

# Improvement of Physical Health via Nutritional Strategies: Case studies from Denmark and Japan

The 18th of November 9:30-11:00 CET / 17:30-19:00 JST

Language: Japanese and English

## Program

- **09:30-09:35 (17:30-17:35)**  
Welcome by Tokai University European Center
- **09:35-09:40 (17:35-17:40)**  
Opening remarks
- **09:40-10:10 (17:40-18:10)**  
*"Nutritional practices as part of home care services to older adult citizens in a Danish municipality - recommendations vs. reality"*  
Presentation by:  
Trine Vase Bendtsen, M.Sc &  
Mette K. F. Iversen, M.Sc
- **10:10-10:40 (18:10-18:40)**  
*"Strategized Protein Management as a Key Regulator of Skeletal Muscle Mass Across the Lifespan"*  
Presentation by:  
Jun Yasuda, Ph.D
- **10:40-10:50 (18:40-18:50)**  
Closing Discussion
- **10:50-10:55 (18:50-18:55)**  
Closing remarks
- **10:55-11:00 (18:55-19:00)**  
End of program



Associate Professor  
Trine Vase Bendtsen

VIA University College  
Department of Nutrition and Health



Associate Professor  
Mette K. F. Iversen

VIA University College  
Department of Nutrition and Health



Lecturer  
Jun Yasuda

Tokai University  
Department of Health Management

For more information and registration

