

July 26, 2019

Alan Main  
Chair  
Global Self-Care Federation

Dear Alan,

It was a great pleasure for me to learn that your organization changed its name from World Self-Medication Industry (WSMI) to Global Self-Care Federation. This reflects the latest WHO advocacy of "Better self-care, Better healthcare", expanding efforts beyond the framework of "medication". I strongly support this new drive as a speaker at WSMI 2017 (Sydney) where I addressed the audience with my speech on "Japan-Model of Self-Care and Self-Medication for Extending the "Healthy Life Expectancy".

Following up on this theme, we in Japan launched the "Japan Selfcare Promotion Association" in January this year and have begun various academical, industrial and political activities in our country. It will be quite fruitful, I believe, for us to create a working, collaborative relationship toward the common goal of self care.

Let me take this opportunity to congratulate you on the fresh start of your organization, and wish you even greater success.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Yoshihiro Miwa', with a stylized flourish at the end.

Yoshihiro Miwa  
Chairman  
Japan Selfcare Promotion Association

President & CEO  
Kowa Company, Ltd.