Nutrition & Exercise Physiology

Japanese Food and Culture

May 16 – June 4, 2021

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Tokyo (東京)
Tokyo is Japan’s capital and the world’s most populous metropolis. Rich in history, the city still offers a seemingly unlimited choice of shopping, culture, entertainment, and dining to its visitors.
Nagano (長野市)

Nagano Prefecture is located in the center of Japan and was host to the 1998 Winter Olympics. Nagano is known for having the longest lifespan in the world. In addition, Nagano Prefecture is the sister state of Missouri and has been for over 50 years.

Our time in Nagano will be primarily in Nagano City with several excursions to nearby areas.
Course Information

Course: NEP 3131

Application and $500 deposit due by Monday, February 1, 2021

For information, email either instructor or call the NEP front office.

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