



Republic of the Philippines
Department of Education
REGION I



JUN 11 2026

OFFICE MEMORANDUM

No. 225 s. 2026

MINDFULNESS AND SELF-CARE FOR DEPED RO1 EMPLOYEES

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

1. This Office, through the Human Resource Development Division (HRDD), shall conduct the Mindfulness and Self-Care Program for DepEd RO1 Employees with Plantilla item from June 12 to August 12, 2026.
2. Employees are entitled to avail of a one-hour full-body massage and a thirty-minute foot massage at Spa de Iloko, located at Barangay 1, Quezon Avenue, City of San Fernando, La Union (2nd Floor, Producers Bank Building, fronting Angels Pizza), on their preferred schedule. Employees availing services are allotted three (3) hours time-off for this activity and are expected to return to the office immediately after receiving the services.
3. For this purpose, employees shall submit a duly accomplished and approved locator slip at least two (2) day before the identified date in coordination with their respective Division Chiefs.
4. Spa de Iloko is open from **9:00 AM to 9:00 PM**, Monday to Sunday, and can accommodate up to **seven (7) persons per hour**. In this regard, employees are advised to inform the HRDD of their preferred schedule at least **one (1) day** in advance to allow sufficient time for coordination and any necessary schedule adjustments.
5. For queries and other concerns, please visit HRDD office or call 122.
6. For information and dissemination



HRDD260566

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HRDD/vrdg/rel/OM_Self-Care
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