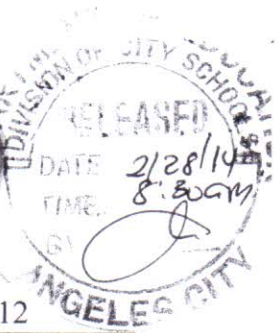




Department of Education  
Region III  
**DIVISION OF ANGELES CITY**  
Jesus St., Pulung Bulu, Angeles City



Tel Nos. (045) 322-5722; 888-0582 / Fax Nos. (045) 322-4702; 625-9812

February 27, 2014

**DIVISION MEMORANDUM**

No. 13 , s. 2014

**DIVISION PHYSICAL FITNESS PROGRAM**

To: Education Program Supervisors  
Unit Heads  
Division Personnel

1. This is to inform that the Division Physical Fitness Program will commence on March 5 and 7, 2014, 3:00 to 4:00 PM at the Gabaldon Building and will continue every Wednesday and Friday thereafter for three consecutive months.
2. The program aims to make one feel better, look better and be healthier to be able to perform everyday tasks easily with positive outlook in life and to free oneself with the burdens of over-worked and stress-related activities in the workplace.
2. In view thereof, everybody is requested to have his weight taken and blood pressure checked by the Medical Team of the Division a day before the activity. Proper outfit must be worn during the exercise. Participants are also advised to bring bottled water to replenish the energy lost during the work-out.
3. Wide dissemination of this memorandum is desired.

**LUZ C. ARRIOLA**  
Schools Division Superintendent