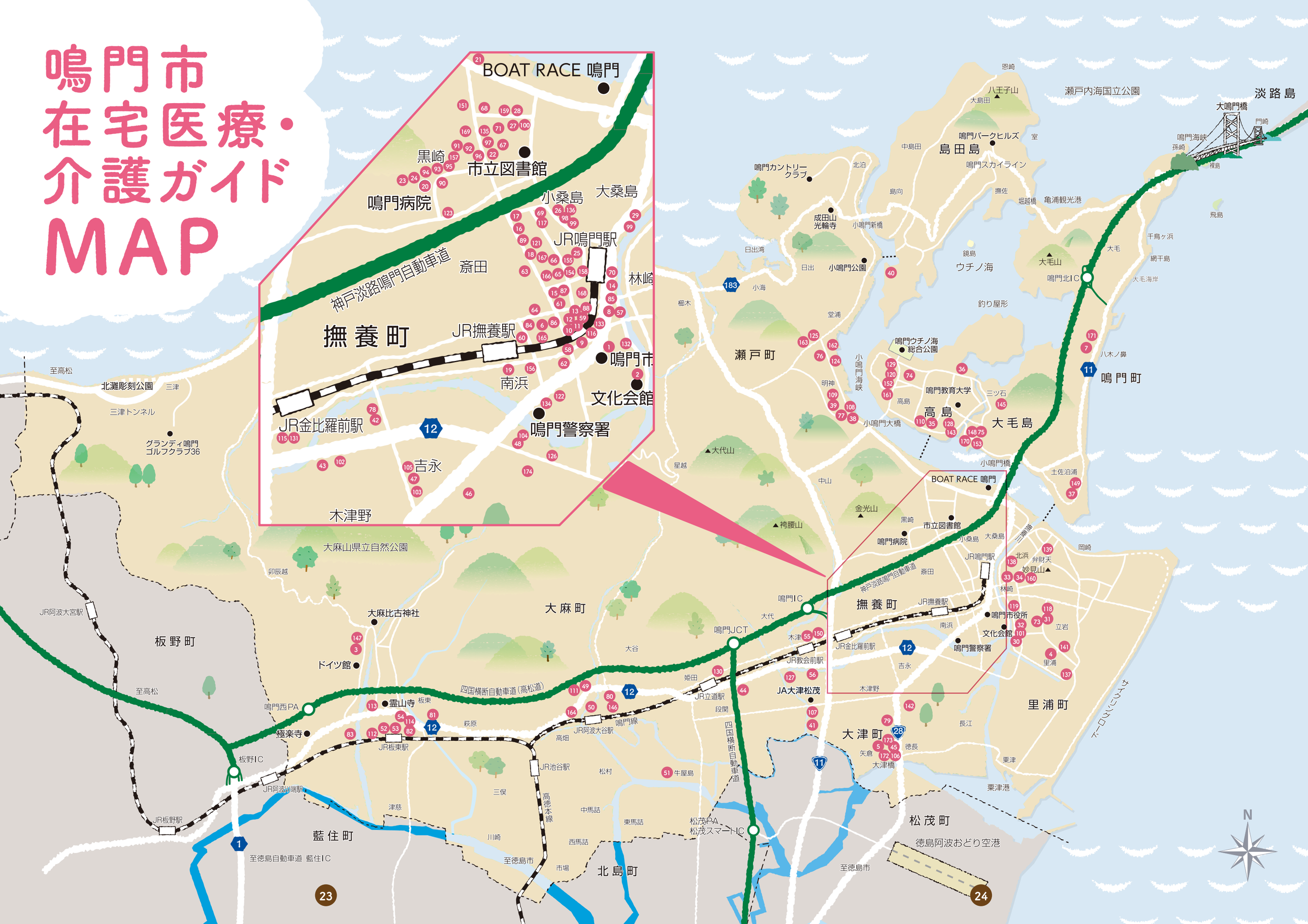鳴門市 在宅医療・介護ガイド MAP