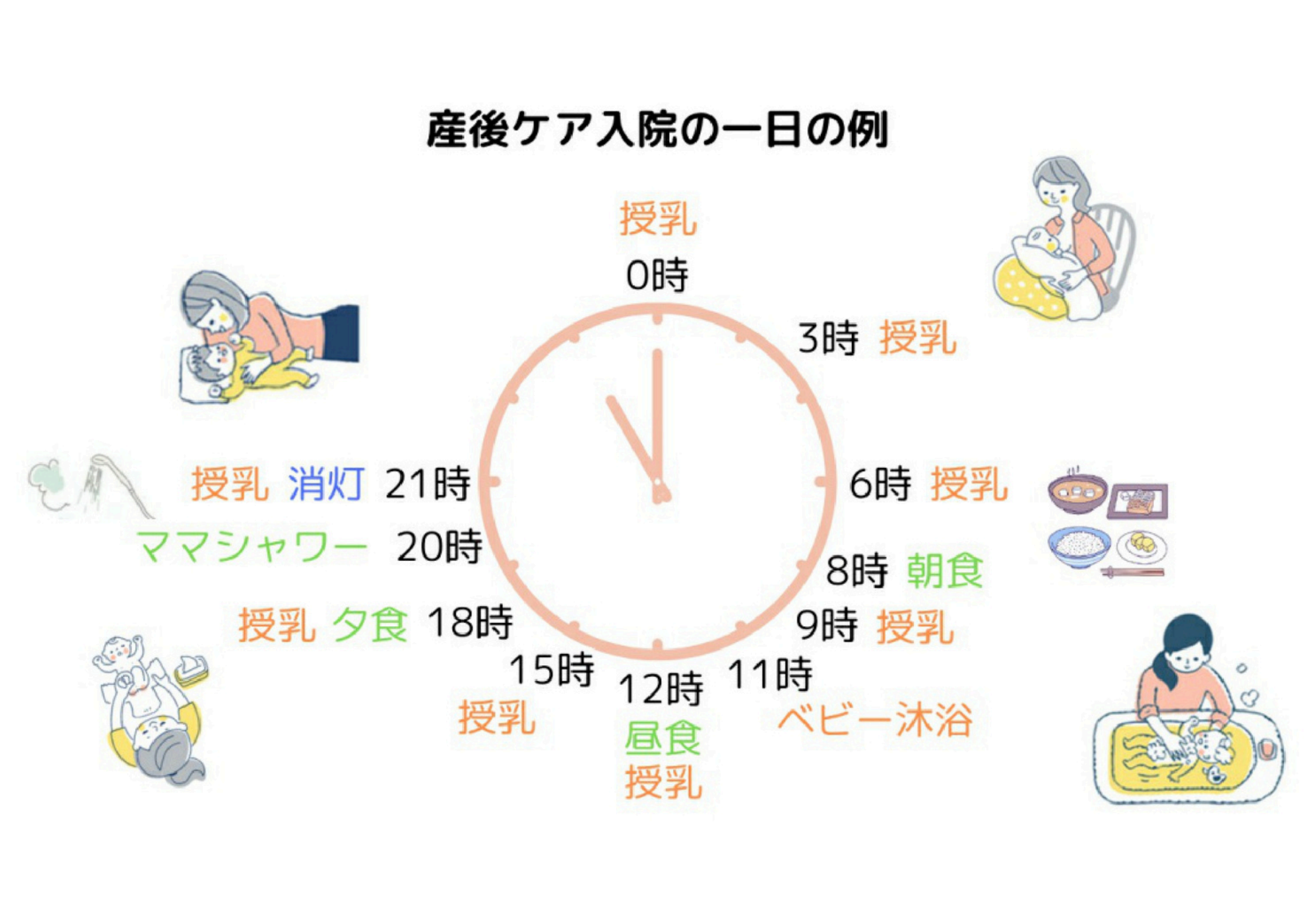産後ケア入院の一日の例