



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



09 Oct 2024

DIVISION MEMORANDUM
No. 361, s. **2024**

**DIVISION SEMINAR ON HEALTH AND WELLNESS: KEY ELEMENTS IN
WORKPLACE PRODUCTIVITY**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Unit Heads
All Others Concerned

1. The Schools Division Office of Angeles City will conduct a Division Seminar on Health and Wellness: Key Elements in Workplace Productivity on **October 14 and 25, 2024, at the Gabaldon Building, Pulungbulu, Angeles City**, at 9:00 a.m.
2. The seminar aims to:
 - a. improve the physical, mental, and emotional well-being of personnel, which will contribute to better overall health and reduced stress levels in the workplace;
 - b. provide insights into practices that foster a healthy work-life balance, including time management, stress reduction techniques, and lifestyle adjustments, leading to increased job satisfaction and productivity; and
 - c. equip the participants with a deeper understanding of the direct link of health and wellness initiatives to workplace productivity.
3. The participants are all the division office employees. Attached are the groupings of participants.
4. Immediate and wide dissemination of and strict compliance with this Memorandum is earnestly desired.

ENGR. EDGARD C. DOMINGO PhD, CESO V
Schools Division Superintendent *edw*

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

PERSONNEL SEMINAR
AGG/SEPS-HRD/Oct. 09, 2024 *N*



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

GROUP 1 (RED)	GROUP 2 (GREEN)	GROUP 3 (BLUE)	GROUP 4 (WHITE)	GROUP 5 (PINK)	GROUP 6 (VIOLET)
1. Edgard C. Domingo	1. Enrique E. Angeles Jr.	1. Edgar L. Manabat	1. Amando C. Yutuc	1. Dungca, Ralph Michael	1. Cayetano, Arfel Anne
2. Castro, Edhellyn	2. Gonzales, Raymond	2. Sampang, Gesille	2. Omlang, Charlton	2. Calma, Myla	2. David, Delma Christle
3. Sagum, Maria Corazon	3. Domingo, Manuel	3. Mendoza, Aveneir	3. Necesario, Rosemarie	3. Ruiz, Janet	3. Canlas, Edna
4. Gonzales, Arvin S.	4. Montes, Caroline	4. Ponce, Jefferson	4. Manabat, Janessa	4. Tayag, Armin	4. Gantan, Jason
5. Nunag, Cristine	5. Panglinan, Katrina	5. Dela Pena, Kyrahmae	5. Reyes, John Sell	5. Ocampo, Jasmin	5. Castro, Marilou
6. Salunga, Ariel	6. De Castro, Marian	6. Batul, Donna Mae	6. Cabigting, Norma	6. Aquino, Anastacia Nimfa	6. Gozon, Rigie Anne
7. David, Jackielyn	7. Dungca, Jennyfer	7. Dacanay, Ramil	7. Garcia, Arcely	7. David, Rochella	7. Otchengco, Alberto Jr.
8. Manalo, Noli	8. Ramos, Carmelita	8. Hernandez, Cesar	8. Nunag, Diana Ross	8. Malang, Ma. Esperanza	8. Bautista, Dennis
9. Quiambao, Agnes	9. Clemente, Maria Tara	9. Salde, Renen	9. Suarez, Heidie	9. Mejia, Cindy	9. Estabillo, Walter
10. Cabrera, Reynaldo	10. Garcia, Hilda	10. Ocampo, Mhicley	10. David, Jeannieffer	10. Estrabillo, Gemima	10. Manabat, Agnes
11. Figueroa, Josephine	11. Perez, Ariel	11. Policarpio, Ramil	11. Magtoto, Ana Merla	11. Mariano, Ener	11. Hernandez, Josell
12. Nunag, Edgardo	12. Quinto, Leonida	12. Berana, Aimee	12. Lagman, Clarisa	12. Romero, AMC	12. Sarmiento, Glenn
13. David, Elizabeth	13. Deocareza, Gil	13. Bundalian, Rita	13. Cabrera, Ericson	13. Miranda, Analee	13. Pangilinan, Gay
14. Pineda, Amelita	14. Reganit, Noel	14. Borbon, Lesley	14. Canasa, Minerva	14. David, Armando	14. Dincol, Arnel
15. Manansala, Margie	15. Pineda, Rosalyn	15. Ponce, Jane	15. Reyes, John Angel	15. Aguinaldo, Christle L.	15. Alcayro, Paul Nikon
16. Velasquez, Carl Angelo	16. De Luna, Joshua	16. Salon, Perlito	16. Sunga, Jerico	16. Hapa, Rodrigo	16. Castro, Romwald
17. Sarmiento, Maria Cristina	17. Aronce, Sherwin	17. Cadag, Rose	17. Chin, Rosalie	17. Parungao, Dianne Gaile	17. Dimatulac, Marie Claudine M.