

Numazu Newsletter

No. 287
September 1, 2014
Voluntary Supporters

<http://www.city.numazu.shizuoka.jp/>

Kalamazoo Division NICE

You can get information about Numazu twice a month on this home page and some hard copies issued by Supportive Volunteers at the Tourist Information Office at the Numazu Station, Palette, the City Library Participation, the City Gymnasium, Speakeasy, the Tap Room, Catholic Church, Kato Gakuen, Chiku Centers and the City Hall.

Events

Numazu-Pride Food Festival in 2014

Why don't you enjoy locally-brewed beer, special local products of Numazu and music in the long autumn evenings?

Inquiries: Numazu Jiman Festa Executive Committee, ☎
055-934-4748 Website: <http://numazu-pride.net/>

When: Sep. 11 (Thu), 12 (Fri), 17:00 ~ 21:00 and 13 (Sat),
15:00 ~ 21:00 (It will be cancelled in case of rain.)

Where: Chuo Park



◆ Gourmet Food and Beer ◆

< Locally-brewed sake, Craft beer, etc. >

Hakuinmasamune and Numazu highball (Takashima brewing incorporated company), Numazu Lager (Baird Beer), SAILTOWN NUMAZU BEER (Dairy Farming Kingdom Oratche), etc.

< Gourmet Food in Numazu >

Ashitaka beef yakiniku (Watanabe Butcher Shop), Numazu healthy horse mackerel dumpling (Numazu Unayoshi), Dried fish and deep-fried fish (Maruhachi Kinryumaru Suisan), Umai Ramen (Shofuku), Seafood and summer vegetable curry (G-CAFÉ), Aji-himono-cha-siomusubi (Shofuken), Deep-fried deep-sea fish hanpen (Tsutsumi Suisan), Marinated seasonal vegetables (REFS), etc.

◆ Live Stage Performance ◆

Sep. 11 (Thu) = Fujitsu Jazz All Stars, etc.

Sep. 12 (Fri) = Danraku ~Danrak~, etc.

Sep. 13 (Sat) = Orange Port & Arts, Numazu Wrestling All Star Band, Numazu Sun Sun Jazz Orchestra, etc.



◆ THIS IS NUMAZU ◆ ~ NUMAZU BAR ~

You can enjoy cocktails made by bartenders in Numazu at the special bar.

Sep. 11 (Thu) = VICTORY, Frank, GATO, TOM'S BAR, NELSON, BreezeBlue, AUBE



Sep. 12 (Fri) = FARAO, Eros, Nibunnoni, SILVERLUMP, MaltCat's, LoungeBarCuzila, BarThePine
Sep. 13 (Sat) = RadioStation, KingKong, RedChair, Blankey'sBar, Nile, Noise, Smoke

Shall We Join Several Events in Numazu?

Inquiries: City Cooperation Division ☎ 055-934-4807

◆ **Event to find your marriage partner at *Senbon Matsubara***

Place for application ☎055-967-1309 (NPO IBA *Mirai-jyuku*)

When: Oct. 5(Sun) 16:30-20:30 / Where: Senbon Matsubara, Restaurant "Villa Effe"

To whom: men and women aged between 28-45

Capacity: 40 people each (Order in arrival) / Fee: 4,500 yen for men, 4,000 yen for women

How to apply: Please call or fax from 8:00 from Sep. 7(Sun)

◆ **Counseling for parents who have children that don't want to attend school**

Place for application ☎055-919-0247 (NPO Free School Numazu)

When: 13:30-15:30 on Sep. 13(Sat), 18(Thu), Oct. 16(Thu), Nov. 15(Sat), Dec. 11(Thu)

Where: San Well Numazu 2F (small meeting room) / Capacity: 8 people each (Order in arrival)

How to apply: Please call from 9:00 from Sep. 8(Mon)

◆ **Exercise event information**

Place for application ☎055-961-2238 (NPO Health Community Shizuoka)

When: Sep.23 (Holiday), 26(Fri), 30(Tue), Oct. 2(Thu)

Time: 18:30-20:00 except Sep. 23(19:00-20:30)

To whom: Middle and old age people who are interested in exercise

Lecturer: Kenji Koumoto (A teacher at Tokai University)

Capacity: 40 people (Order in arrival) / Fee: 500 yen including insurance

How to apply: Please call from 9:00 from Sep. 9(Tue)

*Please bring your own towel and drinks.



Scientific Experiment in 2014 in Numazu

Inquiries: Scientific Experiment Executive Committee in Kato Gakuen High School

☎ 055-921-0347, or School Management Division ☎ 055-934-4809

When: Sep. 14(Sun) 10:00 ~ 16:00 / Where: Dai-5 Chiku Center Meeting Room

Contents: science show, making bath fizzer and glass sculpture, etc.

※Please come to the site directly.

Events in Citizen's Forest Park

Inquiries and applications: Park & Tree Planning Division ☎ 410-8601 The City Hall ☎ 055-934-4796

***Mushroom Class**



When: Sep.21 (Sun) from 10:00 to 15:00

Contents: mushroom collection and observation, cultivation experience

Capacity: 30 people

Things to bring: writing materials, work gloves, plastic bags, lunch, drinks, clothes for cold

Deadline: Sep. 12(Fri), no later than the day

***Mt. Kinka hiking, Nature Observation**

Would you like to climb Mt. Kinka while observing nature with a lecturer?

When: Oct. 5(Sun) from 10:00 to 15:00

Lecturer: Mr. Toshiyuki Nakaike(the promoter of Shyokubutsu Bunka no kai)

Capacity: 30 people (in case of a lot of applications, there will be a drawing.)

Things to bring: lunch, drinks, clothes for cold / Deadline: Sep. 19 (Fri), no later than the day



***Bamboo Charcoal Class**

When: Oct. 12(Sun) from 10:00 to 15:00

Capacity: 20 people (in case of a lot of applications, there will be a drawing.)

Things to bring: work gloves, lunch, drinks / Deadline: Sep. 26 (Fri), no later than the day

◆for the above

Place to meet: Citizen's Forest Park (Nishiura Kouchi)

Applicants: fourth grader and more (elementary and junior high school students are accompanied by their parents.)

Applications: write the following on the double sided postcard and mail it:

Addresses of all participants, names, ages (write grades if they are children), telephone numbers (reachable phone number on the day) and the class you want to attend.

*application of one class per postcard

Orange Range Concert

Inquiries: Cultural Center ☎055-932-6111, or Cultural Promotion Division ☎055-934-4812


When: Oct.29 (Wed) 18:30 ~ / Where: Cultural Center, Big Hall

Ticket: Doors: 6000 yen, advance ticket: 5500 yen. All seats are reserved. There is a charge for a child over 6. Get the tickets at the cultural center or ticket agencies from Sep. 14 (Sun).

Events at Senbon Plaza

Applications and inquiries: Senbon Plaza ☎055-962-3313

Inquiries: Longevity & Welfare Division ☎055-934-4834

The Animated Cartoon Screenings of Showa with the 16mm Film Projector	Autumn Family Concerts – Parents and Children Enjoy Animated Cartoon Songs
When: Sep. 20 (Sat) 10:30 to 11:30 (doors open at 10:00) Where: the music hall Works: Hello Spank, Galaxy Express 999 Capacity: 230 people (first come first served basis)	The songs are selected from The Snow Queen and Ana, Spirited Away, which parents and children can enjoy together. When: Sep. 20(Sat), 13:30 to 14:30, (doors open at 13:00) Where: the music hall Capacity: 230 people (first come first served basis)
Making mini- baskets for Halloween	
Create mini- baskets likened to a pumpkin with eco-crafts When: Sep. 20 (Sat), 10:00 to 12:00 Where: Multi-purpose Hall Applicants: people aged 18 years old and older Capacity: 50 people (first come first served basis) Applications: by phone from 10:00, Sep. 8 (Mon)	

Tea Ceremony in Imperial Vila Park

Inquiries: Cultural Promotion Division ☎055-934-4812

When	Tea / incense, school	Host
Sep.21 (Sun)	Kodo Party, Ando-ke Oie-ryu	Minamikata Shu-unkaku
Nov.16 (Sun)	Tea ceremony, Omote-senke	Kurihara Shachu
Dec.14 (Sun)	Tea ceremony, Souhen-ryu	Hirasawa Soshu

Time: 10:00 ~ 15:00 / Where: Imperial Vila Park, Suishotei; a tea room in East Annex

Ticket: 700 yen, available at the entrance of East Annex

Literary Lecture about Serizawa Kojiro; a Famous Writer

Applications & inquiries: Serizawa Kojiro Museum ☎055-932-0255

When: Oct. 11(Sat) 13:30 ~ 16:00 / Where: City Library 4F Hall

Theme: “Human Fate” roman-fleuve / Lecturer: Kaga Otohiko; writer & doctor

Capacity: 200 persons, first come first served

How to apply: By phone or e-mail from Sep. 9 (Tue), 9:00 kojiro@city.numazu.lg.jp

Exhibition in the City Library: 3 Castles in Numazu in the 15th & 16th Centuries

Inquiries: City Library ☎055-952-1234, or Cultural Promotion Division ☎055-952-0844

Panels and excavated things of Kokokuji Castle, Sanmaibashi-jo, Nagahama-jo are displayed in the 4 F Hall, Sep.16 (Tue) ~ Sep.30 (Tue). Closed on Sep.22 (Mon) & Sep.29 (Mon)

Breast Cancer Checkup Promotion Campaign

Applications & Inquiries: Olive-no-kai ☎055-921-9605, or Health Center ☎055-951-3480

When: Oct.4 (Sat) 13:00 ~ 16:00 / Where: Senbon Plaza, Music hall

Contents: Concert, advice for checkups & treatments

Lecturer: Dr. Koichiro Ohsawa from Seirei Numazu Hospital

Dr. Masayuki Kimura from City Hospital

Capacity: 200 persons / Application deadline: Sep.25 (Thu) Call for more information.

Numazu Health Sports Festival

When: Oct. 12 (Sun) Where: City Gymnasium

*You can't use other facilities at city gymnasium until 17:00 on that day.

Applications and Inquiries: Sports Promotion Division (inside the City Gymnasium),
☎055-922-7200

■ New Sports Events / Measurement of Physical Fitness

Time: 9:00 ~ / Applicants: People living in or commuting to Numazu

Admission: 50 yen for insurance

How to apply: by an application form kept at the City Gymnasium or Heda B&G Community Sports Center before Sep. 15 (Holiday)

Events		Where	Teams and members
①	KIN ball	City Gymnasium	4 people a team (regardless of sex, 4 th graders or older) *A team consists of 6 – 8 members.
②	Family Badminton		3 people a team (regardless of sex) *A team consists of 4 – 6 members.
*At City Gymnasium, you can join “Measuring events of physical fitness and health performance” and New Sports Experience Corner”. (free of charge / No reservation is required.)			
③	Curolling	Heda B&G Community Sports Center	3 people a team (regardless of sex, Elementary school students or older) *A team consists of 3 – 5 members. It is similar to curling; a sport performed on ice.



■ Courses

	Courses	Applicants	Time	Capacity
①	Parent & Child <i>Freai Taiso</i> A	Children born between Apr. and Sep., 2012 and their parents	9:30 ~ 10:20	30 pairs
②	Parent & Child <i>Freai</i>	Children born between Oct., 2012	10:50 ~ 11:40	30 pairs

	<i>Taiso</i> B	and Mar., 2013 and their parents		
③	Baby Massage	2-month-old baby ~children who start to walk and their parents	11:10 ~ 12:00	15 pairs
④	Step Exercise A	People aged 18 and older	9:45 ~ 10:15	8
⑤	Step Exercise B		10:45 ~ 11:15	8
⑥	Stretching for Body Maintenance	Junior high students ~	13:00 ~ 13:50	20
⑦	YOGA for parent and child	Nenchu (2 nd year of Kindergarten) ~elementary school students and their parents	13:20 ~ 14:00	15
⑧	YOGA for beginners	Junior high students ~	14:30 ~ 15:20	15
⑨	Pelvis straightening YOGA A	People aged 18 and older	13:20 ~ 14:10	20
⑩	Pelvis straightening YOGA B		14:30 ~15:20	20

Where: City Gym / Fee: 50 yen (for insurance) / How to apply: By phone by Sep. 15(Holiday)

*In case of too many applicants, there will be a drawing.

Information from Meiji Historical Museum

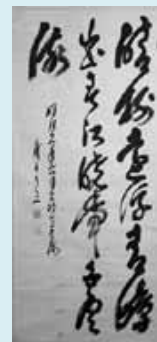
Inquiries: Meiji Historical Museum, ☎055-923-3335

*Exhibition of Calligraphy Masterpieces

We exhibit calligraphic works of famous and notable historical figures such as Katsu Kaishu, Takahashi Deishu, Yamaoka Tessai and Yoneyama Umekichi.

When: Sep. 2 (Tue) ~30 (Tue)

Where: Central bank of Numazu Shinkin Bank, Street Gallery (at Ootemachi)



Classes, Lectures

Stretch Pole Exercise Class

Applications and Inquiries: Sports Promotion Division ☎ 055-922-7200

1-4 Takashima Hon-cho ☎410-0055

When: Oct. 6(Mon), 20(Mon), 27(Mon) 10:00 ~ 11:00 (3 classes in total) / Where: City Gym

Applicants: People who are 18 years and older, live in Numazu and can attend 3 classes

Capacity: 20 people (In case of a lot of applicants, there will be a drawing.)

Fee: 810 yen

How to apply: Write the class name “Stretch Pole Exercise”, your name, date of birth, age, address and phone number on a double postcard and post it.

Due date of the applications: Sep. 15(Holiday)

Cooking Class for Men

Applications and Inquiries: San-Well Numazu ☎ 055-922-2020

Inquiries: Social Welfare Division ☎ 055-934-4824

When: ①Oct. 24(Fri) ②Oct. 27(Mon) ③Oct. 31(Fri) ④Nov. 3(Holiday) 10:00 ~ 13:00

Where: San-Well Numazu Cooking Room 2F

Contents: ①Chinese (meat dish) ②Western (fish dish)

③Japanese (meat dish) ④Japanese (fish dish)

Capacity: 10 people for each class (in order of arrival / You can join only one class.)

Fee: 500 yen How to apply: Sep. 8(Mon) 9:00~ by phone



Let's Learn About Solar Power Generation at Numazu Citizen's College

Inquiries: Environmental Policy Division ☎ 055-934-4741

Why don't you learn about energy saving and lead a more eco-friendly life?

Lecturer: Ms. Noriko Hattori (a general manager of a Center for Climate Change Actions) etc.

Applicants: People (aged 18 years or older) living in or commuting to Numazu, except high school students

Capacity: 40 people *In case of too many applicants, we will have a drawing.

Fee: 1,300 yen (for lunch on the Day 4)

How to apply: Let us know your name, address, age and phone number by phone, fax or email before Sep. 16 (Tue)

Applications: Environmental Policy Division ☎ 055-934-4741, FAX: 055-934-3045

Email: kankyo@city.numazu.lg.jp

	When	Where	Theme
1	Sep. 27 (Sat), 13:30 – 15:00	Uematsu Group Kenshu-shitsu (at Nishi Sawada)	Solar power generation and economic efficiency
2	Oct. 8 (Wed), 18:30 – 20:30	Cultural Center, Kaigi-shitsu	Electricity in our life
3	Oct. 15 (Wed), 18:30 – 20:30	Cultural Center, Kaigi-shitsu	global warming and our life
4	Oct. 26 (Sun), 9:30 – 15:30	Eco-life Square Mishima Kiyozumi (at Mishima), photovoltaic panels installed in farmland (at Izunokuni)	Fieldwork (various solar power systems)

Childcare

Childcare Lectures in Fall

Inquiries: Lifelong Study Division ☎ 055-934-4870

	When	Theme	Lecturer
1	Sep. 17(Wed)	You are the teacher of your child	Mr. Fukuta(Director at <i>Hanashikata Kenkyujyo</i>)
2	Sep. 24(Wed)	Useful skill for childcare communication	Ms. Itakura(Director at Communication House)
3	Oct. 1(Wed)	How to develop your child's individuality	Mr. Okumura (The ex- head of the training school)

Time: 10:00-11:45 (Three lessons in total) / Where: Dai 1 District Center

To whom: Parents who have children from pre-school to Junior high school, people who are interested in childcare

Capacity: 100 people (Order in arrival) / Fee: 100 yen

How to apply: Please call from 8:30 from Sep. 8(Mon)

*There is a day nursery, so if you want to use it, please reserve beforehand. (Capacity 10 people)

*The parking is limited, so please come by train or bus.

Health Handbook for Mother and Children (Boshi Kenko Techo)

Inquiries: Health Promotion Division ☎ 055-951-3480

Once your doctor gives you a pregnancy examination, you can receive the Health Handbook for Mother and Children at the Health Center. The Handbook for Mother and Children is the health report for mother and children recording their health conditions during pregnancy, as well as children's development and vaccinations. After you receive the "Pregnancy Notification (Ninshin Todokedesho)" from the doctor, bring it to the Health Center with the following:

- (1) Pregnancy Notification (Ninshin Todokedesho)
- (2) Alien Registration Card (Gaikokujin Toroku Shomeisho)

Consideration for pregnant women

If you see anyone with "Maternity Mark" key ring for expectant mothers in town or on public transportation, please assist them kindly by giving them your seat or offering a helping hand.



Ohisama-hiroba

Inquiries: Numazukko Fureai Center ☎ 055-952-8077

Senbon Kosodateshien Center ☎ 055-962-7818

	when	where
①	Sep. 22(Mon) 11:00 ~ 12:00	Ito Yokado Numazu 2F
②	Sep. 28(Sun) 10:00 ~ 12:00	Miyukien: Child Development Support Center (Higashi Hara)
③	Sep. 29(Mon) 11:00 ~ 12:00	Nagahama Kominkan Open space (Uchiura)

Applicants: Children and their parents / ※ If it rains, ② and ③ will be canceled.

※ Please come to the site directly with clothes which can get dirty.

Recruitment

Teams to Participate in Quoits Tournament

Applications and inquiries: Longevity & Welfare Division ☎ 410-8601 The City Hall ☎ 055-934-4834

Would you like to compete with the members of Sukoyaka Numazu(Numazu-city Golden Age Club Society)for quoits?

When: Nov. 1(Sat) from 9:30 / Where: The City Gym

Applicants: a team consists of people living in the city, at 60 years old and older, not being members of Sukoyaka Numazu(a team consists of five people and includes at least one woman.)

Quantity: 4 teams (in case of a lot of applications, there will be a drawing.)

Applications: write the following on a post card and post it.

team name, name of each player, age, having experience of quoits or not, the address of the representative, name, telephone number

Deadline: Sep. 26(Fri) (no later than the day)

Raising Works to Silver Works Exhibition

Applications and inquiries: Longevity and Welfare Division ☎055-934-4834

Look for handicraft by elderly people, paintings, calligraphy and photography.

Applicants: people who live in the city and 60 years old and older.

Applications: fill in the form placed at Longevity & Welfare Division at the City Hall Annex or Senbon Plaza and apply directly with it by Sep. 30(Tue).(the send-in day is Oct. 23(Thu))

*Works applied will be held at Senbon Plaza from Oct. 24(Fri) to 26(Sun)

Information from City Hall

Night Window to Pay City Tax

When: Sep.25 (Thu) 17:15 ~ 20:00 / Where: City Hall 2F Tax Collection Division ☎055-934-4730

Night Window to Pay National Health Insurance Premium

When: Sep.25 (Thu) 18:15 ~ 20:00

Where: City Hall 1F National Health Insurance Division ☎055-934-4727

Use your New National Health Insurance Card from Oct. 1 (Wed).

You will get a new card (whitish yellow) within September.

Inquiries: National Health Insurance Division ☎055-934-4725

View-O; Tsunami Prevention Facility with Observatory in Numazu Port, opens and closes on Sep. 18 (Thu), 10:20 ~ 11:30 &14:05 ~ 15:50 for an inspection. Come and enjoy it, but you

can't go inside.

Ganyudo Ferry Boat Service

It runs on weekends and holidays from Sep. 13 (Sat) to Nov. 30 (Sun)

Departure	Time	Fare
Ganyudo	9:00, 10:30, 13:30, 15:00	Junior high school age & older: 100 yen
Ayumi Bridge	9:25, 10:55, 13:55, 15:25	Primary school student: 50 yen Under primary school age: free

The ferryboat runs as needed between Ganyudo (near the Fisherman's Association Office) and Numazu Port 9:00 ~ 17:00. It runs 9:00 ~ 16:00 in November. Unavailable 12:30 ~ 13:30. Cancelled in bad weather. Check the city homepage for details.

Check "Water in Numazu" on facebook to see photos and information of water, running water, sewage facilities & events by water service department. <http://www.facebook.com/numazunomizu/>

Let's Reinforce Our Houses Against Earthquakes!

Inquiries: Building Guidance Division ☎ 055-934-4759

When an earthquake occurs, collapse of houses and concrete block walls can hurt not only your family but also by-passers.

In order to reduce the damage and secure the Tsunami evacuation route, let's reinforce our house and repair concrete block walls.



◆Subsidy for seismic reinforcement of wooden houses

For the wooden houses built before May 31, 1981, we will subsidize a part of the seismic retrofit design or reinforcement fee.

Step 1 Free diagnosis by an expert

Taishinhokyo Sodanshi (A seismic retrofit advisor) will check the earthquake resistance of your house for free.

Step 2 Drawing of Reinforcement plan

We will subsidize a part of the planning fee.

Step 3 Seismic Retrofit Construction

We will subsidize a part of the construction cost.

*You need to apply for the subsidies before the construction starts. Please ask us about the details.

◆Subsidy for removal or repair of concrete block walls

Available for	Subsidy		Max
Concrete block walls along the Tsunami evacuation route	Removal	If the cost is less than 32,000 yen per meter, the subsidy covers all the cost.	No limit
	Repair	If the cost is less than 38,400 yen per meter, the subsidy covers all the cost.	No limit

Concrete block walls other than those above	Removal	Half of the cheaper cost (8,900 yen per meter × length or estimated removal cost)	100,000 yen
	Repair	Half of the cheaper cost (38,400 yen per meter × length or estimated repair cost)	250,000 yen

Connection to the Public Sewage System

Inquiries: Water and Sewage Service Division ☎ 055-934-4856

In the area where improvement of the sewage system has been prepared, people have to connect to the sewage system in accordance with the sewage law or city sewage regulation within the period as follows.

- Connecting to sewage system ---within 6 months
- In case of septic-tank-style toilet: After changing it into a flush toilet, connect to a sewage system within 3 years. ※As for the details, look at the City Homepage.

~September 9(Wed) is the Sewage Day~

◆Invitation to the Final Sewage Treatment Plant◆

Inquiries: Sewage Facilities Management Center ☎ 055-939-0811

When: Sep. 13(Sat), 14(Sun) ① 10:00~ ② 14:00~

Where: *Nanbu Jyoka Center (Enoura)* ※Come to the site directly on the day.

Autumn National Traffic Safety Campaign Sep.21 (Sun)~30(Tue)

The basic slogan of this campaign is to prevent children and the elderly from traffic accidents.



The main targets

- Prevention of traffic accidents while walking or riding on a bike in the early evening or at night
- Imprinting to put on a seat belt in every seat and set up a child car seat properly
- Getting rid of alcohol-related car accidents
- Promoting turning on headlights a little earlier

Be Kind to Animals Week Sep.20(Sat)~26(Fri)

Inquiries: Environmental Policy Division ☎ 055-934-4740

When you have a dog or a cat as a house pet, please keep it with responsibility obeying rules and manners.

*In case of having a dog

- When walking a dog, use a leash.
- Be sure to bring back the dog's mess.
- Put a dog tag or an owner's contact address on the collar.

*In case of having a cat

- Try to keep a cat indoors.
- Put a collar with the owner's contact address



▪Please have a cat operated on for sterilization or orchiectomy.

*In case of sterilization or orchiectomy of a stray cat

A part of an operation fee is subsidized. (Please make an application before an operation.)

*Never leave behind or be cruel to animals.

The law about animal welfare was revised and penalty was tightened.

*If you want to hand over or keep a dog or a cat, systems are available.

※As for the details, ask directly or look at the city homepage.

September 11(Thu) is the Consultation Day with the Police'

Inquiries: Numazu Police Station ☎055-952-0110 or Citizens' Consultation Center ☎055-934-4700
Fureai Consultation Center in Shizuoka Prefectural Police is waiting for your consultations such as criminal damages, traffic accidents 24 hours all year round. Please don't hesitate to call and ask for our advice.

Push Circuit #9110 ※You can also call from a mobile phone or PHS.

Dial Circuit ☎054-254-9110

Joint Consultation for the Youth and Children Who Keep Worries on Their Mind

Inquiries: Shizuoka Prefecture Board of Education ☎054-221-3160

Youth Education Center ☎055-951-3440

If you worry about NEET(not in employment, education or training), social withdrawal or school non-attendance, correspondence high school, part-time high school and support groups for working will hear your trouble and try to solve it with you.

When: Sep. 20(Sat) 13:00~15:30(Application is received till 15:00.)

Where: JR Fuji Station *Minami Machizukuri* Center(*Yokowari* ,Fuji City)

※Come to the site directly on the day.

Free Events

Open Lecture for Citizens to Discover Uterine Cancer or Oral Cancer Early

Inquiries: NPO Convention Shizuoka ☎055-963-1655

When: Sep. 13(Sat) 13:00~14:30 Where: Plaza Verde Convention Hall B

Lecturer: Dr. Takesumi Munetaka(a gynecologist of Shizuoka Cancer Center)

※Come to the site directly on the day.

Information from Health Center

Applications & inquiries: Health Center ☎ 055-951-3480

★We would appreciate your understanding and cooperation for appropriate use of Numazu Nighttime Emergency Medical Center.

Numazu Nighttime Emergency Medical Center is the initial emergency medical institution to perform first aid to emergency patients at night. Visits, such as the following, will lead not only to hinder the original emergency response but also to an increase in the burden for a doctor or medical expenses.

- *Because there is no time to go to a clinic during the day
- *Because there are things to do from the morning the next day
- *Many days have passed since you got sick but aren't getting well

Please understand the situation and cooperate for the appropriate use so that emergency patients can be consulted promptly.

★Let's protect our physical and mental health.

Additional Tuberculosis X-ray Exams

Applicants: those aged 40 and older who live in Numazu (except people who have taken chest X-ray exams at their work places or other medical institutions)

Fee: free (paid-for lung cancer screening)

What to bring: health checkup ticket issued by Numazu City

*Please do not wear a shirt with a clasp or buttons on, or a printed or embroidered shirt.

When	Time	Where
Oct. 1 (Wed)	9:30~10:00	Shizuura Chiku Center
	11:00~11:30	Ohira Chiku Center
	13:30~14:00	Dai-3 Chiku Center
	14:30~15:00	Center for Youth Employment
Oct. 2 (Thu)	9:30~10:00	Ooka Chiku Center
	10:30~11:30	San-Well Numazu
	13:00~13:30	Kadoike Chiku Center
	14:00~14:30	Kanaoka Chiku Center
Oct. 3 (Fri)	9:30~11:00	Hara Chiku Center
	11:30~12:00	Ukishima Chiku Center
	13:30~14:00	Ashitaka Chiku Center
	14:30~15:00	Katahama Chiku Center
Oct. 6 (Mon)	9:30~11:00	Health Center

Specific Health Check-ups

Examination Period: until Oct. 31 (Fri) / Where: appropriate medical institutions

- Applicants: ①Those aged 40 and older who have National Health Insurance card
 ②Those aged 75 and older who have National Health Insurance card

What to bring: examination tickets, National Health Insurance card

Fee: ①800yen ②free

* If you don't have examination tickets, please contact the Health Promotion Division.

*Those aged 40 and older who have other health insurance, please check with the health insurance

you have subscribed to.

* Please visit the Numazu city's website for details.

Consultation for your stress

When: Oct. 1 (Wed), Nov. 5 (Wed), 13:30 ~ 16:30 / Where: Health Center

Contents: About one hour consultation by clinical psychotherapist or care worker

Consulter: Those aged 18 and older, or their family (Consulters should be those who are not consulting with a psychiatrist privately.)

Capacity: three people a day (on a first-come-first-served basis)

How to apply: By phone, from 9:00, September 10 (Wed)

★Why don't you host a health promotion class with your friends?

To keep your health, please take this opportunity to host On-Demand-Delivery Lectures by city officials, etc.

“My Supplement Class”

There are the following four types of classes great for mental and physical health by practitioners of acupuncture, moxibustion & massage

Class Name: (1) Massage with hands to ease muscle tension

(2) Stretch to improve blood circulation

(3) Movement to keep the physical balance

(4) Healing Class to soothe the souls

“Genki-up Class”

We'll send a lecturer to groups that want to start exercises for health promotion.

Contents: Original exercises class (up to 5 times) For example: Modification of posture by strengthening trunk, relaxing by yoga, self-care to improve cold and swelling of body

*For both Classes

When: regardless of weekday or weekend, about 1.5 hours between 9:00 and 21:00

Where: limited in Numazu city. The meeting place for the class is provided by the host.

Applicants: groups of about 10 ~ 30 people living in Numazu (under 65 years old)

How to apply: Please come to the office directly at least one month before the desired date.

* We might not be able to send a lecturer to organizations for-profit. Please contact the office for details.