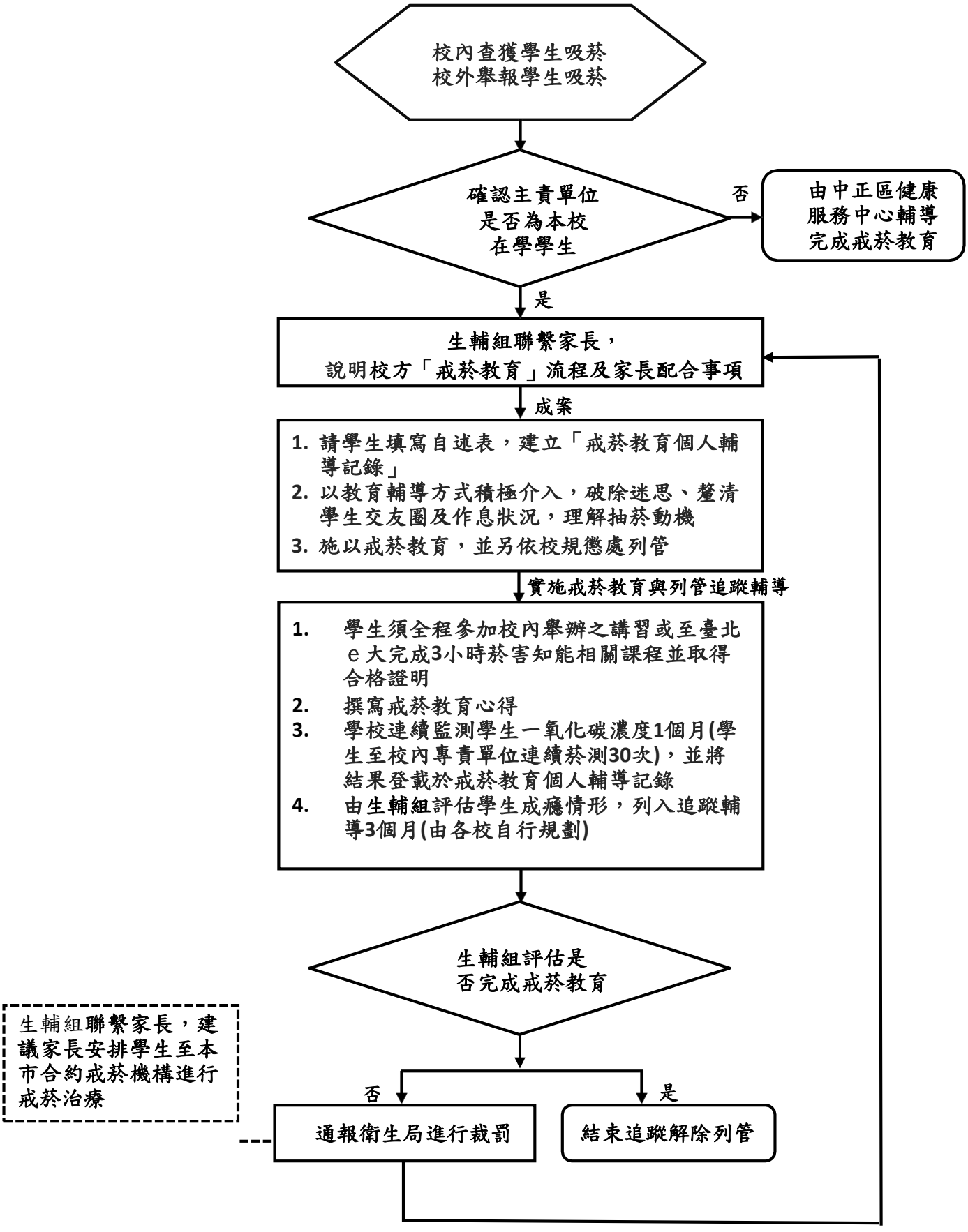臺北市立第一女子高級中學戒菸教育輔導流程