

# Health Science in English language Gift of Health from Hokkaido Information University Global Health Literacy Course 2017 (GHL) Stress Management? Your Choice!



Dept. of Medical Management and Informatics,  
Hokkaido Information University

## Global Health Literacy 2017 - Stress Management? Your Choice! -

Jun Nishihira, M.D., PhD  
Shoko Okumura, RD., MMSc  
Anthonette Gibson, Ph.D.  
Marshall Smith, Ph.D.



Aug 18<sup>th</sup> - 20<sup>st</sup> 2017 in HIU  
EDC Tower



## Gift of Health from Hokkaido Information University Global Health Literacy Course 2017 – Stress Management? Your Choice!

At Hokkaido Information University, Global Health Literacy Course 2017 (hereafter GHL 2017 Course), which covers various health information, is offered as a special gift of knowledge useful for development, maintenance and improvement of everyone's health. This course is held as a summer intensive program for the students (3 days), but it is also very useful for many people including local residents and those who need to use English for their work. The GHL Course lectures are all given in English. The GHL experts will present and explain varied information regarding food, health, medical care, sociology, etc. in an easy-to-understand manner. This year's course theme is "Stress Management." The instructors, including native speakers of English, are experts in their related fields of medicine. This course will provide you a valuable opportunity to raise your "Health Literacy" ability to properly select information that is necessary for everyone's health promotion and to utilize it for creating your own health.

### **We are waiting for your registration and welcome your participation.**

Please tell your associates; this course is excellent for English speakers to practice listening, speaking, and following power point presentations.

Registration is necessary to participate in the GHL 2017 Course. You may attend all classes for all three days. You may also attend one day or specific lectures/presentations depending on your preferences. Please be sure to inform us of your preferred date(s) of participation. There are no tuition fees; this is HIU's gift of better health to you, your family and friends.

- "Certificate of Participation" will be issued for one-day attendance.
- Participants attending all three days will receive a "Certificate of Completion"  
Certificates will be delivered on the final day of the course (August 20, 2017).

# Global Health Literacy Course 2017 (GHL)

## Date and Time

August 18th (Fri) 19th (Sat) 20st (Sun) 9 : 00 am ~17 : 45 pm

## Venue

Hokkaido Information University; Ebetsu

Please check the venue on our website at <http://www.do-johodai.ac.jp/guidance/access.php>

## Lecturers and Timetables

Please see the timetable below

## REGISTRATION

Please email or Fax with the registration form to; [ghl@do-johodai.ac.jp](mailto:ghl@do-johodai.ac.jp) or Fax: (011)-384-0134

Registration Deadline of Aug 16th. You can attend all three days, 1 day or several classes. If you have any questions, please feel free to contact us at this e-mail address.

## [Lecturers]

Jun Nishihira, M.D., PhD (Vice President, Hokkaido Information University, Fac. of Medical Informatics)

Shoko Okumura, RD., MMSc (Assoc. Prof. Hokkaido Information University, Fac. of Medical Informatics)

Anthonette Gibson, PhD (Adjunct Prof. Lakeland University, Tokyo)

Marshall Smith (Assoc. Prof. Obihiro University of Agriculture and Veterinary Medicine)

Guest lecturers will join our classes

## Global Health Literacy Course 2017 Timetable / タイムテーブル

	August 18 <sup>th</sup> (Fri) 8月18日 (金)	August 19 <sup>th</sup> (Sat) 8月19日 (土)	August 20 <sup>th</sup> (Sun) 8月20日 (日)
8:45-9:00	Registration/受付	Registration/受付	Registration/受付
<b>Class 1</b> 9:00-10:30	Orientation for Global health literacy 2017 by Nishihira, Gibson, Smith and Okumura	Education and Communicating Health Literacy (I) Toni Gibson	NEW START (I) Marshall Smith
	Global Health Literacy (I) Toni Gibson		NEW START (II) Marshall Smith
<b>Class 2</b> 10:40-12:10	Global Health Literacy (II) Toni Gibson	Education and Communicating Health Literacy (II) Toni Gibson	English for Use in the Medical Profession by all lecturers and TA*
12:10-12:55	Lunch break	Lunch break	Lunch break
<b>Class 3</b> 12:55-14:25	Health by choice not by chance Marshall Smith	Health, Behaviour and Society (I-2) Toni Gibson	Relaxation for mind and body - imagery, breathing, etc. by all lecturers and TA*
	The Western diet Marshall Smith	Relaxation and Circulation Shoko Okumura and TA*	Mindfulness, Living in the Moment by all lecturers and TA*
<b>Class 4</b> 14:35-16:05	Is bread good for you? Marshall Smith	Relaxation and Circulation / Food and Nutrition Shoko Okumura and TA*	Health, Behaviour and Society (II) Toni Gibson
	Some Facts To Help You Sleep Better and Why by all lecturers and TA*	Healthy Eating (I) Shoko Okumura	Healthy Eating (II) Healthy Food Choices Shoko Okumura
<b>Class 5</b> 16:15-17:45	Caregiving for the Caregivers by all lecturers and TA*	Health, Behaviour and Society (I-1) Toni Gibson	Health and diseases (III) Functional Foods and Supplements Jun Nishihira
	Health and disease (I) Food and Life-style diseases Jun Nishihira	Health and diseases (II) Food and Cancer Jun Nishihira	Closing of GHL 2017 Presentation by participants and lecturers
	Drill and Review	Drill and Review	

\*TA: Teaching Assistant; Native English speakers will give big support for GHL course.