

# 【FY2023 Sawayaka Health Plan】

On-site training sessions and physical fitness testing will be conducted.

35 years old	Workshop & Physical fitness test (1 day)	Friday, June 14    Monday, June 17
45 years old	Workshop & Physical fitness test (1 day)	Friday, June 28    Friday, July 5    Monday, July 8
40 years old	Physical fitness test(half day)	Friday, October 4    Monday, October 7
50 years old		Monday, October 7    Friday, October 18    Friday, October 25
55 years old	Workshop & Physical fitness test (1 day)	Friday, November 1    Friday, November 8    Monday, November 11 Friday, November 22    Monday, November 25    Friday, December 6

## 【Lecture details】

Lecture by a industrial doctor



Industrial doctor

Physical health



Kenpo nurse

Eating habit and health



Registered dietitian

Dental and oral Health



Dental hygienist

### Lunch

Mental health



Kenpo Counselor

physical checkup



Kenpo Trainer

Lectures are held on themes that suit each age group.