



19 December 2018

MEMORANDUM NO. 393
Series of 2018

T O: VSU Faculty, Staff and Students

R E: Seminar on "How to be Productive with Less Amount of Stress"

Please be informed that the Visayas State University in cooperation with the VSU Infirmary and the Office of the Graduate School will be conducting a Seminar on **"How to be Productive with Less Amount of Stress"** with Dr. Zarah Gayrama-Borines, Lecturer/Clinical Instructor/Professor of Nevada State College, Nevada as Guest Alumna Speaker.

In this regard, you are all invited to attend the said seminar which will held on January 7, 2019 at 1:30 PM, 1/F Center for Continuing Education, Visayas State University, Visca, Baybay City, Leyte.

Your attendance is highly appreciated.


EDGARDO E. TULIN
President