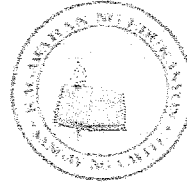





Republic of the Philippines
Department of Education
Region IV-A (CALABARZON)
DIVISION OF CAVITE
Trece Martires City



TO : Assistant Schools Division Superintendent
OIC – Office of the Asst. Schools Division Superintendent
Chiefs-CID/SGOD
CID/SGOD Personnel
Section Heads and Staff

FROM : 
CHERRYLOU D. DE MESA
OIC, Schools Division Superintendent

SUBJECT : SEMINAR-WORKSHOP ON HEALTH AND WELLNESS FOR SDO
PERSONNEL

DATE : August 3, 2015

As part of its continuous commitment to develop and sustain a strong and healthy personnel, this Office will be holding a three-day Seminar Workshop on Health and Wellness on August 6, 2015 at the Division Library Hub, Trece Martires City, Cavite and on August 7 & 8, 2015 at the La Virginia Hotel and Resort, Mataas na Kahoy, Lipa City, Batangas.

The seminar-workshop will feature lectures on different health and wellness practices relevant to Gender and Development issues that affect our personnel and their work performance.

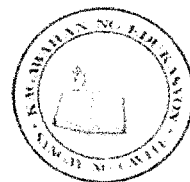
Expenses relevant to this activity shall be charged to the Gender and Development Fund subject to usual accounting and auditing rules.

Please refer to the attached Program of Activities for additional information.

All personnel are enjoined to attend this three-day activity.



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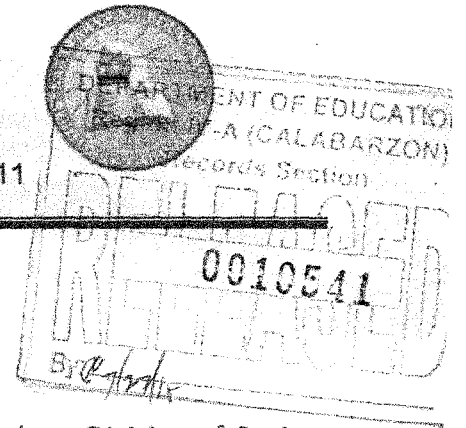


SEMINAR-WORKSHOP ON HEALTH AND WELLNESS FOR SDO PERSONNEL
Matrix

TIME	DAY 1 – AUGUST 6, 2015	DAY 2 – AUGUST 7, 2015	DAY 3 – AUGUST 8, 2015
8:00-9:00	Registration & Opening Program	MOL: Morning Zumbamatic	Morning Zumbamatic
9:00-10:00	Belly, Belly Good!	Lecture 4: Healthy Lifestyle Check	Lecture 8: Prevention and Control of STI's
10:00-10:30	Snacks	Snacks	Snacks
10:30-12:00	Lecture 1: Prevention and Control Of Lifestyle Diseases	Lecture 5: Health and Beauty in Relation to Soul	Lecture 9: HIV/AIDS Awareness
12:00-1:00	Lunch Break	Lunch Break	Lunch Break
1:00-3:00	Lecture 2: Information on Emerging Diseases (MERSCOV, SRAS, Swine Flu, HFMD, FMD, Bird Flu)	Lecture 6: Soul Meditation	Lecture 10: Dental Health
3:00-5:00	Lecture 3: Prevention & Control of Communicable Diseases	Lecture 7: Stress Management	Clearing House Closing Program

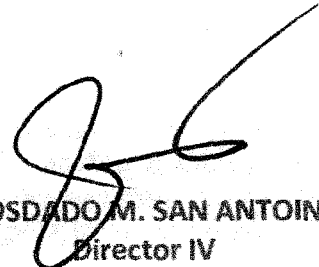
<p style="text-align: center;">OPENING PROGRAM Division Library Hub August 6, 2015 10:00 a.m.</p>	<p style="text-align: center;">CLOSING PROGRAM La Virginia Hotel and Resort August 8, 2015 4:00 p.m.</p>
<p>I. Lupang Hinirang (Video Presentation)</p>	<p>I. Patriotic Song (Video Presentation)</p>
<p>II. Prayer (Video Presentation)</p>	<p>II. Prayer (Video Presentation)</p>
<p>III. Opening Remarks (Dr. Editha M. Atendido)</p>	<p>III. Challenge (Ms. Cherrylou D. De Mesa)</p>
<p>IV. Roll Call (Dr. Elpidia B. Bergado)</p>	<p>IV. Response (Mrs. Verna C. Cabaya)</p>
<p>V. Message (Ms. Cherrylou D. De Mesa)</p>	<p>V. Awarding of Certificates (Ms. Cherrylou D. De Mesa Dr. Editha M. Atendido Dr. Daisy Z. Miranda)</p>
<p>VI. Mechanics of the Seminar (Dr. Daisy Z. Miranda)</p>	<p>VI. Closing Remarks (Dr. Editha M. Atendido)</p>
<p style="text-align: center;">SEMINAR PROPER</p>	
<p style="text-align: center;">GINA B. DULCE Master of Ceremonies</p>	<p style="text-align: center;">LORENA L. ARCA Master of Ceremonies</p>

Philippines
DEPARTMENT OF EDUCATION
REGION IV-A CALABARZON
Gate 2, Karangalan Village, Cainta Rizal
Email: deped_ro4a@yahoo.com Fax: (02)682-2111



1st Indorsement
23 July 2015

Respectfully returned to the Schools Division Superintendent, Division of Cavite, Trece Martires City, interposing no objection to the herein request re: Conduct of Seminar-Workshop on Health and Wellness relevant to Gender and Development Issues to be held on August 7-8, 2015 at La Virginia Hotel and Resort, Mataas na Kahoy, Batangas, provided that training proposal must be strictly checked and Quality Assurance, Monitoring and Evaluation (QAME) must be done by the SDO-HRD. It is requested that report on QAME results (F-3) be submitted to this Office after the conduct of the training:


DIOSDADO M. SAN ANTONIO
Director IV

hrdd/alain