



Republic of the Philippines  
**Department of Education**  
REGION III – CENTRAL LUZON  
SCHOOLS DIVISION OFFICE-SCIENCE CITY OF MUNOZ

November 18, 2021

**DIVISION MEMORANDUM**

No. 524, s. 2021

**USAPANG KALUSUGAN: DEPED REGION III HEALTH AND WELLNESS FORUM**

To: Division Health Personnel  
Public Elementary and Secondary School Heads  
School Health and Nutrition Coordinators  
All Others Concerned

1. The Education Support Services Division- School Health and Nutrition Unit Region III will be conducting Usapang Kalusugan: Deped Region III Health and Wellness Forum on November 23 and 24, 2021 to be streamed via Deped Regional Office III Facebook Page with topics about Hypertension and Lifestyle Medicine in the Digital Age.
2. In connection with this, Division School Health Personnel, all Public Elementary and Secondary School Heads and School Health and Nutrition Coordinators are hereby directed to participate in the said health forum. This virtual activity aims to educate and encourage our DepEd personnel to give priority to their health and well-being by adapting a healthy lifestyle thus preventing the incidence of Chronic Diseases especially in the time of COVID-19 Pandemic.
3. Attached herewith is the Regional Memorandum No. 584, s.2021 entitled Usapang Kalusugan: DepEd Region III Health and Wellness Forum for your reference.
4. For queries, please contact MARIANNE C. CORONEL, MD, Medical Officer III at CP no. 09285040801 or via DepEd Email at [marianne.coronel@deped.gov.ph](mailto:marianne.coronel@deped.gov.ph).
5. Immediate dissemination and compliance of this memorandum is desired.

**DANTE G. PARUNGAO, CESO VI**  
Officer-in-Charge  
Office of the Schools Division Superintendent



*Loyal, Excellent, Accountable and Dedicated to Service*

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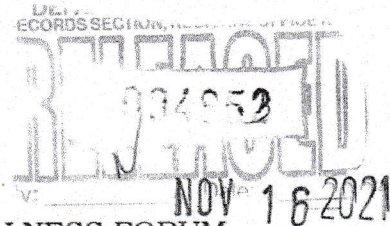
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REGION III-CENTRAL LUZON

**REGIONAL MEMORANDUM**

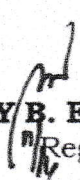
No. 504, s. 2021



USAPANG KALUSUGAN: DEPED REGION III HEALTH AND WELLNESS FORUM

To: Schools Division Superintendents  
Medical Officers  
School Heads  
All Regional Personnel

1. This is in connection to the Oplan Kalusugan sa DepEd "One Health Week Celebration" and promoting better health and education, the Education Support Services Division- School Health and Nutrition Unit (ESSD-SHN Unit) invites all regional personnel, schools division health personnel and school heads to a scheduled webinar series on "Usapang Kalusugan: DepEd Region III Health and Wellness Forum to be streamed lived via DepEd Regional Office III Facebook Page:
  - a. November 23, 2021: Hypertension: What We All Need To Know, 1:00pm-2:30 pm
  - b. November 24, 2021: Lifestyle Medicine in the Digital Age, 1:00 pm-2:30 pm
2. The objective is to educate and motivate our teaching and non-teaching personnel in improving their quality of life by changing their personal habits and behaviors to prevent, treat and reverse the underlying cause of a disease.
3. For information and guidance.

  
**MAY B. ECLAR, PhD, CESO III**  
Regional Director

ESSD/GLAD  
November 12, 2021



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