



Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



October 11, 2024

Division Memorandum

No. 575-2024

CONDUCT OF DEPED BAGUIO WELLNESS PROGRAM

TO: All School Health and Nutrition Personnel
All School heads, Public Schools
All other concerned

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 Public Schools are mandated to create their own Wellness program that lasts (1) hour each week for the conduct of health awareness program and (20) minutes daily for the conduct of wellness or fitness program. **Attendance is a must.**
3. The Wellness Program aims to:
 - a. Increased work productivity, promote healthier lifestyles and encourage the employee to be more active and healthier;
 - b. Increased job satisfaction and employee engagement;
 - c. Reduced healthcare costs.
4. Immediate dissemination of this information is desired.


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