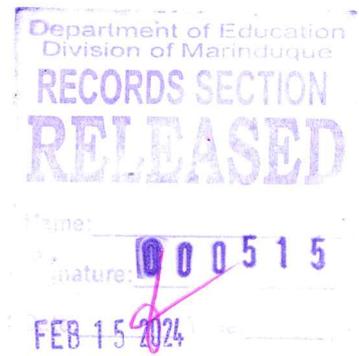




Republic of the Philippines
Department of Education
MIMAROPA REGION
SCHOOLS DIVISION OF MARINDUQUE



Office of the Schools Division Superintendent

DIVISION MEMORANDUM

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
Administrative Officer V (Administrative Services)
All Others Concerned

From: 
LYNN G. MENDOZA, EdD
OIC, Schools Division Superintendent

Subject: **HEALTH AND WELLNESS PROGRAM FOR SDO-BASED PERSONNEL**

Date: January 24, 2024

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 most common lifestyle diseases such as Hypertension, Diabetes Mellitus, Metabolic Syndrome, Dyslipidemia; and
 - b. 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.
4. Attached as Enclosure No. 1 is the Program Schedule.
5. Immediate and wide dissemination of the contents of this Memorandum is desired.

*“DepEd Marinduque: Heart of the Philippines.
Lead to Excel. Excel to Lead.”*



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Enclosure No. 1

PROGRAM SCHEDULE

HEALTH AND WELLNESS PROGRAM FOR SDO-BASED PERSONNEL
SDO Marinduque Conference Hall

Date	Time
March 6, 2024	9:00 AM – 11:00 AM
March 20, 2024	
April 3, 2024	
April 24, 2024	
May 8, 2024	
June 5, 2024	
July 3, 2024	
August 7, 2024	
September 4, 2024	
October 2, 2024	
November 6, 2024	
December 4, 2024	

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