




Republic of the Philippines
Department of Education
REGION V
SCHOOLS DIVISION OF SORSOGON

Office of the Schools Division Superintendent

OFFICE MEMORANDUM

TO : Assistant Schools Division Superintendent
Chief CID and SGOD
All Others Concerned

FROM :  **JOSE L. DONCILLO, CESO V**
Schools Division Superintendent

DATE: : FEBRUARY 02, 2022

SUBJECT : **ACTIVATION OF THE SDO HEALTH AND WELLNESS PROGRAM**

1. This office announces the start of the SDO Health & Wellness Program on February 04, 2022 Friday, 3:00 to 5:00 p.m. at SDO Bulwagan ng Karunungan.
2. Attached is the copy of the list of SDO employees enrolled in the three wellness Activities.
3. Attendees shall wear appropriate Physical Fitness attire.
4. Adherence and compliance to existing minimum health protocols shall be observed. Participants are hereby advised to accomplish and submit at the orientation venue the Health Declaration Form (attachment B)
5. For guidance and strict compliance.

SGOD/HEALTH/GJS



Sorsogon Sports, Complex, Brgy. Balogo Sorsogon City, Sorsogon 4700
Landline: (056) 421-5415
Email: sorsogon@deped.gov.ph
Website: depedsorsogon.com.ph



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Indicative Program of Activity

HEALTH AND WELLNESS ACTIVITIES	TIME	VENUE	PERSON IN- CHARGE	
			Nurse	Trainer
1. Ballroom Dancing	3:00 p.m.	SDO Conference Hall	Armando Almodiel	Fatima D. Futol
2. Zumba			Girlie Salvatierra	Roy O. Jarlego
3. Gym/ Fitness			Carlo A. Digo	Rey Karlo J. Valladolid Jun Barrica



HEALTH AND WELLNESS PROGRAM

ON-SITE FITNESS CENTER (GYM)	BALLROOM DANCING	ZUMBA
John C. Hidea	Celine Noga	John Rey J. Perez
Maria Salve Quides	Vicente Nocos Jr.	Jose Indiongco
Jay Garcia	Robert Enrera	Rafael Bejerano
Annie Baylon	Armando E. Almodiel Jr.	Cristina Lorica
Leslie Guantero	Cherry Gestiada	Kathrine Lapayag
Pamela Angeles	Sheila Maria Morada	Jomar Enguerra
Gerry Cadag	Liezl C. Galit	Jeany T. Abayon
Marifi Cadag	Girlie J. Salvatierra	Rowena Nuqui
Mila Daymon	Pauline Angelie Y. Cahilig	Rolando Embile
Cecille Detera	Sheila Viray	Johny So
Owen Castillo	Michelle Guadamor	Cynthia Escobar
Alvin Rosare	Nicanor Bailon	Kathleen Velasco
Gilbert Apostal	Remus Zuniga	Teresa Trinanes
Jerry Firmanes	Joy Baldillo	Jedsie Labalan
Rodel Pancho	Manuel Clemente	Grace Mengorio
Esperanza Espigol	Nemah Dollison	Emma Pangilinan
Milanie Grayda		Analyn Guipit
Ma. Riza Dino		Carmie Arieta
Kathy Jaylo		
Romel Digo		
Valentina Hugo		
John Michael Estramador		
Carmelo de Jesus		
Albert C. Perez		
Rica Espigol		
Amalia Janoras		
Kristine Ruby Dellosa		
Julie Hayagan		
Shaira Las Pinas		
Michelle Madrid		
Erica Matabuena		
Gideon Karl Grefalda		
Cecille Dellosa		
Glenn Ravanilla		
Roman Jebulan		
Tristan Aragon		
Salvador Belen Jr.		
Maricel Dineros		
Lilia Pura		
Jimmalou Mella		