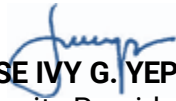


MEMORANDUM CIRCULAR NO. 36
Series of 2025

TO: **All VSU Faculty/Staff/Alumni and Students**

RE: **Heart Month 2025**

FROM: 
PROSE IVY G. YEPES, EdD
University President

DATE: **January 31, 2025**

In celebration of Heart Month 2025 for the month of February, University Health Services (UHS) together with the Alumni and Communications Office (ACRO) invite all VSU Faculty/Staff/Alumni and students to participate in **Healthy and Engaging Activity by Running and Trekking (H.E.A.R.T.): A Virtual Run**.

This activity aims to promote cardiovascular health and foster a sense of community engagement to embrace an active and healthy lifestyle through running and trekking. You may choose from different challenges such as 200KM, 150KM, 100KM, and 50KM. The event runs **from February 1-March 2, 2025**, which you can complete remotely. Participants can complete their chosen distance at their own pace and location.

Registration fee: P 550 with medal and shirt;
P250 medal only

You can register on this link: <https://bit.ly/HEARTVirtual2025>

Upon registration online, ACRO will collect the payment and will issue receipt once registration is completed.

For more information, please contact UHS (09430430874) email usher@vsu.edu.ph

For your information and usual support.

cc: Univ. Health Services
ACRO
VPAF
VPPD