

Events and Online Seminars for Employees

As of September 30, 2026

Implementation Period	Contents	Participants · Views · Satisfaction
Sep 2026	For a Bright Future in the Construction Industry : Long Working Hours and Risks to Brain and Heart Health	Data being compiled
Jun 2026	Preconception Care (3 videos)	Data being compiled
May 2026	Company-wide Walking Event – Spring	2,136 participants
Apr 2026	Health Measurement Challenge	160 participants Satisfaction: 93.1%
Mar 2026	Menopause Transition Seminar	348 views Satisfaction: 91.1%
Feb 2026	Pancreatic Cancer	867 views Satisfaction: 94.5%
Dec 2025	Line Care Seminar (Management Training)	318 views
Dec 2025	Male Menopause and LOH Syndrome	562 views Satisfaction: 82.0%
Nov 2025	Preventing Adult Obesity (3 videos)	2,763 cumulative views Satisfaction: 89.0%
Nov 2025	Company-wide Walking Event – Autumn	2,167 participants
Oct 2025	Supporting Employees in Balancing Medical Treatment and Work	430 views Satisfaction: 72.3%
Sep 2025	Self-Care Seminar: Managing Stress in Everyday Life	1,581 views
Sep 2025	Age-Friendly Training	309 views Satisfaction: 80.0%
Jul 2025	Supporting Women's Health at Work (Management Training)	631 views
Jun 2025	Health Measurement Challenge	110 participants Satisfaction: 85.5%
May 2025	Company-wide Walking Event – Spring	1,864 participants
May 2025	For a Bright Future in the Construction Industry: Let's Think About Tobacco	341 views Satisfaction: 90.3%
Apr 2025	Effective Walking	683 views Satisfaction: 81.0%
Apr 2025	Osteoporosis	460 views
Mar 2025	Menopause Transition Seminar (Women Only)	632 views Satisfaction: 82.2%
Feb 2025	Colorectal Cancer and Screening Methods: Fecal Occult Blood Testing and Colonoscopy	850 views Satisfaction: 95.5%
Jan 2025	Line Care Seminar: Building Practical Skills to Improve Organizational Mental Health	432 views
Dec 2024	Using the Health Data Bank and Understanding Health Checkup Results	346 views Satisfaction: 96.3%
Nov 2024	Company-wide Walking Event – Autumn	1,672 participants
Nov 2024	Health Checkup Preparation for Busy People (Diet Edition): ~Cholesterol, Triglycerides, and Liver Function~	622 views Satisfaction: 94.2%
Sep 2024	Mental Health Measures: Self-Care Seminar -Stress Reduction Through Mindfulness-	1,149 views Satisfaction: 87.1%
Aug 2024	Women's Health Issues in the Workplace	1,540 views Satisfaction: 83.5%
Jul 2024	Mental Health Measures: Line Care Seminar	939 views Satisfaction: 80.9%
Jun 2024	Healthy Sleep Seminar (10 videos)	3,774 views Satisfaction: 88.8%
Jun 2024	Evidence-Based Cancer Prevention	1,424 views Satisfaction: 85.1%
Jun 2024	Diet and Exercise Seminar	97 participants 887 views Satisfaction: 93.0%
May 2024	Company-wide Walking Event – Spring	1,291 participants

Note: View counts are cumulative.