



25 September 2019

MEMORANDUM CIRCULAR NO. 97
Series of 2019

T O: All Faculty and Staff

**R E: Attendance to the Seminar on Principles and Concepts
of Disease Prevention**

One of the activities lined-up for the 119th Philippine Civil Service Anniversary Celebration is a Seminar on **Principles and Concepts of Disease Prevention** on **September 27, 2019, 8:00AM** at the **1st Floor, CCE Building**. There are four speakers who will talk on different topics of wellness. **1) Nutrition by Prof. Aiza Kris Bernardo, 2) Exercise by Liezel P. Calina-Elefante, PTPR, M.D., 3) Smoking cessation and harmful effects of Alcohol by Niño J. Doydora, M.D., DPCP, DPCCP, 4) Disease screening and vaccination by Rhodette E. Arevalo, M.D., FPCP, FPCC.** The activity is also a part of the Health and Wellness Program of the university.

In this connection, all VSU faculty and staff are enjoined to attend this activity. Heads of Offices, Departments, Centers and Other Units are requested to allow their subordinates to attend this activity.

Please be guided accordingly.


EDGARDO E. TULIN
President *o/c 9/25/19*