

JSLM JOURNAL CLUB 2026

(ONLINE VIA ZOOM)

Monthly sessions will be held on Sunday mornings from 8:00 to 9:00 AM, from October 2026 through March 2027.

2026-2027 Schedule

Oct 18 | Physical Activity
Nov 15 | Nutrition
Dec 13 | Sleep
Jan 17 | Stress Management
Feb 14 | Social Connection
Mar 14 | Behavior Change



Each session focuses on a theme. Participants are encouraged to bring recent papers, new findings, or questions to share and discuss. We aim to learn from one another while also providing an informal opportunity for JSLM members to exchange ideas and connect. Please feel free to join us. Sessions may be cancelled if there are too few participants.

HOW TO JOIN

- JSLM members may participate free of charge. Please join using the Zoom link provided in the announcement email.
- Non-members are asked to make a donation of at least JPY 1,000 per session. To participate, please contact the JSLM office at the email address below.

Email: committee2@lifestylemedicine.org

Website: lifestylemedicinejapan.org