

Republic of the Philippines

Department of Education

Region XI
SCHOOLS DIVISION OF DIGOS CITY

DIVISION MEMORANDUM No. <u>355</u>, s. 2020 July 13, 2020

HEALTH AND WELLNESS PROGRAM

TO: ALL SCHOOLS DIVISION OFFICE PERSONNEL

- In the interest of health and wellness of all Schools Division Office personnel, please be informed that there will be a Wellness program (ZUMBA) scheduled every Wednesday and Friday afternoon at 3 pm. The venue of the said activity will be at the Division Office ground near the ALS building.
- 2. In addition to that there will be blood pressure taking before the wellness program starts to determine the personnel is fit for the one-hour physical activity.
- 3. For information and guidance.

CRISTY C. EPE

Schools Division Superintendent,

Encls:

References:

To be indicated in the <u>Perpetual Index</u> under the following subjects: GOVERNANCE HEALTH AND WELLNESS PROGRAM

JASARAK 13 July2020





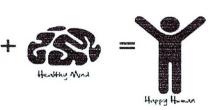
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In The Workplace





What: WELLNESS ACTVITY

and FRIDAY @ 3:00pm -4:00pm

Where: SDO Grounds

ZUMBA LARE Shake Shake