

# 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: FEBRUARY 6 10:00-12:00 JST COURSE ORIENTATION

Session 2: February 12, 10:00-12:00 JST

Session 6: February 19, 10:00 -12:00 JST

Session 3: February 12, 13:00-15:00 JST

Session 7: February 19, 13:00-15:00 JST

Session 4: February 13, 10:00-12:00 JST

Session 8: February 20, 10:00-12:00 JST

Session 5: February 13, 13:00-15:00 JST

Session 9: February 20, 13:00-15:00 JST

## SESSION 10: FEBRUARY 27 10:00-12:00 FINAL PRESENTATIONS

Facilitators: Keiko Ikeda (Kansai University), Don Bysouth (Kansai University), Amy Ishida (Kansai University), Kinnosuke Manabe (Kansai University)

