

# MENTAL HEALTH & WELL-BEING

Collaborative Online International Learning



Expand your potential with an intensive online program focused on health and well-being!  
Learn from peers from Japan and around the world and delve deeply into mental and physical health and global issues through diverse perspectives and expert knowledge.

**SESSION 1: AUGUST 5TH 10:00-11:30 AM JST COURSE ORIENTATION**

**SESSION 2: August 5th 13:00-14:30 PM JST**

**SESSION 6: August 13th 13:00-14:30 PM JST**

**SESSION 3: August 6th 10:00-11:30 AM JST**

**SESSION 7: August 20th 10:00-11:30 AM JST**

**SESSION 4: August 6th 13:00-14:30 PM JST**

**SESSION 8: August 20th 13:00-14:30 PM JST**

**SESSION 5: August 13th 10:00-11:30 AM JST**

**SESSION 9: August 27th 10:00-11:30 AM JST**

**SESSION 10: AUGUST 27TH 14:00-16:00 PM FINAL PRESENTATIONS**

**Facilitators: Keiko Ikeda (Kansai University) and Don Bysouth (Kansai University)**

