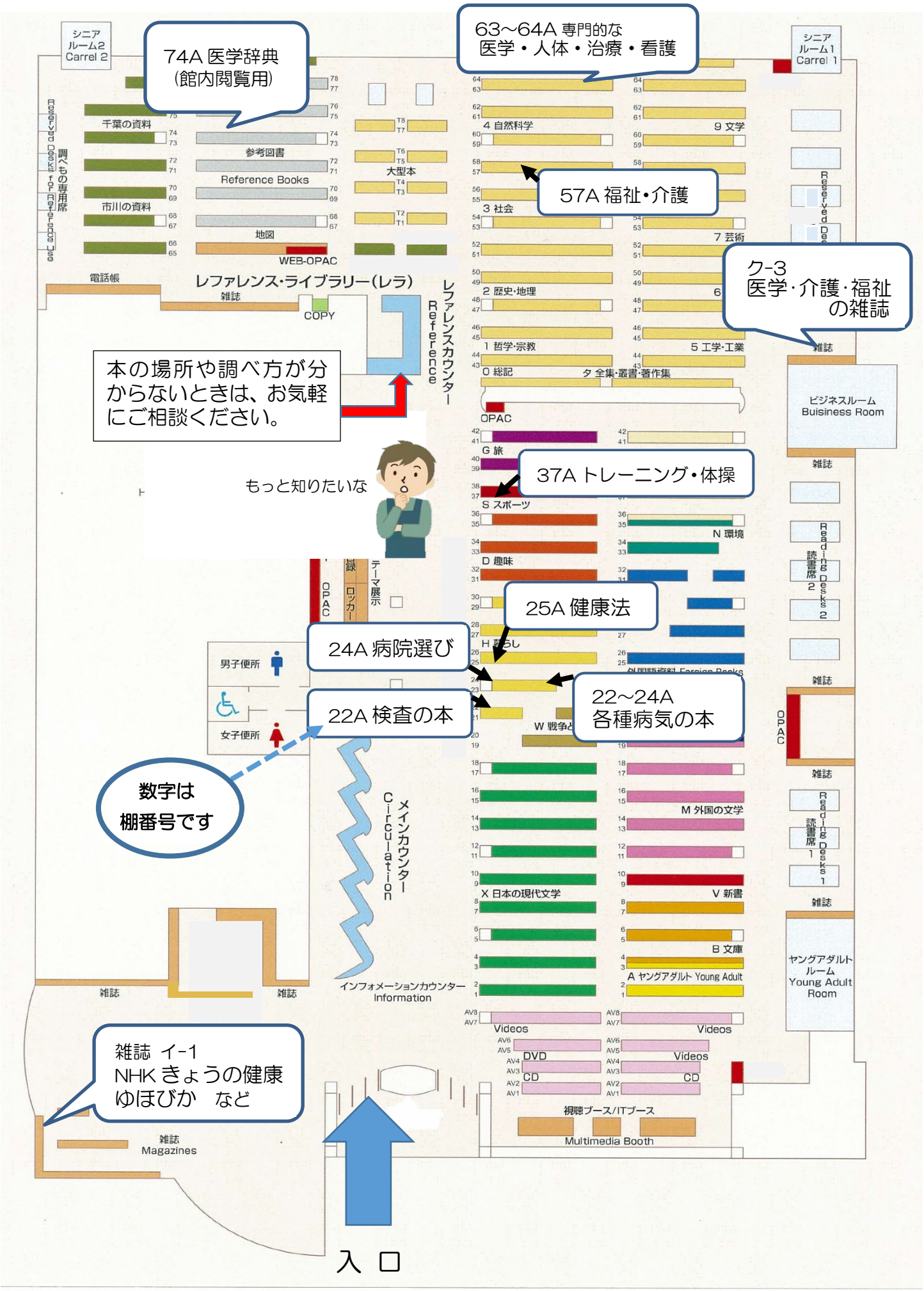市川市中央図書館 健康図書マップ