



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 6, 2025

1. The Schools Division of Marinduque through the School Governance and Operations Division – School Health and Nutrition Unit, shall conduct the year round 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.

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4. Attached as enclosures are the following:
- a. Enclosure No. 1 Health and Wellness Program Schedule for 2025 and
 - b. Enclosure No. 2. Health and Wellness Kick-off Program Cum Dental Health Month Celebration Program Matrex .
5. Immediate and wide dissemination of the contents of this Memorandum is desired.

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Enclosure No. 1

HEALTH AND WELLNESS PROGRAM SCHEDULE

Date	Theme
February 7, 2025(kick off)	
February 19, 2025	Hawaiian
March 12, 2025	Mental Wellness
March 26, 2025	Retro
April 23, 2025	Mindfulness
May 14, 2025	Fiesta
June 11, 2025	Kpop
July 16, 2025	Hiphop
August 13, 2025	50's
September 17, 2025	Ballroom
October 15, 2025	United Nation
November 5, 2025	Halloween Party
December 10, 2025	Kids Party
	SDO Conference Hall 9:00 AM – 11:00 AM

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Enclosure No. 2

SDO HEALTH AND WELLNESS PROGRAM CUM DENTAL HEALTH MONTH CELEBRATION

February 7, 2025 | 8:00 AM – 5:00 PM
SDO Marinduque Conference Hall

TIME	ACTIVITY	IN-CHARGE
8:00 AM- 9:00AM	ARRIVAL AND REGISTRATION	
	Preliminaries • Opening Prayer • Nationalistic Song • DepEd Quality Policy Statement	AVP
	Welcome Remarks	MARIA CECILIA S. MANAY Chief, Schools Governance and Operations Division
	Inspirational Message	LYNN G. MENDOZA, EdD OIC, Schools Division Superintendent
	ENERGIZER	
9:01 – 10:00 AM	“Mars, Alam Mo Ba?": Relation of Oral Health to Overall Health	QUEZA RINA Q. MEMBREBE, DMD Dentist II
10:01 – 11:50 AM	“Mars, Anong Sikreto?": Lifestyle Medicine Talk and the Facts to <i>Feel Young, Look Young</i> Teaching Demo: Let's Prepare and Eat " <i>Tuna Less Tuna</i> "	RICA MAI O. LARGA, MD Medical Officer III
11:51 AM – 12:00 PM	Closing Message/Remarks	MABEL F. MUSA, PhD Assistant Schools Division Superintendent
12:01 – 1:00 PM	LUNCH	
1:01 PM – 5:00 PM	MEDICAL AND DENTAL SERVICES	
	MARIA KRISTINE NICOLA D. IGLESIA, RN JOY ELTONA N. RAZA, RN Nurse II Masters of Ceremony/Moderators	

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