



22 March 2024

**MEMORANDUM CIRCULAR NO. 57**  
Series of 2024

**T O: All VSU Employees**

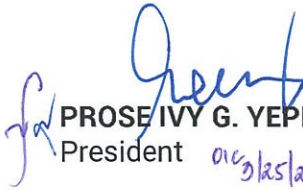
**R E: Participation to the Wellness Seminar "Optimizing Wellness: Empowering  
Visayas State University Employees"**

All Visayas State University (VSU) employees are directed to attend the **Wellness Seminar entitled "Optimizing Wellness: Empowering Visayas State University Employees"** initiated by the University Services for Health, Emergency & Rescue (USHER) on **April 2, 2024** at the **VSU RDE Hall**. This activity is designed to enhance our well-being and empower us to achieve our fullest potential both personally and professionally.

To confirm your attendance and assist us in ensuring adequate arrangements, please respond to this memo thru this link: <https://forms.gle/D8pBXrw6ACW655bA6>

Attached herewith is the Program of Activities.

For your guidance and compliance.

  
**PROSE IVY G. YEPES**  
President *016/25/24*



UNIVERSITY SERVICES FOR  
HEALTH EMERGENCY AND RESCUE



# WELLNESS SEMINAR

**OPTIMIZING WELLNESS:  
EMPOWERING VISAYAS STATE UNIVERSITY  
EMPLOYEES**

APRIL 2, 2024 8:00AM  
RDE HALL, VISAYAS STATE UNIVERSITY



# PROGRAM

## ARRIVAL AND REGISTRATION

USHER Representative

## INVOCATION

VSU Videoclip

## PHILIPPINE NATIONAL ANTHEM

VSU Videoclip

## WELCOME REMARKS

**Dr. Edgardo E. Tulin**  
OIC VP for Administration and  
Finance

## MESSAGE

**Dr. Prose Ivy Guasa Yepes**  
President

## FIRST SPEAKER

**Jessielito N. Doydora, MD**  
Internal Medicine- Pulmonology  
*Common Pulmonary Diseases*

## SECOND SPEAKER

**Rhodette E. Arevalo, MD**  
Internal Medicine- Cardiology  
*Common Cardiovascular Diseases*



**THIRD SPEAKER**

**Emmanuel P. Moreno, MD**  
Internal Medicine- Oncology  
*General Awareness of Cancer*

**OPEN FORUM**

**Christelle Venus F. Capuno, MD**  
Head, Public Health  
*Moderator*

**GIVING OF CERTIFICATE OF APPRECIATION  
TO THE GUEST SPEAKERS**

**CLOSING REMARKS**

**Elwin Jay V. Yu, MD**  
Chief of Hospital I

**VSU HYMN**

VSU Videoclip

**HOST**

**Jennifer E. Ando**