

Liver Function Seminar

1. Purpose

In recent years, **one out of every four employees who required retesting after their annual health checkup did so due to liver function issues. To address this health concern, we conducted an engaging seminar designed to help employees learn about liver health in an enjoyable way.**

2. Program Overview

• Seminar Title: “How to Drink Alcohol Responsibly”

• Duration: 1 hour

• Content: Lecture by an external instructor

■ Lecture Topics



- What exactly is alcohol?
- Why does alcohol make us intoxicated?
- Self-check (Patch Test)
- How alcohol affects the body
- How to drink responsibly to stay healthy



Lecture Scenes



Self-check (Patch Test)



3. Participant Feedback

- “I feel like this was the first time I truly learned about alcohol. I gained a renewed understanding of the importance of setting alcohol-free days and appropriate drinking limits. It was very educational.”
- “I learned about how to manage my drinking habits and how to behave responsibly when consuming alcohol.”