



# Visayas State University

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## Office of the President

4 August 2014

MEMORANDUM NO. 184

Series of 2014

**T O: All Vice Presidents, College Deans/Directors/Department/Office Heads**

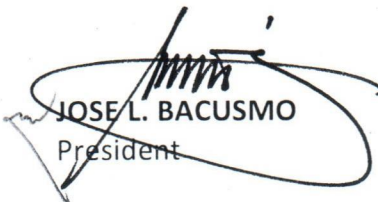
**R E: Attendance to the Wellness Seminar on August 7, 2014**

One of the activities lined-up for the 90<sup>th</sup> Anniversary Celebration is a Wellness Seminar on **August 7, 2014, 2:00 pm** at the **Convention Hall**. Dr. Rhodette Enriquez Arevalo, Internist & Cardiologist will give a lecture on Heart Attack: Effects of Smoking on the Heart. The activity is also a part of the Health and Wellness Program for our employees.

Records at the VSU Hospital show a big number of our employees are high risk to heart attack especially the smokers.

In this connection, all VSU faculty and staff concerned are enjoined to attend this activity. Heads of offices, departments, centers & other units are requested to allow their subordinates to attend this important activity.

Please be guided accordingly.

  
**JOSE L. BACUSMO**  
President