation company will not charge any fee.

※ The investigator will carry his/her identification card. If you find anything suspicious, please ask for it.

Inquiries: Waterworks Office ☎042-554-2269, FAX042-554-2573.

8月10日は道の日

< August 10th is "ROAD DAY" >

Let's follow the rules so that everyone can use the roads safely and comfortably.

- ☆ Do not set up banners, signboards or product displays on streets without permission.
- ☆ Do not illegally-park bicycles / motor bicycles on streets.
- ☆ Do not place blocks on the road for vehicles to drive over.
- ☆ 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 sunshades, signs, construction facilities, or advertising, etc.

Inquiries: **[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.

償却資産の申告はお済みですか 償却資産の申告・特例措置

<Have you Declared your Depreciable Assets ?

~ Reporting of Depreciable Assets and Special Provisions>

The city will send notices starting in August to those who are believed to have depreciable assets (business assets) in their possession as of January 1st but have not yet filed a tax return. Please file immediately. If you need a tax return form or other materials, please inquiry.

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



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

▼ 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 and other entities that have received certification for their plan to introduce advanced equipment and meet certain requirements are eligible for special exemptions from property tax.

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

Inquiries: Kazei Ka, Shisanzei Kakari ☎Ext. 158.

収集作業中の熱中症対策のため、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.

< Wearing Sunglasses While Collecting > サングラスをかけて収集しています

The waste collection staffs sometimes wear sunglasses to protect eyes from the strong sun's rays.

Inquiries: Seikatsu Kankyou ☎Ext. 205.



生活保護費の追加給付

<Supplementary Payment of Public Assistance Benefits>

Following a Supreme Court ruling in June, 2025, the decision to revise public assistance benefits based on the year 2013 revision of the living assistance standards was overturned.

This supplementary payment covers the resulting difference.

Eligibility: Households that meet any of the following criteria.

- ① Households that received public assistance August 2013 ~ September 2018, and whose benefits have since been terminated
- ② Households that received public assistance October 2018 ~ March 2026, meet certain requirements but benefits have since been terminated
- ※ The head of the household at the time must submit an application to the local government where benefits were received.

Inquiries: Supplementary Payment Call Center ☎ 0120-667-091 (August 3rd (Mon) ~ December 28th (Mon), 9AM ~ Noon, 1PM ~ 5PM, excluding Saturdays, Sundays, and holidays)

※ Starting January 4th, 2027, please contact Shagai Fukushima Ka, Seikatsu Fukushima Kakari ☎Ext. 117.



学び

LEARNING

青梅・羽村ピースメッセンジャー事業 派遣報告会

<Ome.Hamura Peace Messenger Program ~ Dispatch Report Session>

The city is conducting the [Peace Messenger Program] in collaboration with Ome City.

Junior high school students from the city are sent to Nagasaki, a site affected by the atomic bombing, and will present what they learned and felt during their visit.

Date & Time: August 16th (Sun) 1:30PM ~ 3PM.

Location: Primo Hall Yutorogi, Small Hall.

Inquiries: Somu Ka, Somu Kakari, ☎Ext. 348.



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].>

You will learn about how solar cells work, manufactured, and their benefits. Then assemble a plastic model equipped with a solar cell.

Date & Time: August 20th (Thu) 10AM ~ 11:30AM. Location: Primo Hall Yutorogi Lecture Room 2.

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).

Lecturer: Kyocera Corporation.

Application: August 1st (Sat) 9AM ~ 18th (Tue) 5PM, please apply via application form.

Inquiries: Kankyō Seisaku ☎Ext. 227.

羽村市認知症月間映画上映会 ~ ペコロスの母に会いに行く

<Hamura City Dementia Awareness Month Film Screening

~ Going to See Pecoros' Mother. >

Even if someone has dementia, why don't we work together to figure out what we can do to help them live with peace of mind in the community they're familiar with?

Date & Time: September 5th (Sat), 2PM ~ 4PM (Doors open at 1:30PM).

Location: Primo Hall Yutoroji, Small Hall.

Eligibility: Residents and workers within Hamura city.

Capacity: 90 (in the order of application).

Application & Inquiries: August 3rd (Mon) 8:30AM ~ September 4th (Fri) 5PM, via the application form or by phone to the Kourei Fukushima Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 197.



就学義務猶予免除者等 中学校卒業程度認定試験

<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 details on eligibility requirements and other information, please visit the website or contact the Ministry of Education, Culture, Sports, Science and Technology directly.

Inquiries: Gakkō Kyōiku Ka, Gakumu Kakari ☎Ext.358.

MISCELLANEOUS INFORMATION

子育て

CHILDREN

もぐもぐ教室 生後7か月以降離乳食講座

<Mogumogu Class>

~ Weaning Food Class for Babies 7 Months and Older.

Have fun learning about the right texture and size of foods for your baby, introduce new types of foods, and simple meal ideas.

Date & Time: August 19th (Wed), 10AM ~ 11:15AM.

Location: Hoken Center.

Eligibility: Infants born September 16th, 2025 ~ February 15th, 2026, and their guardians.

Capacity: 16 pairs (in order of application).

Application & Inquiries: By phone or in person at Kodomo Katei Center Boshi Hoken. Sodan Kakari ☎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 toothbrushing, weaning, and meals for children starting at age 1 will be discussed.

Date: August 25th (Tue), 9:30AM ~ 11:30AM.

Location: Hoken Center.

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

Capacity: 15 pairs (in order of application)

Application & Inquiries: Starting from August 3rd (Mon) 9AM~, via application form, please call or in person to Kodomo Katei Center, Boshi Hoken. Sodan Kakari ☎Ext. 696.

図書館

PRIMO LIBRARY HAMURA ☎042-554-2280

<Close Day for Cleaning>

館内整理日

Date: August 18th (Tue).



プリモホールゆとろぎ

PRIMO HALL YUTOROGI ☎042-570-0707

第 57 回 羽村市文化祭展示作品募集

<Call for Entries: 57th Hamura City Cultural Festival Exhibition>

Submission Period: October 14th (Wed) ~ November 3rd (Tue. Holiday).

▼ **Calligraphy**

Eligibility	Elementary and junior high school students (one entry per person)
Paper	Commercially available hanshi paper (to be provided by the entrant)
Submission	Entry form and artwork (fill in only grade and name)

▼ **Haiku**

Eligibility	Anyone (up to 3 haiku per person)
Paper	Designated form (available at the Yutorogi front desk)
Submission	Fill in your haiku and name on the designated form

Application & Inquiries: September 2nd (Wed) ~ 19th (Sat), 9AM ~ 5PM, visit Primo Hall Yutorogi in person.

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

短期水泳教室案内

<Short-Term Swimming Class Information>

Term: September 4th (Fri) ~ October 29th (Thu).



Course	Fees (8 sessions total)
Preschoolers (ages 3~6)	JPY10,000
Elementary School Students	JPY9,000
Swimmers (Elementary and Middle School Students)	JPY9,500
Adults (Middle School and older)	JPY9,500
Parent-Child (Ages 3~6 and a parent or guardian)	JPY8,500

※ All fees include insurance and admission.

Application & Inquiries: Aug 9th (Sun) ~ 30th (Sun) 9AM~8:50PM, in person at S&D Swimming Plaza Hamura.

プールの一般利用中止

<Swimming Center Pool will not be available for general public>

Due to elementary school swimming lessons at the Swimming Center, the pool will not be available.

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

September	2nd (Wed). 3rd (Thu). 8th (Tue). 9th (Wed). 10th (Thu). 15th (Tue). 17th (Thu). 18th (Fri). 24th (Thu). 29th (Tue).
October	1st (Thu). 6th (Tue) ※. 13th (Tue). 20th (Tue).

■ Unavailable Time (Closed): From opening till 1PM.

(※ October 6th (Tue) is till 4PM).

Inquiries: S&D Swimming Plaza Hamura ☎042-579-3210/

For swimming instruction... Gakkou Kyouiku Ka, Shidou Kakari ☎Ext. 376.



フレッシュランド西多摩

FRESHLAND NISHITAMA

夏休み工作教室

[Summer Vacation Craft Workshop]

Date & Time: August 23rd (Sun) 1PM~.

Eligibility: Elementary School Students.

Location: Fureai Hall (Meeting Facility).

健康づくりプログラム

[Health Promotion Programs]

■ Tai Chi: Every Tuesday at 2PM.

※ Excluding public holidays when the facility is open.

■ Hula Dance: Every Wednesday at 1PM.

■ Yoga: Every Thursday at 2PM.

■ Boxing Exercise: 2PM on the 2nd and 4th Fridays of the month at 2PM.

Location: Gymnasium Hall

Capacity: 50/ per session (Walk-ins accepted if space is available).

Fee: JPY500 /per session (Cash payment on the day of the event).

Application & Inquiries: By phone or in person at the Yotsuba no Yu reception desk ☎042-570-2626,

FAX 042-570-2288 (Nishitama Health Association).

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 12th (Sat), 2PM ~ 4PM. (doors open: 1:30PM).

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

Capacity: 30 (in order of application)

Details: About diabetes / Diet therapy/ Lecture on exercise therapy.

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



都営住宅入居者募集

< TOKYO METROPOLITAN PUBLIC HOUSING "Toei Juutaku" 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.).

※ There are applicant eligibility qualifications regarding income level. For details, please check brochure.

Application: By August 18th (Tue) (must be arrived), via postmail or from website.

Determination way: September 25th (Fri) 9:30AM ~, open drawing at Tokyo Metropolitan Government

2nd Building 1F Hall.

Brochure Distribution Term : August 3rd (Mon) ~ 12th (Wed).

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

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

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

○ Aug 3rd (Mon) ~ 18th (Tue) (exclude Saturday, Sunday and Holidays) ☎0570-010-810.

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

8 月の子育て研修動画

<Parenting Training Video in August>

「ヤングケアラーの理解と支援 ～寄り添う人に寄り添う社会を～」

August Theme: [Understanding and Supporting Young Caregivers

~ Toward a Society That Supports Those Who Support Others].

This session will explain the basics of young caregivers, current trends in policy, and key concepts and approaches to supporting them. Additionally, through a dialogue with individuals who have personal experience as young caregivers, participants will have the opportunity to reflect on understanding their feelings and appropriate ways to respond.

Lecturer: Ms. Yumiko Tanaka (Representative Director, Caregiver Works, General Incorporated Association) and Ms. Chikae Tomoda (Support Staff, Caregiver Works).

Inquiries: Kodomo Seisaku Ka ☎Ext. 261.

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 less compared to monthly in cash or via direct debit.

If you wish to register for the automated bank transfer payment, please do so by the deadline (once you complete the procedures, the six-month prepayment via direct debit will continue automatically).

● **Advance payment transfer date and application deadline:** The End of October.

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

Application: Till the end of August, 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.

※ For details, please check the Japan Pension Service website or inquiry.

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



8 月 30 日 ~ 9 月 5 日は防災週間

<Disaster Prevention Week: August 30th ~ September 5th>

The three key principles of disaster prevention are [Self-reliance], [Mutual aid], and [Public assistance]. Especially during large-scale disasters, when there is likely to be a shortage of rescue personnel ~ including firefighters, it is crucial to practice [Self-reliance] by protecting yourself and [Mutual aid] by helping one another within the community.

Disaster Prevention Week is a time when many communities hold fire and disaster prevention drills, providing numerous opportunities to learn about disaster preparedness. Take this opportunity to participate in fire and disaster prevention drills and raise your awareness of disaster preparedness.

Inquiries: Fussa Fire Department, Prevention Division, Fire Inspection Section ☎ 042-552-0119.



夏に多発する水の事故を防止しよう！



<Let's Prevent Water Accidents, Which Occur Frequently in Summer!>

■ To Prevent Water Accidents in Rivers, Pools, and Other Bodies of Water

- When playing near water, never take your eyes off children, and always ensure they are accompanied by a guardian.
- Do not swim after drinking alcohol or when you are feeling unwell. Also, if you see anyone else having such situation but trying to swim nearby, stop them.
- Pay attention to weather conditions while swimming, and stop swimming if the weather forecast is rough or inclement. Also, make sure to take safety precautions, such as wearing a life jacket.

Inquiries: Fussa Fire Department, Prevention Division, Fire Inspection Section ☎ 042-552-0119.

健康管理術

HEALTH CARE MANAGEMENT TECHNIQUES

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



脂質異常症を、食事と運動で予防しよう！

<Prevent Dyslipidemia Through Diet and Exercise!>

脂質異常症は、サイレントキラー？

Is Dyslipidemia a "Silent Killer"?

Dyslipidemia is a condition characterized by high levels of LDL cholesterol or triglycerides in the blood, or low levels of HDL cholesterol.

Because it progresses without any noticeable symptoms and can lead to atherosclerosis, heart attacks, and strokes, it is also known as the [silent killer].

Women, in particular, need to be cautious, as cholesterol levels tend to rise after menopause due to changes in female hormones.

脂質異常症の予防策は、運動と食事！

The keys to preventing dyslipidemia ~ exercise and diet!

① Exercise: Aerobic exercise is recommended.

Aerobic exercise helps increase HDL cholesterol and reduce triglycerides. We recommend exercises you can comfortably maintain, such as walking for about 30 minutes every day. Make a conscious effort to move your body within your daily routine without overexerting yourself.

② Diet: Choose high-quality [fats].

Limit your intake of fried foods and fatty meats, and make a conscious effort to consume unsaturated fatty acids ~ such as EPA and DHA, found in oily fish. Vegetable oils (such as olive oil) are also effective at lowering LDL cholesterol.

③ Diet: Get plenty of dietary fiber.

Vegetables, grains, legumes, and seaweed are rich in dietary fiber, which helps lower LDL cholesterol. Filling up on vegetables and legumes can help prevent you from overeating fatty side dishes.

脂質異常症予防レシピの紹介

Recipes for Preventing Dyslipidemia

The city is sharing recipes focused on dyslipidemia that were actually used in our health promotion classes. Please use them to support your daily health efforts.

ヒノトントン ZOO (羽村市動物公園) NEWS

<Hinototon ZOO (Hamura Animal Park) NEWS>

[International Owl Day] 国際フクロウの日

August 4th (Tue) is "International Owl Day". Hinotonoton ZOO is home to four different species of owls. Please come visit them!

Notice of Special Operating Days

August 17th (Mon) is a special operating day: "Hamuzu Monday" !

Opening Hours: 10AM ~ 3PM (Last admission: 2:30PM)

※ The restaurant "AOBAZUKU" will be closed.



Extended Opening Hours

August's Saturdays, Sundays, August 10th (Mon) ~ August 14th (Fri).

Opening Hours: 9AM ~ 7PM (Last admission: 6:30 PM).

※ There are no changes to admission fees or other charges.

August Closed Days : August 3rd (Mon), 24th (Mon), 31st (Mon).

Inquiries: Hinotonton ZOO ☎ 042-579-4041.

相談日

Public Consultations Schedule

Public Administration and Human Rights	Aug 20th (Thu) Sep 17th (Thu)	1:30pm ~ 4:30pm
---	----------------------------------	-----------------

※ 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	
2nd (Sun)	Matsubara Naika Iin	☎042-554-2427	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Moriya Shika Iin	☎042-555-9872
9th (Sun)	Futaba Clinic	☎042-570-1588	Hikari Clinic (Fussa-shi)	☎042-530-0221	Yano Shika Iin	☎042-555-3363
11th (Tue, Holiday)	Yanagida Iin	☎042-555-1800	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Watanabe Shika Iin	☎042-570-1688
16th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Honda Shika Iin	☎042-554-5902
23rd (Sun)	Yamakawa Iin	☎042-554-3111	Hikari Clinic (Fussa-shi)	☎042-530-0221	Asahi Kouen Douri Shika Iin	☎042-555-7904
30th (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Ikoma Shika Hamura Shinryoujo	☎042-555-3139

※ Generally, clinic hours on holidays and regular dental clinic days are 9AM ~ 5PM, and evening hours are 5PM ~ 10PM.

※ Evening clinic hours on holidays are reserved for Internal Medicine Consultations.

※ 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.