



Republic of the Philippines
Department of Education
 CORDILLERA ADMINISTRATIVE REGION
 SCHOOLS DIVISION OF BAGUIO CITY

September 11, 2023

Office Memorandum
 Number: 017-2023

Conduct of the SDO-Baguio Wellness Program

To: Assistant Schools Division Superintendent
 Chief Education Supervisors
 PSDS/EPS
 Administrative Officer V
 All Section/Unit Heads
 All DO Personnel

1. The Civil Service issued Memorandum No. 8, s. 2011, Reiteration of Physical Fitness Program, "Great Filipino Workout", dated March 7, 2011.
2. In relation thereof, all DO personnel are mandated to participate in the Wellness Program of the Division **every Fridays**, from **3:20-5:00 PM**, at the PFVR Gymnasium. **Attendance will be strictly checked.**
3. The Wellness Program aims to:
 - a. Increased work productivity, promote healthier lifestyles and encourage the employees to be more active and healthier.
 - b. Increased job satisfaction and employee engagement.
 - c. Reduced healthcare costs.
4. Personnel coordinator in every game are as follows:
 Ballgames (Basketball/Volleyball) – Torey and Au gie
 Table Tennis – Lolit
 Badminton – Rosie Beel
 Darts – Conrad
 Zumba – Alma Tano and Juliet Arzadon
 Boxing/Martial Arts – Sam
5. Should there be any clarification, you may contact Jovelyn Balantin and Lorena Galera at SGOD-HRDS.
6. Immediate dissemination of this Office Memorandum is desired.

SORAYA T. FACULO, PhD, CESO VI
 OIC-Schools Division Superintendent

