



Republic of the Philippines  
Department of Education  
Cordillera Administrative Region  
**DIVISION OF TABUK CITY**  
City Hall Compound, Dagupan, Tabuk City



**Division Memorandum**

No: 138 s. 2019



To: **Division Personnel  
OSDS, SGOD and CID  
Public Schools District Supervisor  
All School Heads (Secondary and Elementary)**

From: **BENEDICTA B. GAMATERO**   
OIC-Schools Division Superintendent

Date: **August 6, 2019**

Subject: **HEALTH AND WELLNESS PROGRAM**

1. The DepEd Tabuk City recognizes that the teachers and division personnel are the most valuable resources of the agency. And to continue improve the quality and academic achievement of learners, we must also improve the quality of life, health and productivity of the teachers and division personnel.
2. Please then be informed that there will be a Health and Wellness Program on August 15-16, 2019 at Davidson Hotel and Restaurant.
3. Participants are all School Heads, all supervisors in CID, all SGOD personnel and all Section Heads of OSDS.
4. Immediate dissemination and compliance to this memorandum is desired.