

【FY2023 Sawayaka Health Plan】

35 years old	June 23 (Fri) June 30 (Fri)
45 years old	October 6 (Fri) October 13 (Fri) October 16 (Mon)
55 years old	November 17(Fri) November 24 (Fri) November 27 (Mon)

Materials for lectures are distributed to participants.

【Lecture details】

Lecture by a industrial doctor

Industrial doctor (10 minutes)

Eating habit and health



Registered dietitian (30 minutes)

Physical exercise; Part 1

Trainer (15 minutes)

Physical health



Kenpo nurse (30 minutes)

Dental and oral Health

Dental hygienist (30 minutes)

Physical health ; Part 2

Trainer (15 minutes)

Mental health



Counselor (30 minutes)

Lectures are held on themes that suit each age group.