



Republic of the Philippines  
Department of Education  
REGION VI – Western Visayas  
SCHOOLS DIVISION OF SAGAY CITY


Division **MEMORANDUM**  
No. 527, s. 2024

AUG 29 2024

**CONDUCT OF WELLNESS WEDNESDAY**

TO: Assistant Schools Division Superintendent  
Chief of Education Supervisors – CID & SGOD  
Public Schools District Supervisors  
All Others Concerned

1. Enclosed are copies of **Regional Memorandum No. 133, s. 2024** dated August 12, 2024 titled **"Conduct of Wellness Wednesday"** and **MEMORANDUM DM-OUHROD-2024-1516** dated August 8, 2024 from the Office of the Undersecretary of the Human Resource and Organizational Development regarding the **CONDUCT OF WELLNESS WEDNESDAY on September 5, 11, October 9, 23, and November 13, 27, 2024.**
2. This activity aims to:
  - a. Raise awareness on the importance of holistic well-being by engaging personnel in different wellness activities;
  - b. Promote a culture of well-being among DepEd employees, fostering a healthy and productive workforce; and
  - c. Promote preventive and holistic care.
3. Field Office personnel are invited to participate by watching the live broadcast on the Official DepEd Philippines Facebook page.
4. Immediate dissemination of this memorandum is desired.

  
MARK ANTHONY J. TAN, PhD  
Chief Education Supervisor  
OIC - Assistant Schools Division Superintendent  
In-charge of the Division

  
MARSETTE D. SABBALUCA, CESO VI  
Schools Division Superintendent

No. of Pages including this Document: 4

Reference:  
To be included in the perpetual index  
under the following subjects:

Wellness

Personnel

Webinar Series

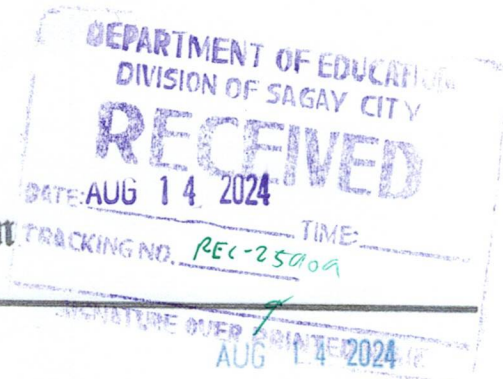
SGOD-SHNU/JPDBARRIENTOS 08/28/2024



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Republic of the Philippines  
**Department of Education**  
REGION VI – WESTERN VISAYAS

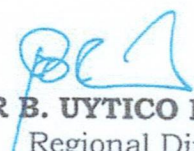


REGIONAL MEMORANDUM  
No. 733, s. 2024

**CONDUCT OF WELLNESS WEDNESDAY**

To: Schools Division Superintendents  
All Others Concerned

1. Attached is MEMORANDUM DM-OUHROD-2024-1516 dated August 08, 2024 from the Office of the Undersecretary of the Human Resource and Organizational Development regarding the **Conduct of Wellness Wednesday** on **September 5, 11, October 9, 23, and November 13, 27, 2024**.
2. Immediate dissemination of this Memorandum is desired.

  
**RAMIR B. UYTICO EdD, CESO III**  
Regional Director

MLL/HRDD/RM-2024- Conduct of Wellness Wednesday  
046/August 12, 2024



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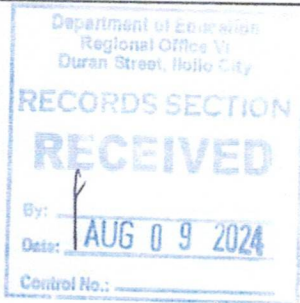
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Republika ng Pilipinas  
**Department of Education**  
OFFICE OF THE UNDERSECRETARY  
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

**MEMORANDUM**  
**OM-OUHROD-2024-1516**



**FOR : Undersecretaries**  
**Assistant Secretaries**  
**Bureau and Service Directors**  
**Regional Directors**  
**Schools Division Superintendents**  
**All Others Concerned**

**FROM : WILFREDO E. CABRAL**  
*Regional Director*  
*Officer-in-Charge, Office of the Undersecretary for*  
*Human Resource and Organizational Development, and Administration*

**SUBJECT : CONDUCT OF WELLNESS WEDNESDAY**

**DATE : 08 August 2024**

The Department of Education recognizes the integral role of its human resource as the driving force towards the achievement of quality basic education in the country. It is vital that its employees are healthy, motivated, and work under humane conditions to ensure productivity and quality of service delivery.

In order to promote a healthy lifestyle among the DepEd employees, the Bureau of Human Resource and Organizational Development (BHROD) – Employee Welfare Division (EWD) will be conducting the **Wellness Wednesday**, a webinar series on different wellness dimensions. Below is the indicative schedule of activities:

INDICATIVE DATE/TIME	PROPOSED TOPICS
September 5, 2024 8:00am – 12:00nn	<b>Physical Well-being:</b> <b>“Obesity: Causes and Prevention”</b>  <i>(Proclamation No. 162, s. 1999, Declaring the first week of September as the Obesity Prevention Awareness Week)</i>
September 11, 2024 8:00am – 12:00nn	<b>Mental Well-being:</b> <b>World Suicide Prevention Month: “Creating Hope Through Action”</b>  <i>(RA 11036 which mandates comprehensive suicide prevention services and a national response strategy)</i>



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<b>October 9, 2024</b> 8:00am – 12:00nn	<b>Mental Well-being:</b> <b>World Mental Health Day: “It is Time to Prioritize Mental Health in the Workplace”</b>  (Proclamation No. 452, s. 1994, Declaring the Second Week of October as the National Mental Health Week)
<b>October 23, 2024</b> 8:00am – 12:00nn	<b>Financial Well-being:</b> <b>Financial Consumer Protection: Fraud and Scams prevention</b>  (Proclamation No. 822, s. 1971, Declaring the last week of November as Consumers’ Protection Week)
<b>November 13, 2024</b> 8:00am – 12:00nn	<b>Financial Well-being:</b> <b>Personal Financial Management</b>  (RA 10922, Declaring 2 <sup>nd</sup> week of November as Economic and Financial Literacy Week)
<b>November 27, 2024</b> 8:00am – 12:00nn	<b>Physical Well-being:</b> <b>Taking Care of your Kidneys</b>

This activity aims to:

- Raise awareness on the importance of holistic well-being by engaging personnel in different wellness activities;
- Promote a culture of well-being among DepEd employees, fostering a healthy and productive workforce; and
- Promote preventive and holistic care.

This webinar series will be live streamed on the Official DepEd Philippines Facebook page. Central Office (CO) Personnel interested in attending the webinars may pre-register through [bit.ly/Reg\\_WellnessWednesdays](https://bit.ly/Reg_WellnessWednesdays) or scan the QR code below:



Field Office personnel are invited to participate by watching the live broadcast on Facebook.

For more details, concerns and other clarifications, you may contact the Employee Welfare Division, at telephone number (02) 8633-7229 or email at [bhrod.ewd@deped.gov.ph](mailto:bhrod.ewd@deped.gov.ph).

[BHROD-EWD/ KZMisolas]