



Republic of the Philippines
Department of Education
Region XI
SCHOOLS DIVISION OF DIGOS CITY

DIVISION MEMORANDUM
No. 355 , s. 2020

July 13, 2020

HEALTH AND WELLNESS PROGRAM

TO: ALL SCHOOLS DIVISION OFFICE PERSONNEL

1. 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 Perpetual Index under the following subjects:
GOVERNANCE HEALTH AND WELLNESS PROGRAM

JASARAK
13 July 2020

DepEd Schools Division Office of Digos City

RECORDS SECTION

RELEASED 20-594831

DATE: 23 JUL 2020 TIME: 3:15

BY:



Roxas Street cor. Lopez Jaena Street, Zone II, Digos City 8002
(082) 553-8396 | (082) 553-8376 | (082) 553-9170 | (082) 553-8375
(082) 553-8396 | (082) 553-8376
www.depeddigoscity.org | digos.city@deped.gov.ph

Health & Wellness



health
happens
here



In The Workplace



ZUMBA

What: WELLNESS ACTIVITY

When: Every WEDNESDAY
and FRIDAY @ 3:00pm -
4:00pm

Where: SDO Grounds

ZUMBA
Shake
Shake
Shake
It's all good