	Day 1 Mon, June 16th	Day 2 Tue, June 17th	Day 3 Wed, June 18th	Day 4 Thu, June 19th
9:00 —	9:00-9:50	9:00-10:00	9:00-11:00	9:00-10:10
	9:50-11:00 Opening Remarks Food and health around the world	International Conference 2 Oral health and Sensory systems in Aging	International Conference 5 Cardiovascular System in Aging	Closing Lecture
10:00 —		10:00-11:00 Educational Lecture Travel and Health (In collaboration withthe Japan Society for Health Tourism)		10:10-11:00 Guideline Announcement and Closing Declaration
11:00 —	11:00-12:00 Symposium 1 Aging Clock	11:00-12:00 Symposium 2 Autophagy	11:00-12:00 Symposium3	
12:00 —				
	12:10-13:00 Luncheon Seminar 1 Sponsored By: Morinaga Milk Industry, Co., Ltd.	12:10-13:00 Luncheon Seminar 2 Sponsored By: Shimadzu Corporation	12:10-13:00 Luncheon Seminar 3 Sponsored By: Miyarisan Pharmaceutical Co., Ltd.	
13:00 — 14:00 —	13:10-15:50 International Conference 1 Frontiers in Aging Research	13:00-14:40 International Conference 3 Diet and Nutrition in Aging	13:00-15:30 市民公開講座 第1部 基調講演 健康・美・長寿推進協議会 シンポジウム	
15:00 —		Coffee break 15:00-15:50 International	Japanese	
16:00 —		Conference 4 Musculoskeletal System and IT Networks	15:30-17:30 市民公開講座 第2部 シンポジウム	
17:00 —			健康長寿地域の世界展望	
			Japanese	
18:00 —				