



People living in the community

Admission is free!

# Consultation for foreign residents

**Day & Time**

**October 23 (Sun) 4:00pm~**

**Place**

**TORII HALL 3F Sennichi tei**

This event is open to adults and children from different countries like Philippines. Feel free to ask about any worries about parenting and life and health.



Come with your kids!

## Parenting Consultation

Jefferson R. Plantilla (Jeff)

Jeff had worked as a lawyer in the Philippines. He has lived in Nara with his wife and daughter since he came to Japan in 1995. Since then, he has worked as a member and a coordinator of various Filipino communities.



## Health Consultation

CHARM

You can ask anything about your health without your insurance certificate.

- ★ Height, Weight, Body fat level
- ★ Blood pressure
- ★ Nutrition consultation
- ★ Information on health, disease prevention and hospitals and more...

## Parenting Consultation

Public health nurse and Health and Welfare Division, Chuo ward Office. You can ask the staff from the Child Care Support Office about any problems on parenting.



For more information

Anita Ishimura : 090-2045-4219

Koshoji Temple : 06-6211-7819

Sponsors/Southeast Asia Community association  
Seika Community Activities Council

Supporters/CHARM, Child Care Support Office,  
Health and Welfare Division, Chuo Ward Office