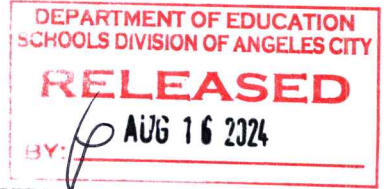




Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF ANGELES CITY



16 Aug 2024

DIVISION MEMORANDUM
No. 304, s. 2024

CONDUCT OF WELLNESS WEDNESDAY

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Heads of Public Elementary and Secondary School Heads
All Others Concerned

- 1 Please be informed of the attached **Memorandum OM-OUHROD-2024-1516**, titled **“Conduct of Wellness Wednesday,”** which outlines the promotion of a healthy lifestyle among DepEd employees. This will be achieved through a series of webinars covering various wellness dimensions, scheduled from September 5, 2024, to November 27, 2024.
2. For wide dissemination.

ENGR. EDGARD C. DOMINGO PhD CESO V
Schools Division Superintendent

Reference: Memorandum No. OM-OUHROD No. 2024-1516
To be indicated in the Perpetual Index under the following subjects:

PHYSICAL MENTAL FINANCIAL WELL BEING WEBINAR SERIES

MCS/AOV/August 16, 2024



Jesus St., Brgy. Pulungbulu, Angeles City 2009
(045) 901-9498/angeles.city@deped.gov.ph

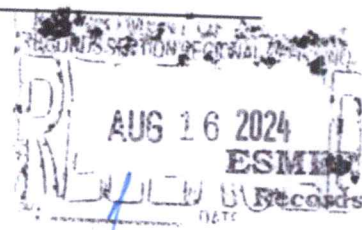


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Republic of the Philippines
Department of Education
REGION III-CENTRAL LUZON

REGIONAL MEMORANDUM

No. 570 s. 2024



CONDUCT OF WELLNESS WEDNESDAY

To : Schools Division Superintendents
Chiefs of Regional Function Divisions
and Section/Unit Heads

1. With reference to the attached Memorandum from the Office of the Undersecretary for Human Resource and Organizational Development (BHROD), the Human Resource and Organizational (BHROD) – Employee Welfare Division (EWD) will be conducting the **Wellness Wednesday**, from September 5, 2024, to November 27, 2024, through an online platform.
2. Enclosed is the Memorandum from Wilfredo E. Cabral, Officer-in-Charge, Office of the Undersecretary for Human Resource and Organizational Development, and Administration, for information and guidance.
3. Dissemination of this Memorandum is desired.

RONNIE S. MALLARI, PhD, CESO V
OIC, Regional Director


Encl.: As stated
References: None

To be indicated in the Perpetual Index
under the following subjects:

EMPLOYEES	PROGRAMS
WELLNESS	HEALTH

HRDD1/hrdd3
August 15, 2024

To send feedback regarding any of our services, kindly scan the QR Code.




Address: Matalino St. D.M. Government Center, Maimpis,
City of San Fernando (P)
Telephone Number: (045) 598-8580 to 89
Email Address: region3@deped.gov.ph
Website: <https://region3.deped.gov.ph/>



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Republika ng Pilipinas


Department of Education

OFFICE OF THE UNDERSECRETARY

HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

MEMORANDUM
OM-OUHROD-2024-1516

FOR : Undersecretaries
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
All Others Concerned

FROM : 
WILFREDO E. CABRAL
Regional Director
Officer-in-Charge, Office of the Undersecretary for
Human Resource and Organizational Development, and Administration

SUBJECT : CONDUCT OF WELLNESS WEDNESDAY

DATE : 08 August 2024

The Department of Education recognizes the integral role of its human resource as the driving force towards the achievement of quality basic education in the country. It is vital that its employees are healthy, motivated, and work under humane conditions to ensure productivity and quality of service delivery.

In order to promote a healthy lifestyle among the DepEd employees, the Bureau of Human Resource and Organizational Development (BHROD) – Employee Welfare Division (EWD) will be conducting the **Wellness Wednesday**, a webinar series on different wellness dimensions. Below is the indicative schedule of activities:

INDICATIVE DATE/TIME	PROPOSED TOPICS
September 5, 2024 8:00am – 12:00nn	Physical Well-being: “Obesity: Causes and Prevention” <i>(Proclamation No. 162, s. 1999, Declaring the first week of September as the Obesity Prevention Awareness Week)</i>
September 11, 2024 8:00am – 12:00nn	Mental Well-being: World Suicide Prevention Month: “Creating Hope Through Action” <i>(RA 11036 which mandates comprehensive suicide prevention services and a national response strategy)</i>



October 9, 2024 8:00am – 12:00nn	Mental Well-being: World Mental Health Day: “It is Time to Prioritize Mental Health in the Workplace” <i>(Proclamation No. 452, s. 1994, Declaring the Second Week of October as the National Mental Health Week)</i>
October 23, 2024 8:00am – 12:00nn	Financial Well-being: Financial Consumer Protection: Fraud and Scams prevention <i>(Proclamation No. 822, s. 1971, Declaring the last week of November as Consumers’ Protection Week)</i>
November 13, 2024 8:00am – 12:00nn	Financial Well-being: Personal Financial Management <i>(RA 10922, Declaring 2nd week of November as Economic and Financial Literacy Week)</i>
November 27, 2024 8:00am – 12:00nn	Physical Well-being: Taking Care of your Kidneys

This activity aims to:

- Raise awareness on the importance of holistic well-being by engaging personnel in different wellness activities;
- Promote a culture of well-being among DepEd employees, fostering a healthy and productive workforce; and
- Promote preventive and holistic care.

This webinar series will be live streamed on the Official DepEd Philippines Facebook page. Central Office (CO) Personnel interested in attending the webinars may pre-register through bit.ly/Reg_WellnessWednesdays or scan the QR code below:



Field Office personnel are invited to participate by watching the live broadcast on Facebook.

For more details, concerns and other clarifications, you may contact the Employee Welfare Division, at telephone number (02) 8633-7229 or email at bhrod.ewd@deped.gov.ph.

[BHRD-FWD, RZM:sofres]