



Republic of the Philippines  
Department of Education  
Caraga Region  
Schools Division of Bislig City

DEPARTMENT OF EDUCATION  
DIVISION OF BISLIG CITY

**RELEASED**

Records Section

Date: 07/06/23

[Signature]  
(Signature Over Printed Name)

July 6, 2023

DIVISION MEMORANDUM  
NO. 358 s. 2023

**LAUNCHING OF NUTRITION MONTH CELEBRATION AND WELLNESS PROGRAM**

TO: Assistant Schools Division Superintendent  
CID Chief and SGOD Chief  
Public Schools District Supervisors  
Elementary and Secondary School Heads  
HNS Personnel  
All Others Concerned  
This Division

1. Pursuant to Presidential Decree No. 491, s. 1974, July was declared as Nutrition Month and shall be celebrated every year to raise public awareness of the value of good nutrition. This year's nutrition theme is: **"Healthy Diet Gawing Affordable for All!"**.
2. Wellness programs typically include activities such as weight loss competitions, exercise, stress management or resilience education, smoking cessation programs, and wellness assessments that are designed to help individuals or employees eat better, lose weight, and improve their physical health and physical activity.
3. Anent to this, launching of the Nutrition Month Celebration (NMC) and Wellness program is scheduled on July 10, 2023, at DepEd Bislig City ground.
4. Schools are encouraged to conduct the launching of the NMC and Wellness Program.
5. Submission of the narrative and pictorial report on the conduct of the launching activities on the above-mentioned programs is due on or before July 31, 2023, at the HNS Office.
6. For information, guidance, and compliance.

[Signature]

**GEMMA A. DE PAZ**

OIC- Schools Division Superintendent [Signature]





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Encl/s: NONE

Reference/s: NONE

To be indicated in the Perpetual Index

Under the following subjects:

NUTRITION MONTH

WELLNESS PROGRAM

HNS/MDC  
July 3,2023

