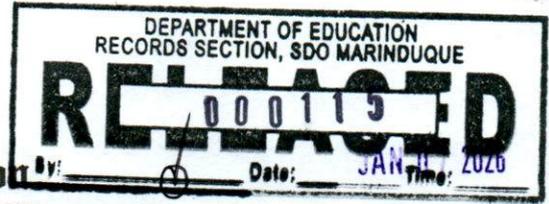




Republic of the Philippines
Department of Education
SCHOOLS DIVISION OF MARINDUQUE



Office of the Schools Division Superintendent

MEMORANDUM

SGOD-2025- 220

TO: Asst. Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
All Unit/Section Heads
All Others Concerned

FROM: **LYNN G. MENDOZA, EdD**
OIC, Schools Division Superintendent

SUBJECT: **HEALTH AND WELLNESS PROGRAM FOR SDO-BASED PERSONNEL
2026**

DATE: December 19, 2025

1. The Schools Division of Marinduque thru the School Governance and Operations Division – School Health and Nutrition Unit shall conduct Health and Wellness Program for SDO-Based Personnel which will be conducted at the SDO Marinduque Conference Hall.
2. The activity aims to:
 - a. raise the level of awareness and knowledge of the target populace regarding the nutrition and the most common lifestyle diseases such as Hypertension, Diabetes Mellitus, Metabolic Syndrome, Dyslipidemia;
 - b. develop good oral health habits among SDO health personnel; and
 - c. encourage SDO employees to partake in health promoting activities that will help them to build lifelong habits to maintain safe working environment and healthy lifestyle.
3. Participants in this activity are all SDO-based personnel. Themes for each health wellness session will be announced via SDO Personnel Group Chat.
4. Attached is Enclosure No. 1 Health and Wellness Program Schedule
5. Immediate and wide dissemination of the contents of this Memorandum is desired.

/SGOD-SHNS-RMOL



Address: T. Roque St., Malusak, Boac, Marinduque
Tel. No.: (042) 754-0247 • Fax No.: (042) 332-1611
Email: marinduque@deped.gov.ph
Website: <https://depedmarinduque.com>

Enclosure No. 1

HEALTH AND WELLNESS PROGRAM SCHEDULE

Date	Venue and Time
February 4, 2026	SDO Marinduque Conference Hall 9:00 AM – 11:00 AM
February 25, 2026	
March 18, 2026	
April 15, 2026	
May 13, 2026	
June 17, 2026	
July 15, 2026	
August 12, 2026	
September 16, 2026	
October 14, 2026	
November 18, 2026	



Address: T. Roque St., Malusak, Boac, Marinduque
Tel. No.: (042) 754-0247 • **Fax No.:** (042) 332-1611
Email: marinduque@dep.gov.ph
Website: <https://dep.gov.ph/marinduque>