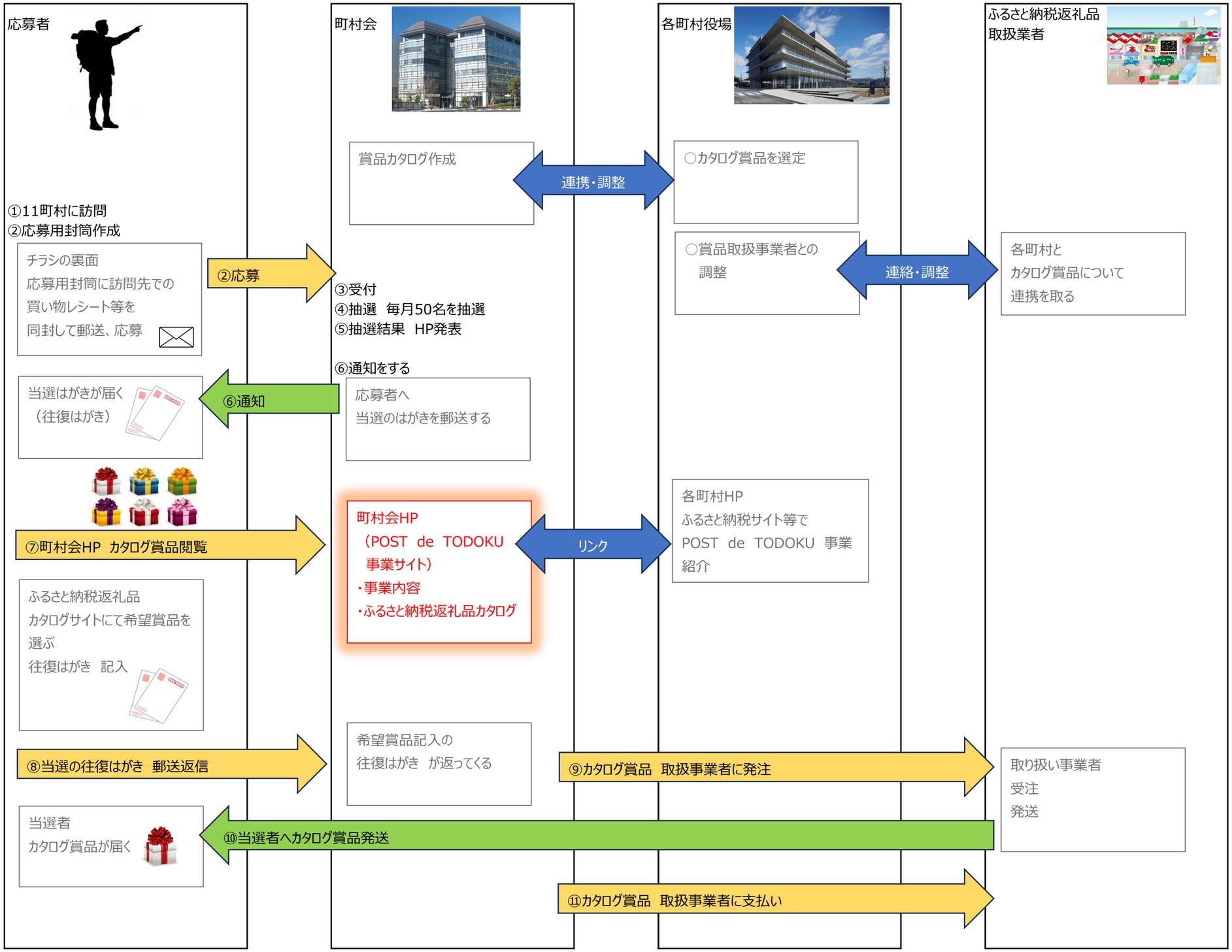POST de TODOKU しまね１１プレゼント事業フロー図