


Annual health checkups for your happy family

# Let's have! Health checkup

Overeating, lack of exercise, staying up late, drinking too much, . . . any of these may cause a lifestyle-related illness. You can check your health with a small expense of 1000 yen or free (a little difference in cities or towns).

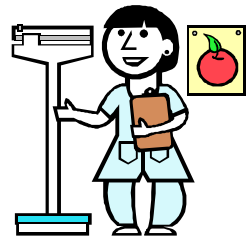
## Basic Health examination (a case in Fujimishi)

Those who are 40 years old and over (born before Mar. 31 <sup>st</sup> , 1966) are eligible.	Checkup items	Schedule	Checkup fee
	Essential checkup items Interview exam. • physical measurement • blood pressure measurement • urine test • percussion & auscultation • liver function test • kidney function test • lipid test (total cholesterol, HDL cholesterol, neutral fat) • blood-sugar test • anemia test Optional checkup items Electrocardiogram test • funduscopy • hemoglobin Ale test Optional test may be carried on doctor's advice and every one needs not to do it.	July~  November	1,000 yen  Free for those who are 75 years old and over ( born before Mar. 31 <sup>st</sup> , 1931), and household on welfare
	Additional services such as health checkup for women (1,500 yen) and adult dental checkups (free) are available. Please inquire to the followings.		

 Checkup items, schedule or test fee is not the same in each city or town. Please inquire to the followings. You can also call our office.

- Fujimishi Health promotion center 049-252-3771
- Kamifukuoka Public health center 049-264-8292
- Oi-machi public health center 049-266-2300
- Miyoshimachi Kankyo-eiseika 049-258-0019

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 Fujimino international cultural exchange center 049-275-0370



## INFORMATION

Oasis in summer for family get-together . . .

# Fujimi Garden Beach

**First swimming in season! Open July 9<sup>th</sup> (Sat.)**

You will be able to put on beach sandals (only with soft sole) in the garden

[ Period of time ] June 9<sup>th</sup> (Sat.)~Aug.31<sup>st</sup> (Wed.) 9 am~5pm

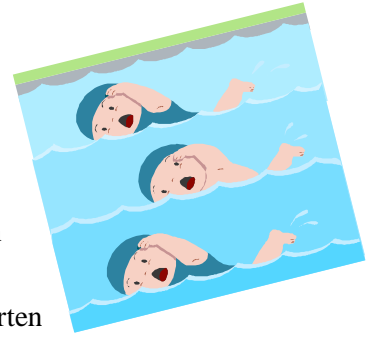
(From June 11<sup>th</sup> to 15<sup>th</sup>, the beach will be open for children in the kindergarten in the morning, so you can enter there from noon.)

❖ Charge (pool . . . ¥500 for adult, ¥300 for junior high school student, ¥100 for elementary school student, and free for preschool child)

(parking lot . . . ¥300 for car, ¥1000 for medium sized bus per one use. Free for two-wheeled vehicles) (two preschool children with their guardian are free)

For students having their mother tongues except Japanese and their guardians

Students who are going to senior high school are welcome



## Guidance for entering senior high school

Annual meetings will be held at several places to give information for entering senior high school to students of foreign nationals and their guardians. You can get schools' information, difficulty of entrance examination, and personal experience for three hours. Individual consultation in several languages is available. It is free.

【Kawagoe meeting】 July 10<sup>th</sup> (Sun.) 13:00 ~16:00

Place : Kawagoe district office (5 minutes walk from Kawagoe station) Inquiry: 049-222-0363

【Honjyo meeting】 July 18<sup>th</sup> (Holiday) 13:00 ~ 16:00

Place: Honjyo civic plaza (5 minutes walk from Honjyo station) Inquiry: 090-2334-4678

【Saitama meeting】 Sept. 11<sup>th</sup> (Sun.) 13:00 ~ 16:00

Place: Ram the tower 3F (one minute walk from Minamiurawa station) Inquiry: 048-728-0826

【Koshigaya meeting】 Oct.10<sup>th</sup> (Holiday) 13:00 ~ 16:00

Place: Koshigaya Central civic center 4 F (4 minutes walk from Kashigaya station)

Inquiry: 090- 3912-3597

### Assistance for guardians of children in private kindergarten

Those who are eligible are

1. Children in kindergarten who are born from April 2<sup>nd</sup>, 1999 to April 1<sup>st</sup>, 2002
2. Those who have registered as foreign residents and are living in Kamifukuoka city

Monetary assistance: ¥12,000 per a child

Inquiry: General Affairs Section of Kamifukuoka city

Phone: 049-261-2611

### Child allowance will be paid.

Eligibility: Guardians of students up to the third grader of elementary school. Annual income of guardians must be less than specified figure.

Allowance: ¥5,000 per month for first & second child. ¥10,00 per month for the third

Inquiry: Child Welfare Section, Kamifukuoka city hall. Call 049-261-2611