

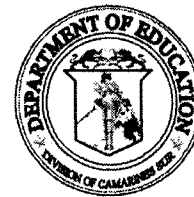


Department of Education

Region V

DIVISION OF CAMARINES SUR

Freedom Sports Complex, San Jose, Pili, Camarines Sur



DIVISION MEMORANDUM no. 312 s. 2016

TO : ALL DIVISION OFFICE PERSONNEL

FROM : *Ar* **ARNULFO M. BALANE, CESO V**
Schools Division Superintendent *Ar*

DATE : December 5, 2016

RE : **WELLNESS EXERCISE**

Starting Friday, December 9, 2017, 4:30 pm and every Friday afternoon thereafter, the Division Office 'Wellness Exercise' will be revived, immediately after the flag Retreat ceremony for the following reasons:

1. To support the Civil Service Commission health consciousness program;
2. To achieve a healthier work force for DepED-Camarines Sur.
3. To improve the level of physical fitness of the Division Office personnel and to avoid health risk due to work.

Selected Division Office Personnel, under the leadership of PSDS Imelda Nardo, shall take charge of this wellness exercise/activity during its grand launching/rehearsal on Friday, December 9, 2016.

Office transactions shall be suspended from 4:30 pm until after the flag retreat and wellness exercise is finished. Everyone is enjoined to participate actively during the said activity and bring with them their wellness outfit.

For widest dissemination and strict compliance.

ONE Vision and Mission
ONE Camarines Sur Division
ONE Goal: Quality Education