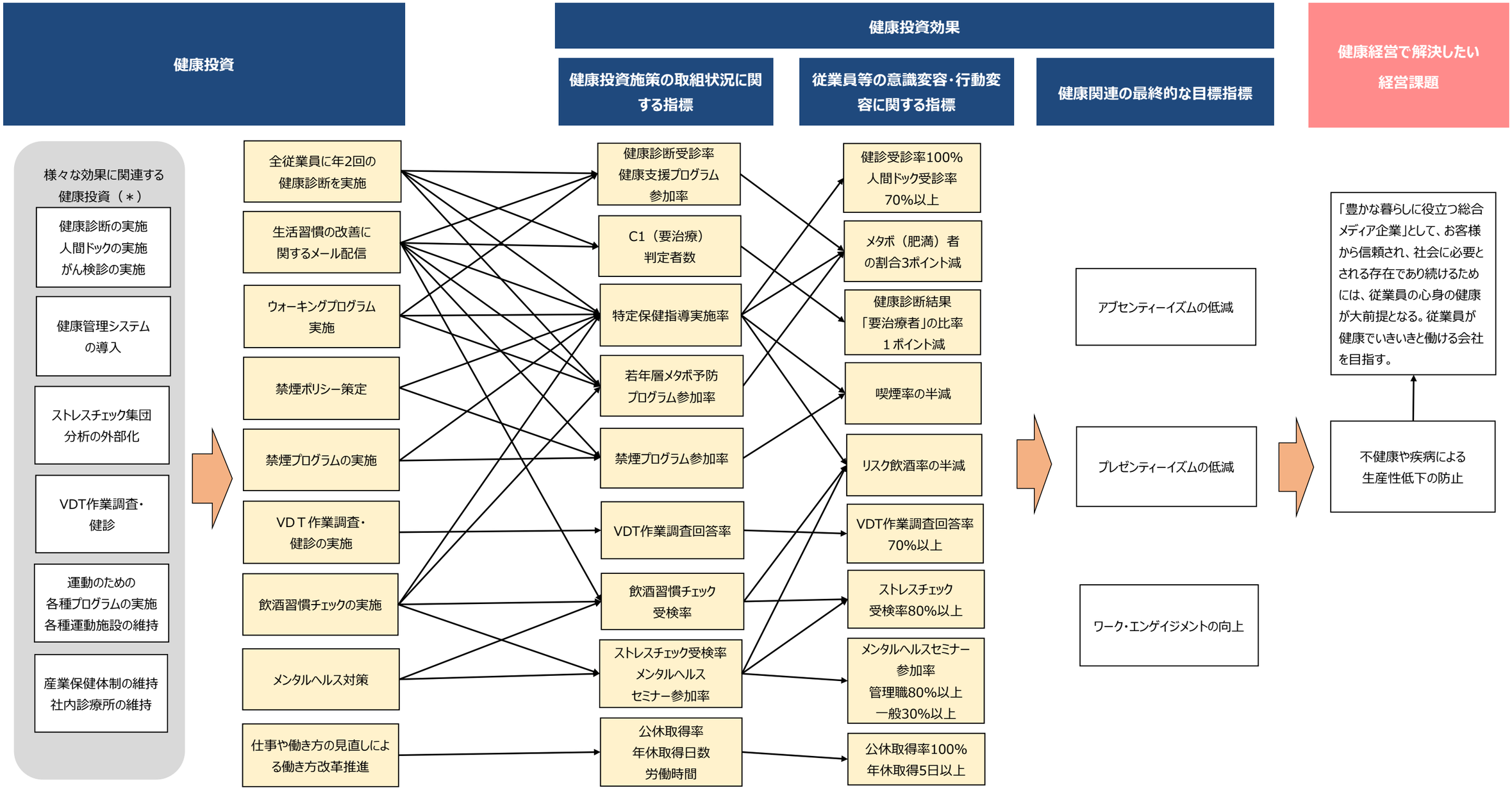朝日新聞社健康経営戦略マップ2024