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Office of the President

23 September 2014

MEMORANDUM NO. 227

Series of 2014

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

R E: Attendance to the Health Awareness Forum on September 24, 2014

As part of the Health & Wellness Program of the university and in celebration of the 114th Anniversary of the Philippine Civil Service, a health awareness forum is scheduled on **September 24, 2014 at 9:00 A.M. at the 2nd Floor, CCE Building.** Our speaker, Dr. Teresita Cajano, a Psychiatrist, will discuss on the topic: Stress and Stress Management in the Work Place. The topic is very relevant inasmuch as stress and stress related health problems are common among our faculty and staff.

Thus, all VSU faculty and staff concerned are enjoined to attend this health forum. Heads of offices, departments, centers & other units are requested to attend together with their subordinates.

Please be guided accordingly.

EDGARDO E. TULIN
Officer-in-Charge