



DIVISION MEMORANDUM

No. 204, s. 2019

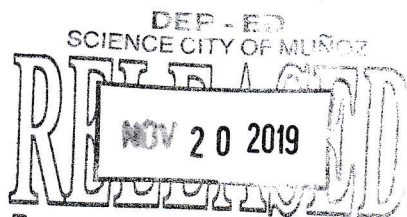
TO : ALL PUBLIC ELEMENTARY AND SECONDARY SCHOOL HEADS

FROM : 
DANTE G. PARUNGAO
OIC-Schools Division Superintendent

DATE : November 18, 2019

SUBJECT : HEALTH AND WELLNESS PROGRAM: ZUMBA SESSION IN THE
DIVISION

1. In line with Health and Wellness Program, the Division Office will be having a weekly Zumba Session every Tuesday starting on November 26, 2019. Participants are Division Personnel and all Public Elementary and Secondary School Heads at the SDO Conference Hall around 4'0 Clock in the afternoon.
2. The activity aims to encourage personnel down the path of healthier lifestyle to achieve optimum level of health and thus making them more productive in office work and better service delivery to their clientele.
3. Please do come in your best Zumba attire.
4. Baseline Weight Measurement and Blood Pressure Level will be taken on November 22, 2019 at the Division Clinic.
5. For strict compliance. Immediate and wide dissemination of this memorandum is earnestly required.



By: _____

SGOD/SHNS/MCC



"Loyal, Excellent, Accountable and Dedicated to Service"

