

広報とうかい 7/25 号

1. 8月の休日診療
2. 8月の健康相談
3. 妊婦のための「ハローベビースクール」
4. 歴史と未来の交流館でラジオ体操 & 早朝館内ツアー

Tokai Newsletter 25 Jul. 2026

1. Weekend Medical Services in Aug.
2. Health Checks and Consultations in Aug.
3. Hello Baby Classes for Pregnant Women
4. Morning Exercise and Museum Tour

1. Weekend Medical Services in Aug.

Hours: 9:00 a.m. - noon

Sun. 2: Higashihara Clinic, ph.029-283-2301

Sun. 9: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Tue. 11: Tokai Hospital, ph.029-282-2188

Sun. 16: Ogata Clinic, ph.029-282-4781

Sun. 23: Tokai Hospital, ph.029-282-2188

Sun. 30: Ibarakihigashi National Hospital, ph.029-282-1151

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

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

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

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

2. Health Checks and Consultations in Aug.

(1) Health Consultation for Mothers and Children

Date: Fri. 7 Aug.

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. 7 Aug.

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

Please make an appointment.

(3) Health Checks for Children

1) Children – aged 1 year and 6 months old born in Jan. 2025

Date: Fri. 21 Aug.

Time: 12:50 p.m. - 1:20 p.m.

2) Children - aged 3 years old born in Feb. 2023

Date: Wed. 5 Aug.

Time: 12:50 p.m. - 1:20 p.m.

3) Children - aged 5 years old born in Aug. 2021

Date: Wed. 19 Aug.

Time: 12:50 p.m. - 2:20 p.m.

(4) Toddler Class for those born in Dec. 2023

Date: Mon. 17 Aug.

Time: 9:30 a.m. - 9:50 a.m.

(5) Baby Food Class for babies born in Mar. & Apr. 2026

Date: Thu. 27 Aug.

Time: 1:15 p.m. - 1:30 p.m.

Please make an appointment.

(6) Baby Class for babies born in Jan. 2026

Date: Thu. 6 Aug.

Time: 1:00 p.m. - 1:30 p.m.

Place: Tokai Health Center in Tokai Welfare Center "Kizuna"

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

3. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, childcare, and share your concerns and experiences with us as an expecting mother. You can join either one or both classes.

Date and Content:

(1) Fri. 4 Sep., 9:15 a.m. - noon (Registration starts at 9:00 a.m.)

Lecture by a midwife, a nutrition manager and a dental hygienist. Childcare service will be provided for free.

(2) Sat. 5 Sep., 9:15 a.m. - 11:50 a.m. (Registration starts at 9:00 a.m.)

Talk about babies' crying / how to bathe a newborn / pregnancy experience for fathers / useful tips for before and after childbirth. Bring an apron for each attendee. No childcare service will be provided.

Place: Tokai Health Center

Capacity: (1) 12 people, (2) 16 pairs

Other: Bring your Maternal and Child Health Handbook (Boshi Kenko Techo), the supplementary handbook, pen and notebook.

Applications: Apply from Thu. 30 Jul. to Mon. 24 Aug. at: <https://tokai-vill.city-ca.jp/>

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

4. Morning Exercise and Museum Tour

Radio Taiso Exercise in the courtyard will be followed by a guided tour of the museum.

Date: Sat. 1 and 22 Aug.

Time: 7:00 a.m. - 8:00 a.m.

Place: Tokai Village Museum (Rekishi To Mirai No Koryukan)

Application: No reservation required.

Inquiries: Lifelong Learning Section, ph. 029-287-0851