

## June 2023 Wellness check schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3
		Wellness check ☉		Wellness check ☉
6	7	8	9	10
		Wellness check ☉		Wellness check ☆
13	14	15	16	17
		/		Wellness check ☆
20	21	22	23	24
		Wellness check ☆		Wellness check ☉
27	28	29	30	
		Wellness check ☉		

## July 2023 Wellness check schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
				1
				/
4	5	6	7	8
		Wellness check ☉		Wellness check ☉
11	12	13	14	15
		Wellness check ☆		Wellness check ☆
18	19	20	21	22
		Wellness check ☉		Wellness check ☆
25	26	27	28	29
		Wellness check ☉		Wellness check ☉

☆Main building 2nd floor ☉New Building 1st floor

There may be sudden changes in schedule.

Please check the website for the latest schedules.

## Contact and Address

MOA Health Science Foundation Tokyo Laboratory  
4-8-10 2<sup>nd</sup> Floor Takanawa, Minato-ku, Tokyo 108-0074  
Telephone 03-5421-7030 Fax 03-6450-2430

### Measurement items

- Bone density…¥300
- Blood vessel elasticity…¥100
- Shoulder Stiffness…¥200
- Autonomic nerve balance…¥500