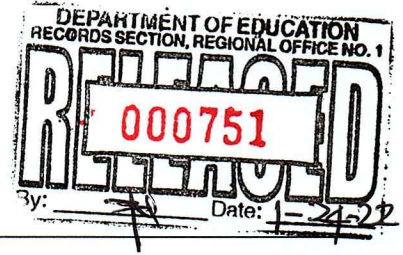




Republic of the Philippines
Department of Education
 REGION I



Office of the Regional Director

JAN 24 2022

OFFICE MEMORANDUM
 No. 019, s. 2022

PHYSICAL WELLNESS ZUMBA AND YOGA FOR JUANA AT JUAN

To: Chiefs of the Functional Divisions
 Unit/ Section Heads
 All Concerned Personnel

1. The Department of Education Regional Office 1, through the Human Resource Development Division (HRDD), shall conduct a one-day Physical Wellness **“Tune Up”** activity on February 3, 2022.

2. The activity aims to provide physical wellness tips towards achieving a healthy mind and body and dynamic lifestyle that will lead to increased physical health, boosted immune system, more positive outlook in life, and improved mental sharpness.

3. Below is the number of participants per Functional Division:

Division	Number
Human Resource Development Division	12
Finance Division	11
Policy Planning and Research Division	4
Administrative Division	17
Curriculum and Learning Management Division	6
Education Service and Support Division	5
Field Technical Assistance Division	2
Quality Assurance Division	3

4. All participants are encouraged to attend the online health and diet assessment and preparation of wellness plan activity on February 3, 2022 at 10:00AM through this zoom link: tinyurl.com/PhysicalWellness2022.

5. Functional Divisions are requested to submit the list of their identified participants for Batch 1 and Batch 2 to HRDD on January 26, 2022.

DepEd Region 1: Built on character; empowered by competence.

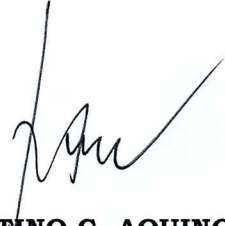


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6. For more information, please contact the Human Resource Development Division through hrdd.region1@deped.gov.ph or call telephone number 072-682-2324 local 122.

7. Immediate dissemination of this Memorandum is desired.



TOLENTINO G. AQUINO
Director IV

HRDD/DCB/vrdg/rel/OM_Physical Wellness
January 12, 2022



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