

MEMORANDUM CIRCULAR NO. 190
Series of 2024

TO: All VSU Employees

**RE: Attendance and Participation to the Stress Management for VSU Employees:
Integrating Physical and Mental Health Wellness**

FROM: DR. PROSE IVY G. YEPES
University President

DATE: August 21, 2024

You are hereby enjoined to attend and participate in the Stress Management activities scheduled in the month of September 2024, in celebration of the 124th Philippine Civil Service Anniversary. This program designed for VSU employees, aims to promote both physical and mental health wellness, recognizing the importance of a holistic approach in managing stress and maintaining a better work-life balance.

Please refer to the schedule of activities below:

Date and Time	Activity	Responsible Person
September 4, 11, 18, 25, 2024	BP Monitoring every Wednesday	USHER Nurses
Yoga for Mental Health		
September 5, 2024		
1:30PM-3:00PM	Session 1	Yoga Instructor
3:30PM-5:00PM	Session 2	Yoga Instructor
September 6, 2024		
9:30AM-11:00AM	Session 3	Yoga Instructor
Zumba Exercises: Sweat It Out, Make It Count!		
September 3, 10, 17, 24, 2024	Zumba Session	IHK Instructors
Walking With Nature: Walk, Breath, Heal!		
September 5, 12, 19, 26, 2024	Walking	Department Health Coordinators
Heart2Speak Masterclass: Creating a Positive Workplace		
September 27, 2024		
7:00AM-8:00AM	Arrival and Registration	USHER/HRMO Staff and Committee
8:00AM-8:30AM	Opening Preliminaries	Zarlin Jecel Compendio, RN
8:30AM-11:00AM	Lecture	Guest Speaker
11:00AM-11:45AM	Open Forum	All Participants
11:45AM-12:00PM	Giving of Certificate and Closing Program	

For your information and usual support.

cc: HRMO Director

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