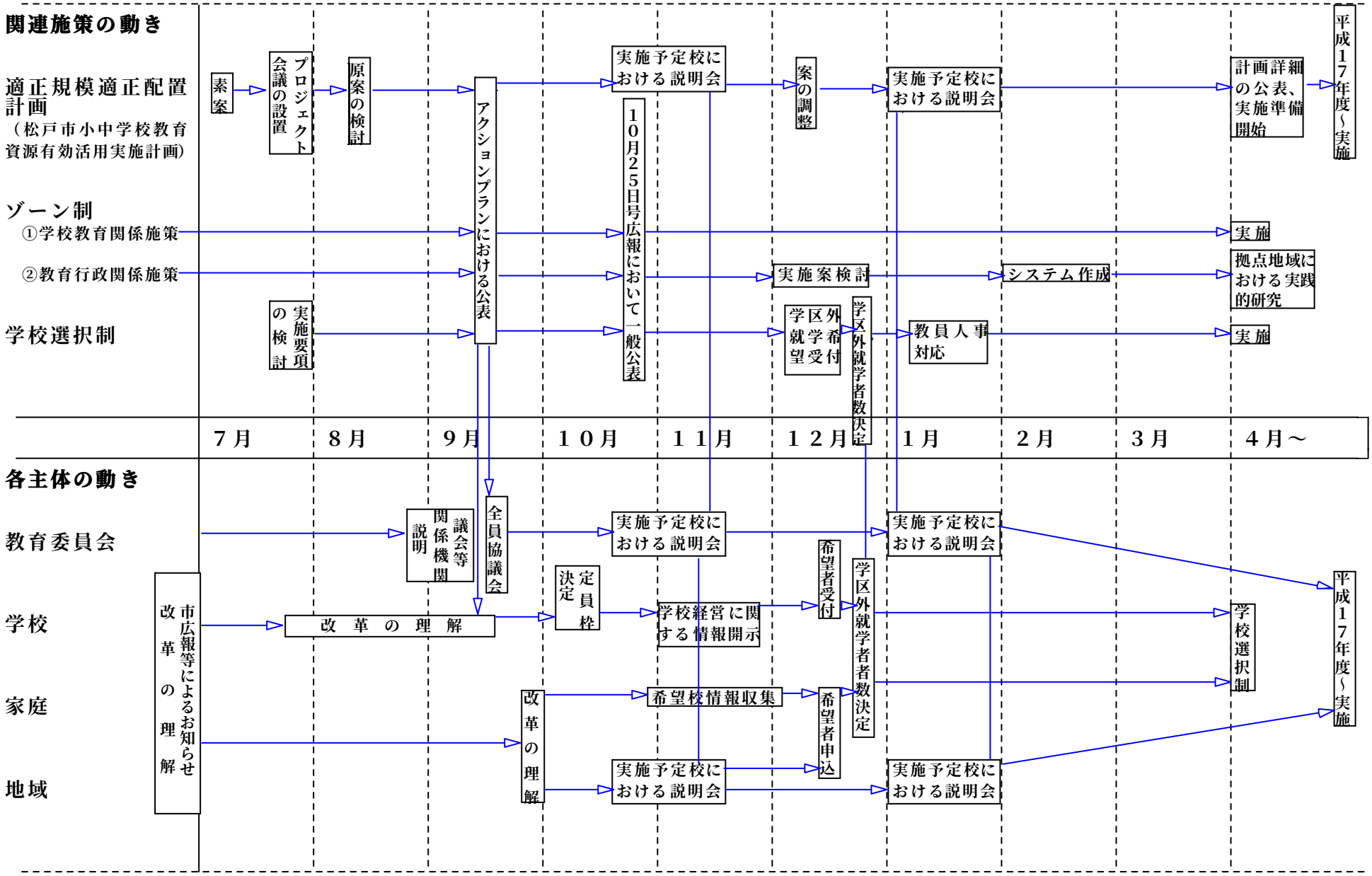「適正規模適正配置　」進行予定表