



**PHILIPPINE MENTAL HEALTH ASSOCIATION**  
**Cordillera Chapter Inc.**

Marcos Highway, Baguio City 2600  
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*Christine Gina Dailay-Camsol*  
Chapter Executive Manager

June 7, 2019

**FEDERICO P. MARTIN, Ed. D., CESO VI**

Schools Division Superintendent  
Department of Education  
Schools Division of Baguio  
Military Cut-off, Baguio City

Dear Sir:

Warm greetings from PMHACCI!

The Philippine Mental Health Association Cordillera Chapter Inc. (formerly PMHA Baguio-Benguet Chapter, Inc.) is a non-government, non-sectarian organization dedicated to the promotion of mental health and prevention of mental illness here in the Cordillera Region.

As part of our 60th Founding Anniversary with the theme **"You and I MINDing Each Other"** we will be staging the **"One Pine Day: Mt. Sto. Tomas Mental Health Walk"** on **June 22, 2019; 6:00 A.M. to 12:00 noon at Mt. Sto. Tomas, Tuba, Benguet**. The activity will commence at the Sto. Tomas Police Outpost and the walk will end with a tree planting activity at the Mt. Sto. Tomas Baguio Water District catchment basin.

In lieu of this, we would like to invite you, interested personnel and teachers to this worthwhile event. The registration fee is at Php 500.00 Only which includes a souvenir shirt, lunch and certificate of participation. Participants are requested to bring their own water bottles. We will provide the drinking water at the registration area and at the catchment basin.

You may register on or before **June 14, 2019** (Friday) by getting in touch with us through these numbers (074) 442-2337 or 09175172083 or you may visit our office located at BGH Exit Road, along Marcos Highway, Baguio City.

Thank you so much and we hope you can join us in these stress relieving event.

Sincerely yours,

**HON. JUDGE FRANCIS A. BULIYAT, SR. (RET.)**  
Chairman, Board of Management

MEMBER: WORLD FEDERATION FOR MENTAL HEALTH

To: All School Administrators, Principals & Teachers In-Charge  
(Elementary & Secondary)

FOR YOUR INFORMATION & APPROPRIATE ACTION

**FEDERICO P. MARTIN, Ed. D., CESO VI**  
Schools Division Superintendent