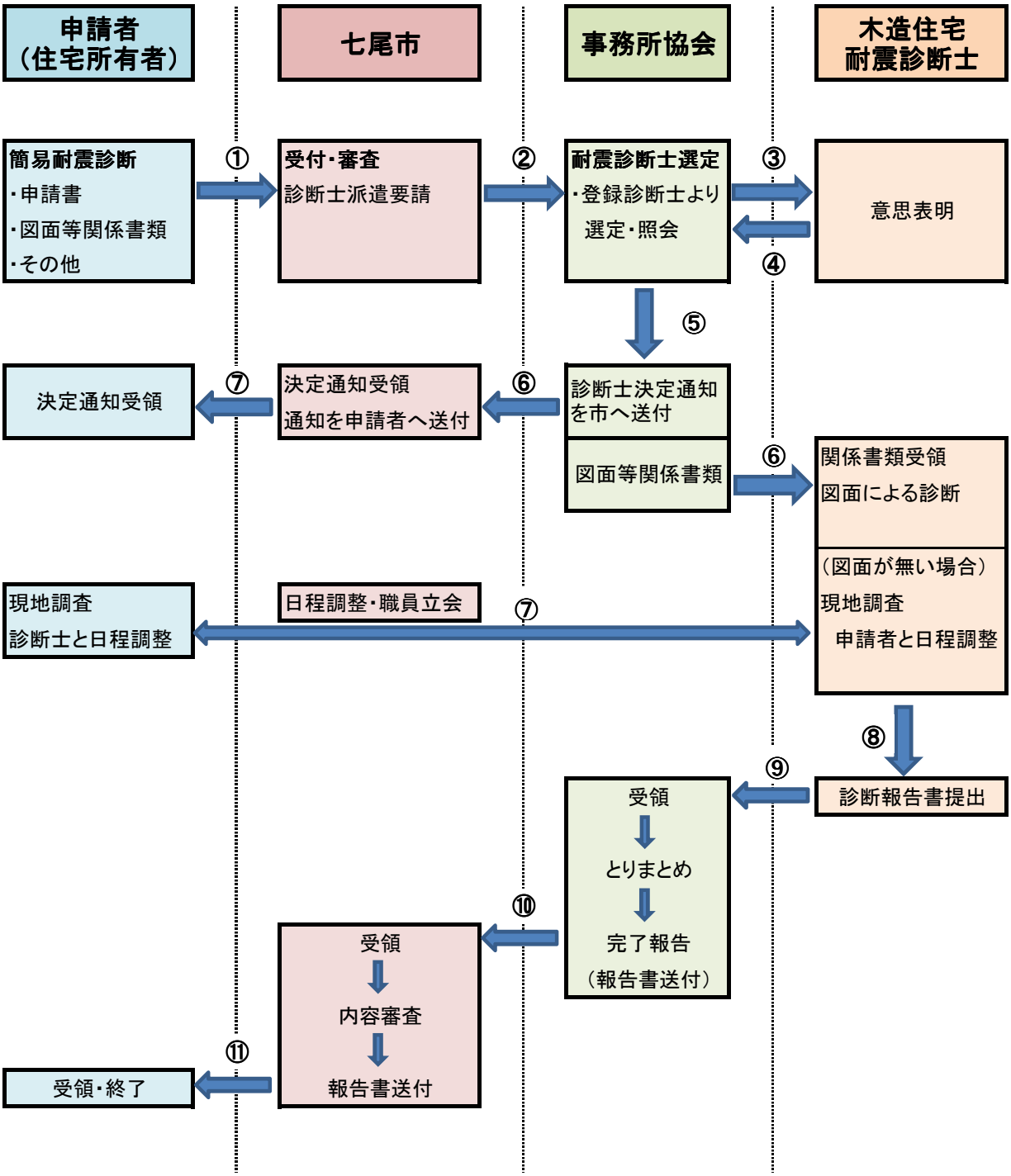簡易耐震診断　手続きの流れ