

WELLNESS DAY 2026

2026.7.8 (Wed)

Nutrition Seminar

Instructor: Maki Takada

Is your diet balanced?
Learn easy & nutritious meals!

Free Kiwi Giveaway
for 300 People

Vouchers distributed from 11:20
While supplies last

Schedule

- 1) 11:40-11:50
- 2) 12:10-12:20
- 3) 12:40-12:50
- 4) 13:10-13:20

Venue

University Hall Main Hall

Food Education SAT System

Gifu City Health Center

Just pick food samples to
check your dietary balance!

Follow Gifu City Health Center
on Instagram for a gift!

Schedule 11:30~

Venue

University Hall Music Room

Yoga

Instructor: Kayo Kumagai

Simple Yoga
-Using a Wall-

Kiwi gift for participants!

Reserve here
(6 per session)



Schedule

- 1) 12:20-12:50
- 2) 13:00-13:30

Venue

Health Administration Center

