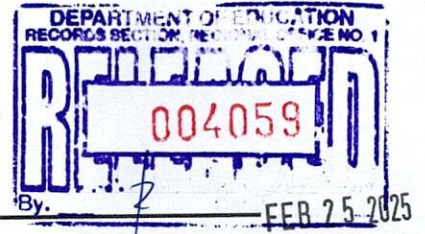




Republic of the Philippines
Department of Education
 REGION I



REGIONAL MEMORANDUM

No. 297, s. 2025

ORAL HEALTH AND HEART AWARENESS MONTH 2025

1. In celebration of Oral Health Month and Heart Month this February 2025, the Education Support Services Division will conduct a Facebook Live Event. All School Divisions Offices and Schools are invited to join the live event to raise awareness on the importance of oral health and heart health.
2. The Details of the Event:
 - Activity: Oral Health and Healthy Heart Awareness via Facebook Live
 - Date & Time: March 5, 2025, 10:00AM-11:30AM
 - Platform: Facebook Live
 - Link to Event: Department of Education Region 1 Facebook Page
3. During the live event, expert speakers will provide valuable information on the following topics:
 - Dr. Lala Ann Bambico, Internal Medicine, Ilocos Training Regional Medical Center – Tips on diet, exercise, and lifestyle choices for a healthy heart and smile
 - Dr. Cynthia D. Coronado, Dentist III, BLSS-SHD DepEd Central Office – Healthy Smiles, Healthy Lives: Tips for Optimal Oral Care for Learners and Families
4. All are encouraged to participate, watch, and share the event with family, friends, and the community to promote healthier lifestyles. For more information, please contact Dr. Marjorie G. Pudín, Dentist III, DepED Region I.
5. For information and compliance.

TOLENTINO G. AQUINO
 Director IV

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

HEALTH EDUCATION PROGRAMS

ESSD-SQC/mgp/2025 MEMO
 February 24, 2025



Flores St., Catbangan, City of San Fernando, La Union
 Telephone Nos.: (072) 607-8137/682-2324
 DepEd Region I region1@deped.gov.ph
 www.depregion1.com

Doc. Ref. Code	RM-ORD	Rev	00
Effectivity	11.18.2024	Page	1 of 1

