

Invest in your  
future self!

## Diversity and Inclusion Seminar “Staying Happy and Healthy: A Wellness Journey for Female Students” —Effortlessly Becoming Who You Want to Be—

### Seminar Content

- Women's health issues at each stage of life: Understand how your body changes and health risk from your 20s to your 50s and beyond
- Healthy from the inside out: Learn about proper dietary habits and nutritional requirements
- Change your future with just a bit of exercise: Explore simple daily exercise routines and their benefits
- Sustaining an enjoyable & healthy lifestyle: Learn how to motivate yourself to continue exercising and leading a healthy lifestyle.

Open to all students, faculty, and staff!

**Dr. Chikako Yasui**  
Professor, College of  
Gastronomy Management

Areas of expertise: Applied health science, sports nutrition, health education

Books: " *Social Innovation in Dietary Habits* " (Koyo Shobo), " *Sports Nutrition* " (Kagaku Dojin), and more!

Qualifications: Registered Dietitian, Certified Sports Nutritionist, Health Fitness Instructor

\* We do not ask about the gender or other attributes of participants when they apply.

Let's create  
a healthy  
and smiling  
future  
together!



<https://forms.office.com/r/W2KWKach7E>

Date/Time: Thursday, December 12, 2024  
16:30 - 18:00

Venue: C501, 1st floor, Co-Learning House II  
Biwako-Kusatsu Campus (online hybrid format)



Apply from this QR  
code or URL.

Application Deadline  
Dec. 5 (Thu.)

What constitutes  
wellness in the era  
of 100-year  
lifespans?

\* If you require language assistance such as real-time English text transcription, have requests for seating arrangements, or need help getting to your seat, please contact us with your specific requests by Monday, December 2. We will try to accommodate your requests to the best of our ability.

Co-hosting: Research-Life support Division for Promotion  
of Gender Equality

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Office of Diversity and Inclusion Promotion

