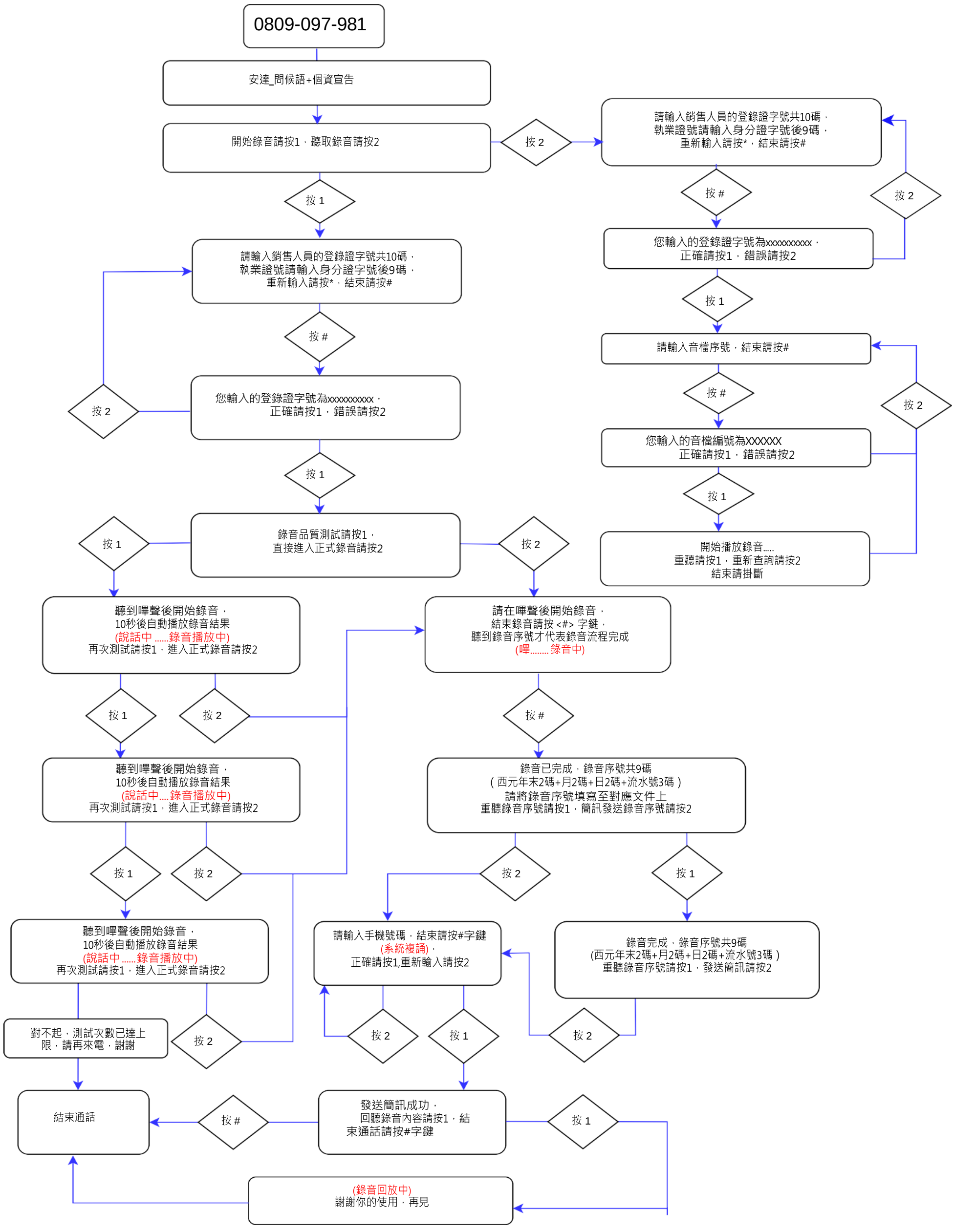高齡錄音流程圖_20250910