



Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division Office - Tabuk City

Office of the Schools Division Superintendent

May 22, 2023

Division Memorandum

No. 202 Series 2023

TO: All Employees
All Others Concerned

LAUNCHING OF THE DIVISION'S HEALTH AND WELLNESS PROGRAM

1. Pursuant to CSC MC 38 1992, the CSC as the central personnel agency of the government, hereby authorizes for one (1) hour each week, preferably from 4:00 P.M. up to 5:00 P.M., the conduct of the health awareness program and for twenty (20) minutes daily, preferably before or after 10:00 A.M. or 3:00 P.M., the conduct of the wellness of fitness program.
2. To achieve long-term health through exercise and related physical fitness activities, all employees are hereby enjoined to participate in the Launching of the Health and Wellness Program of the Division on May 26, 2023 at Davidson Hotel and Restaurant at exactly 1:00 PM.
3. **"Supporting better health at work; cultivating health outcomes"** is the theme for the said launching program.
4. One of the highlights of this activity is the Zumba for a Cause which intends to adopt and maintain healthy behaviors, camaraderie and at the same time contribute to a worthwhile cause. 100% of the proceeds shall go to DepEd Tabuk City learners.
5. Participants are Division Personnel, Schools Heads, and registrants of the Zumba for a Cause. Teacher registrants to the Zumba will join the Zumba at 4 o'clock in the afternoon. All are encouraged to wear their most comfortable Zumba outfit.
6. For guidance and compliance of all concerned.


BENEDICTA B. GAMATERO PhD, CESO V
Schools Division Superintendent 