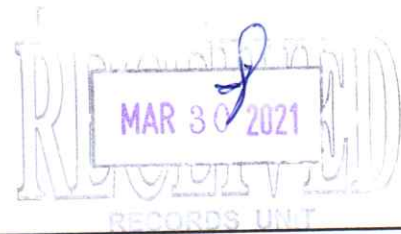




Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City



Office of the Schools Division Superintendent

DIVISION MEMORANDUM

NO. 491 S., 2021

TO: All Division Personnel
OSDS, SGOD, CID

DATE : **March 30, 2021**

SUBJECT: **Health and Wellness Program 2021**

1. The coronavirus pandemic has impacted nearly every area of society and put a spotlight on aspects of health and wellbeing. Focusing on health and fitness is a smart move during this pandemic, being active and boosting mental health helps along the way.
2. To maintain healthy and wellbeing during this pandemic, there will be a Health and Wellness Program to be conducted by the School health and Nutrition Unit on the following schedules:
April 21, 2020 – Accounting group
April 22, 2020 – CID group
April 23, 2020 – OSDS group (Admin)
April 24, 2020 – SGOD group
3. For your information and immediate dissemination is desired.

for: Irene S. Angway

IRENE S. ANGWAY, PhD., CESO VI
Assistant Schools Division Superintendent
Officer-in-Charge, Office of the Schools Division Superintendent

