



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

August 19, 2024


REGIONAL MEMORANDUM

No. **969** s. 2024

REITERATION OF THE CONDUCT OF WELLNESS WEDNESDAY

To: Schools Division Superintendents
Regional Office Division Chiefs
Public Elementary and Secondary School Heads
All Others Concerned

1. Attached is Memorandum DM-OUHROD-2024-1358 from Wilfredo E. Cabral, Officer-in-Charge of the Office of the Undersecretary for Human Resource and Organizational Development, dated August 08, 2024, informing the conduct of Wellness Wednesday, a webinar series on different dimensions that aims to promote a healthy lifestyle among DepEd employees.
2. Interested DepEd personnel may pre-register to attend the webinars through the link or QR provided in the attached Memorandum.
3. Other information and details relative to this issuance are stipulated in the attached communication.
4. Immediate dissemination of and compliance with this Memorandum are desired.


EVELYN R. FETALVERO CESO IV
Regional Director

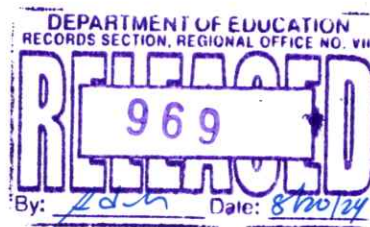
Enclosures: As stated

References: None

To be indicated in the Perpetual Index under the following subjects:

WELLNESS WEDNESDAY

RTV-HRDD



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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	Physical Well-being: “Obesity: Causes and Prevention” <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	Mental Well-being: World Suicide Prevention Month: “Creating Hope Through Action” <i>(RA 11036 which mandates comprehensive suicide prevention services and a national response strategy)</i>



08 AUG 2024

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

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 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.

[BHRD-EWD/KZMisolas]