



DepEd Baguio &lt;depedbaguio@gmail.com&gt;



## LINGGO NG MALASAKIT - Free Services Offered by BGHMC

2 messages

**CSC-CAR - Public Assistance and Liaison Division** <cscarpald@yahoo.com>

Thu, Sep 15, 2022 at 6:35 PM

Reply-To: CSC-CAR - Public Assistance and Liaison Division <cscarpald@yahoo.com>

To: bcnhhs <305269@deped.gov.ph>, "bfpcarfcoc@yahoo.com" <bfpcarfcoc@yahoo.com>, Dilg Car <car\_dilg@yahoo.com.ph>, "PIA Dir. Helen Tibaldo" <htibaldo@yahoo.com>, PNP/ Pro-Cor <rd\_procor@yahoo.com>, DEPED-DO <depedbaguio@gmail.com>, Dpwh Car <dpwh\_car@yahoo.com>, DTI - CAR <car@dti.gov.ph>, OCD CAR <car@ocd.gov.ph>, Mary Jane Komok-ang <pcnhspersonnel@yahoo.com>, Landbank of the Philippines <lbpbaguio@yahoo.com.ph>

Good Day!

In celebration of the 122nd Anniversary of the Philippine Civil Service Commission, the Baguio General Hospital and Medical Center will conduct activities for the "Linggo ng Malasakit" to be held on September 19-23, 2022. The Medical Department, specifically the OB-Gyne, Dental and Physical and Rehabilitation Medicine will offer complimentary services.

Interested employees shall register in the provided link on or before 16 September 2022. Should there be queries, please contact the BGHMC HRMO at landline numbers 661-7933 / 661-7936 / 661-7923 local 374 / 371 / 341.

Attached is the program and the list of free services to be offered by the BGHMC.

### MARLO

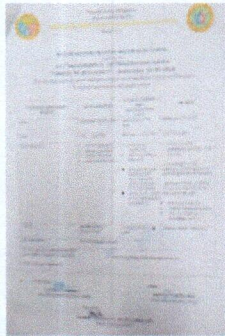
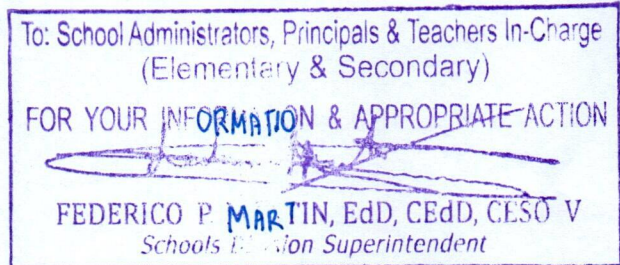
#### Public Assistance and Liaison Division

CSC - Cordillera Administrative Region  
#116 Wagner Road, Military Cut Off, Baguio City  
Tel # 443-5982, Fax # 443-9282

Like us on Facebook

#### Civil Service Commission CAR

<https://www.facebook.com/cscCORDILLERA/>



306543592\_440072637943735\_8783311767080206420\_n.jpg  
131K

**DepEd Baguio** <depedbaguio@gmail.com>

Fri, Sep 16, 2022 at 7:23 AM

To: CSC-CAR - Public Assistance and Liaison Division <cscarpald@yahoo.com>

Cc: bcnhhs <305269@deped.gov.ph>, "bfpcarfcoc@yahoo.com" <bfpcarfcoc@yahoo.com>, Dilg Car <car\_dilg@yahoo.com.ph>, "PIA Dir. Helen Tibaldo" <htibaldo@yahoo.com>, PNP/ Pro-Cor <rd\_procor@yahoo.com>, Dpwh Car <dpwh\_car@yahoo.com>, DTI - CAR <car@dti.gov.ph>, OCD CAR <car@ocd.gov.ph>, Mary Jane Komok-ang <pcnhspersonnel@yahoo.com>, Landbank of the Philippines <lbpbaguio@yahoo.com.ph>

Received, thank you.

[Quoted text hidden]

--

#### Department of Education

#### Division of Baguio City

#82 Military Cut-off, Baguio City

Office of the SDS: 442-7819 telefax





Republic of the Philippines  
Department of Health

**BAGUIO GENERAL HOSPITAL AND MEDICAL CENTER**  
Baguio City



**BAGUIO GENERAL HOSPITAL AND MEDICAL CENTER**


Celebrates the


**122<sup>nd</sup> ANNIVERSARY OF THE PHILLIPINE CIVIL SERVICE**

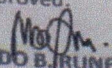
**"LINGGO NG MALASAKIT" – September 19-23, 2022**

*Free Services offered to all BGHMC employees (Plantilla & Contract of Service)  
& partner agencies in the government*

| "LINGGO NG MALASAKIT" SERVICES   | DENTAL SERVICES  | PHYSICAL THERAPY AND REHABILITATION UNIT   | OB-GYNE  |
|--|--|--|--|
| DATE   | September 19-23, 2022  | September 19-23, 2022  | September 23, 2022   |
| TIME   | 9:00 – 11:00 AM  | 8:00 AM – 12:00 NN   | 1:00 – 4:00 PM   |
| FREE SERVICES  | <ul style="list-style-type: none"> <li>Oral Prophylaxis</li> <li>Dental Extraction</li> <li>Dental Check-up</li> <li>Dental Restoration</li> </ul> | <ul style="list-style-type: none"> <li>Lecture on Ergonomics</li> <li>Demo on Office Exercises</li> <li>4 batches per day               <ul style="list-style-type: none"> <li>8:00-9:00 AM</li> <li>9:01-10:00 AM</li> <li>10:01-11:00 AM</li> <li>11:01-12:00 NN</li> </ul> </li> <li>(min. of 5 - max. of 50 participants per batch)</li> </ul> | <ul style="list-style-type: none"> <li>Cervical cancer awareness and screening (50 pax)</li> <li>counseling on self-collection of HPV typing for women aged 30-49 (40 pax)</li> <li>provision of VIA screening for women aged 25-29, 50 and above (30 pax)</li> <li>Menopause lay fora</li> <li>Family Planning lay for a</li> <li>Basics on vaginal discharges lecture</li> </ul> |
| VENUE  | BGHMC Dental Department  | Cancer Center – Big Hall   | Cancer Center – Big Hall   |
| REQUIREMENT  | RT-PCR Negative Result   | -  | -  |
| Please register on the provided link on or before September 16, 2022.<br>Walk-ins are still welcome. | <a href="https://forms.gle/78QGArzMdzyppyPV8">https://forms.gle/78QGArzMdzyppyPV8</a>  |  |  |

Prepared by:  
  
**DENNIS A. CARRANZA**  
Supervising Administrative Officer

Noted:  
  
**VILMA O. MOLTIO, MPA**  
Chief Administrative Officer

Approved:  
  
**RICARDO B. RUIZNE, JR., MD, FPCS, MHA, CESE**  
Medical Center Chief II