



Republic of the Philippines
Department of Education
DIGOS CITY DIVISION

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

SGOD-2024-360

To : All Division Office Personnel
Health and Nutrition Unit Personnel

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

Date : June 13, 2024

Health as defined by World Health Organization is the state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness). **Wellness** is also defined as the optimal state of health of individuals and groups; it is expressed as “a positive approach to living”.

It is, then, vital to guarantee the health and wellness of the SDO personnel as health which encompasses physical, mental, and social health has a major influence in the employees' performances and provision of services in the office.

In connection to this, the Office informs the field that the Health and Nutrition Unit will be conducting the following Wellness Program activities:

1. A Zumba activity will be conducted every Friday, 3 PM at the SDO Grounds in the month of June and July.
2. Taking of blood pressures will be scheduled every Monday after the Flag Ceremony and Convocation at the SDO Grounds. For those personnel who will not be able to have their blood pressures taken during Mondays, there will be taking of Blood Pressures again on Fridays before the start of the Zumba activity.

Immediate and wide dissemination of this memorandum is desired.

For and in the absence of OIC-SDS

MARIA GENEVIEVE T. FRANCISQUETE, CESO VI
Assistant Schools Division Superintendent
Office-in-charge

DepEd Schools Division of Digos City

RECORDS SECTION

RECEIVED
24 JUN 18 2024

DATE: JUN 18 2024 TIME: P.M.

BY: _____

Enclosed: As stated.
SGOD/HNU/lop



Address: Roxas cor. Lopez Jaena Street, Zone II, Digos City (8002)
Telephone Nos.: (082) 553-8375; (082) 553-8396

