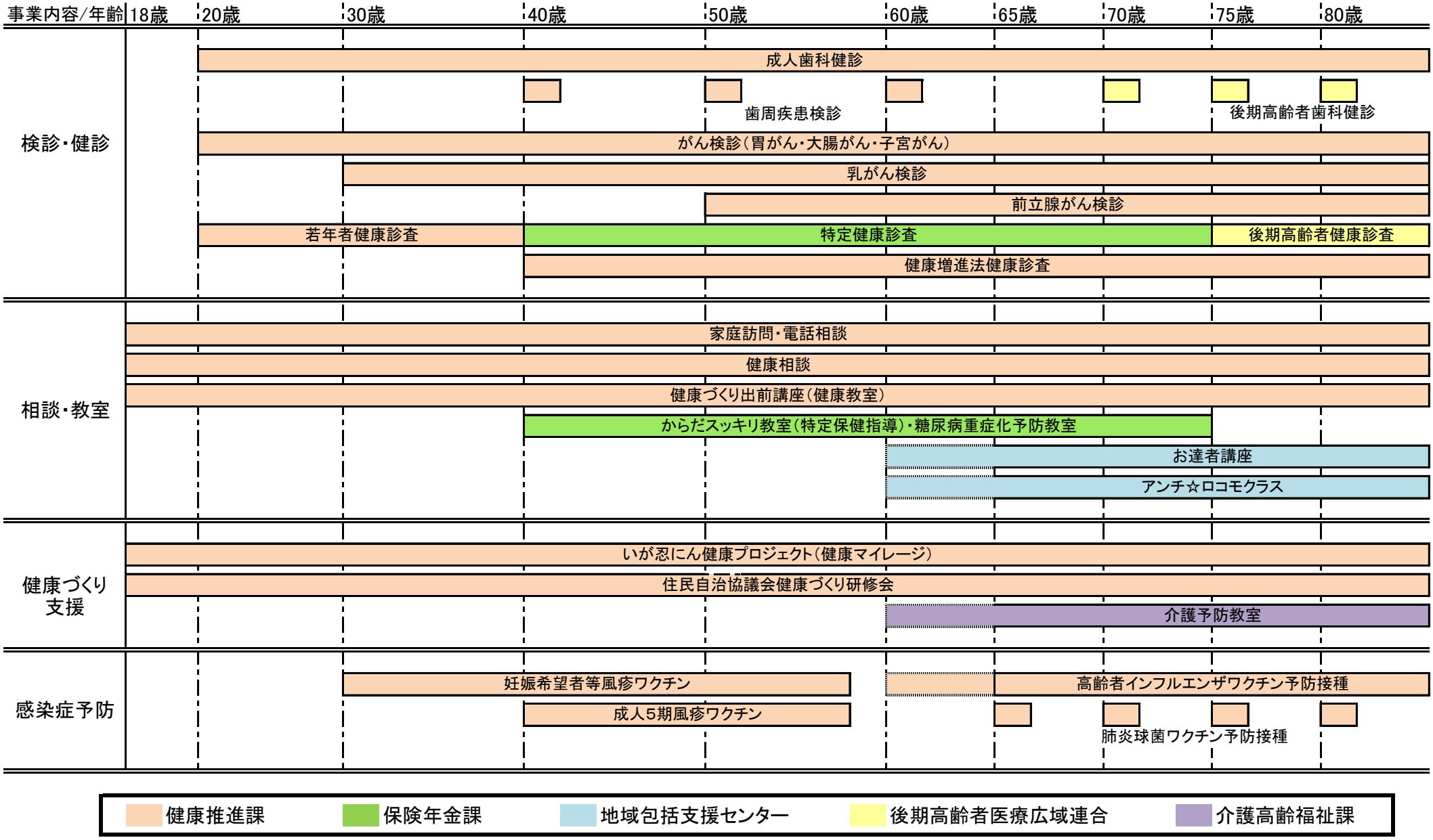伊賀市　成人保健・健康づくり支援事業の流れ