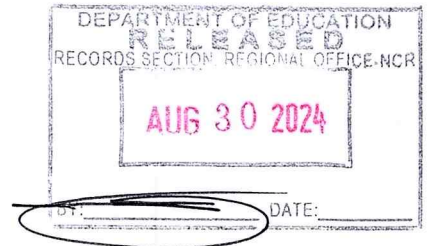




Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION



August 28, 2024

**REGIONAL MEMORANDUM**

No. 870, s. 2024

**To:** Schools Division Superintendents  
Functional Division Chiefs  
Public Elementary and Secondary School Heads  
All Others Concerned

**CONDUCT OF WELLNESS WEDNESDAY**

1. In reference to the attached Memorandum signed by the Undersecretary for Human Resource and Organizational Development, and Administration, the Employee Welfare Division of the Bureau of Human Resource and Organizational Development will be conducting a webinars series on different wellness dimensions from **September 5, 2024 to November 27, 2024**.
2. Interested DepEd personnel are enjoined to watch the live broadcast on DepEd Philippines Facebook page.
3. Other information and details relative to this issuance are stipulated in the attached memorandum.
4. Immediate dissemination and compliance with this Memorandum is desired.

  
**JOCELYN DR ANDAYA**  
Director IV



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Republika ng Pilipinas

# Department of Education

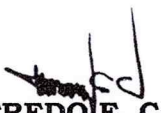
OFFICE OF THE UNDERSECRETARY

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

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