

## 広報とうかい 2/25 号

1. 3月の休日診療
2. 3月の健康相談
3. るびなすをご利用の皆さんへ
4. みんなですこやかウォーキング
5. トレーニング基礎講座

## Tokai Newsletter 25 Feb. 2024

1. Weekend Medical Services in Mar.
2. Health Checks and Consultations in Mar.
3. Tokai-mura Care Center for Sick and Convalescent Children "Rupinasu"
4. Healthy Walking Group
5. Basic Physical Training Course for Women

### 1. Weekend Medical Services in Mar.

**Hours:** 9:30 a.m. - 2:00 p.m., except noon - 1:00 p.m. (Hours are available for all locations.)

Sun. 3: Tokai Clinic, ph.029-283-1711

Sun. 10: Tokai Hospital, ph.029-282-2188

Sun. 17: Muto Pediatric Clinic, ph.029-282-7722

Wed. 20: Tokai Hospital, ph.029-282-2188

Sun. 24: Higashihara Clinic, ph.029-283-2301

Sun. 31: Ogata Clinic, ph.029-282-4781

**Ibaraki Children Emergency Information Helpline**, ph. #8000 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

**Ibaraki Adult Emergency Information Helpline**, ph. #7119 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

### 2. Health Checks and Consultations in Mar.

#### (1) Health Consultation for Mothers and Children

**Date:** Fri. 15 Mar.

**Time:** 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

#### (2) "Genki-up" Health Consultation for Adults

**Date:** Fri. 15 Mar.

**Time:** 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:30 p.m.

Please make an appointment.

**(3) Health Check for Babies**

**1) Infants (babies born in Oct. 2023)**

**Date:** Wed. 6 Mar.

**Time:** 12:50 p.m. - 1:50 p.m.

**2) Children - aged 1 year and 6 months old (babies born in Aug. 2022)**

**Date:** Thu. 7 Mar.

**Time:** 12:50 p.m. - 1:50 p.m.

**3) Children - aged 3 years old (babies born in Sep. 2020)**

**Date:** Wed. 13 Mar.

**Time:** 12:50 p.m. - 1:50 p.m.

**(4) Baby Class for babies born in Dec. 2023**

**Date:** Thu. 14 Mar.

**Time:** 1:00 p.m. - 1:20 p.m.

**Inquiries:** Tokai Health Center, ph. 029-282-2797

**3. Tokai-mura Care Center for Sick and Convalescent Children "Rupinasu"**

When parents/guardians cannot take care of a sick/convalescent child at home due to work or other reasons, temporary childcare service is provided at the Care Center for Sick and Convalescent Children "Rupinasu" located next to Tokai Hospital.

The service is available 8:00 a.m. to 6:00 p.m., Mon. to Fri. (except public holidays and Dec. 29 to Jan. 3). To use the service, you need to take your child to a clinic and have the doctor fill out a medical information form.

Registration in advance is required by year. You need to submit a registration form to Rupinasu from 8:00 a.m. to 5:30 p.m., Mon. to Fri. (except public holidays). The registration form is available at Rupinasu, Tokai Hospital and Childcare Support Section, or can be downloaded from Childcare Support portal website "Nobi-nobi Kosodate Cho"

<https://www.tokai-kosodate.jp/pagecat201/rupinasu>

**Inquiries:** Tokai-mura Care Center for Sick and Convalescent Children "Rupinasu", ph. 029-283-3522, Community Welfare Section, ph.029-282-1711 ext.1139

**4. Healthy Walking Group**

One-hour walk along the Ibaraki Health Road "Ishigami Historical Street" course.

**Date:** Fri. 1 Mar. (Canceled in case of rain)

**Time:** 9:30 a.m. (Registration starts from 9:00 a.m.)

**Meeting place:** Ishigami Community Center

**Eligible People:** Tokai Village residents

**Other:** No reservation is required. Bring a drink, a towel, and wear comfortable clothes. Please try carpooling due to the limited space in the parking lot.

**Inquiries:** Tokai Health Center, ph. 029-282-2797

### **5. Basic Physical Training Course for Women**

**Date:** Sun. 31 Mar.

**Time:** 10:00 a.m. – 11:45 a.m.

**Place:** Tokai Gymnasium

**Eligible people:** Women over 18 years old who live or work in Tokai Village

**Capacity:** 10 people (Minimum number is 5.)

**Instructor:** Ms. Miyuki Minakami

**Cost:** 700 yen per person

**Application:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Thu. 29 Feb. to Thu. 28 Mar. (except Mon.)

**Inquiries:** Tokai Gymnasium, ph. 029-283-0673