

Scientific Workshop 4

Healthy Kendama

Date & Time: 2024/11/6 15:30-17:00

Venue: Venue 10 (2F 207)

Estimated capacity: 30

Lecturer:

Murahashi Daisuke (Social Welfare Corporation Keiseikai, Keiseikai Visiting Nursing Station)

Ikeda Asami (Independent Administrative Institution National Hospital Organization, Nara Medical Center)

Learning Objectives

Be able to use Kendama by incorporating the perspective of occupational therapy.

Outline

Healthy Kendama is not about learning more and more advanced Kendama techniques like in a traditional Kendama class.

The main aim is for the elderly to exercise with Kendama, develop exercise habits, and have fun with friends.

Learn about the history of Kendama, how to use it, and how to utilize it. Furthermore, you will actually experience Kendama.