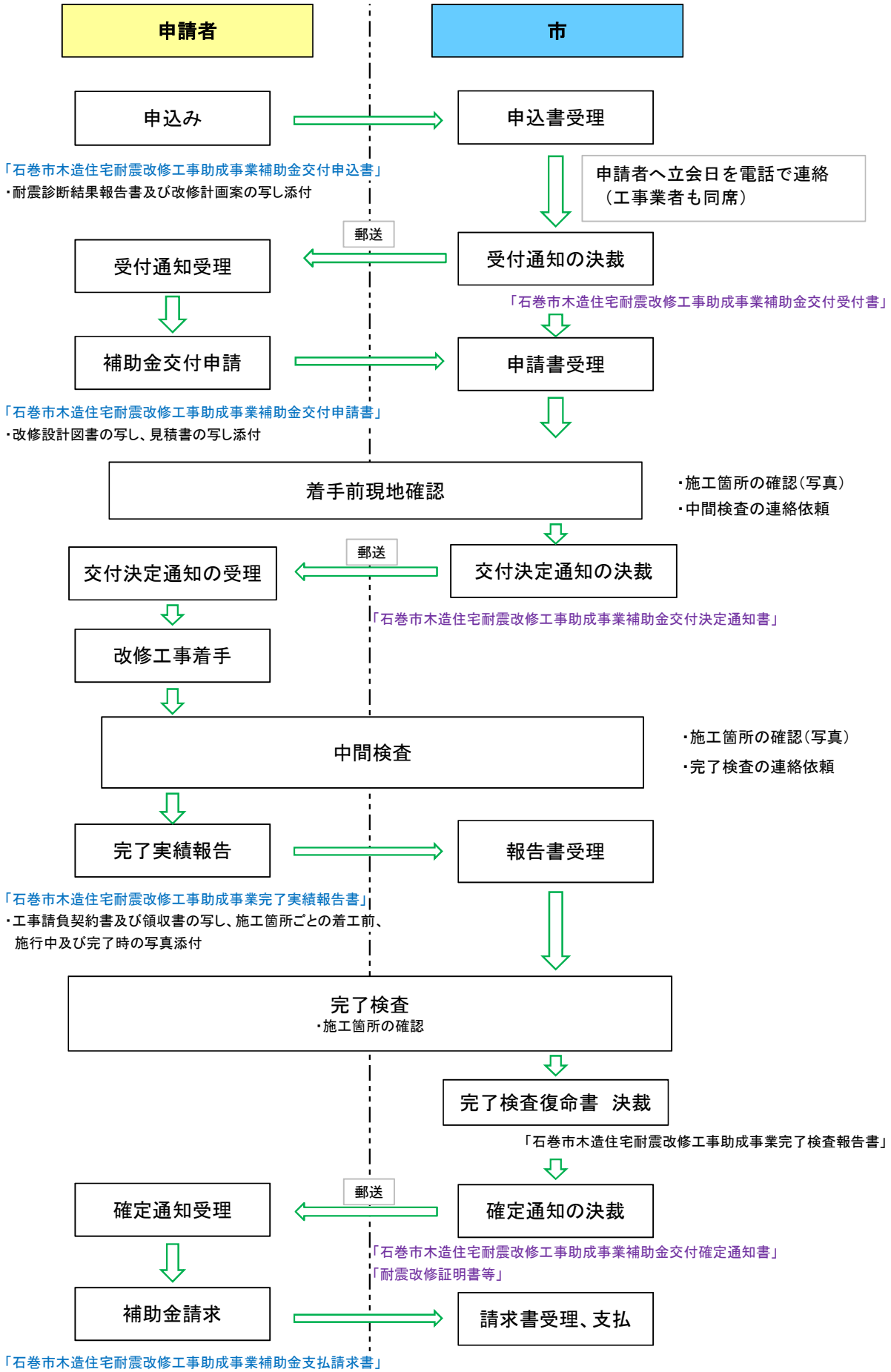石巻市木造住宅耐震改修工事助成事業　手続きフロー