



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OF THE CITY OF BATAC

DIVISION MEMORANDUM
No. 146, s. 2025

03 MAR 2025

ORAL HEALTH AND HEART AWARENESS MONTH 2025

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Unit & Section Heads
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. In celebration of the Oral Health and Heart Month this February, the Education Support Services Division will conduct the Oral Health and Healthy Heart Awareness Campaign via Facebook Live at the Department of Education Region 1 Facebook page on March 5, 2025 at 10:00 AM.
2. The activity aims to raise awareness on the importance of Oral Health and Healthy Heart through the following topics:
 - a) Tips on Diet, Exercise and Lifestyle Choices for a Healthy Heart and Smile
 - b) Healthy Smiles, Healthy Lives: Tips for Optimal Oral Care for Learners and Families
3. Anent this, all teaching and non-teaching personnel are encouraged to watch and share the said live event to the learners and the community to promote healthier lifestyle.
4. Attached is the copy of the said Memorandum for reference.
5. For information and guidance.


ANSELMO R. ALUDINO
Schools Division Superintendent

Encl.: As stated
Reference: As stated
To be indicated in the Perpetual Index
under the following subjects:

HEALTH EDUCATION PROGRAMS

SGOD/JIRM/DM OralHealthandHeartAwareness
00009/2503373/February 28, 2025



DepEd Batac City

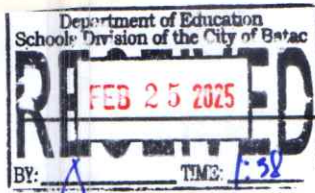


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Republic of the Philippines
Department of Education
REGION I



REGIONAL MEMORANDUM

No. 297, s. 2025

ORAL HEALTH AND HEART AWARENESS MONTH 2025

1. In celebration of Oral Health Month and Heart Month this February 2025, the Education Support Services Division will conduct a Facebook Live Event. All School Divisions Offices and Schools are invited to join the live event to raise awareness on the importance of oral health and heart health.
2. The Details of the Event:
 - Activity: Oral Health and Healthy Heart Awareness via Facebook Live
 - Date & Time: March 5, 2025, 10:00AM-11:30AM
 - Platform: Facebook Live
 - Link to Event: Department of Education Region 1 Facebook Page
3. During the live event, expert speakers will provide valuable information on the following topics:
 - Dr. Lala Ann Bambico, Internal Medicine, Ilocos Training Regional Medical Center – Tips on diet, exercise, and lifestyle choices for a healthy heart and smile
 - Dr. Cynthia D. Coronado, Dentist III, BLSS-SHD DepEd Central Office – Healthy Smiles, Healthy Lives: Tips for Optimal Oral Care for Learners and Families
4. All are encouraged to participate, watch, and share the event with family, friends, and the community to promote healthier lifestyles. For more information, please contact Dr. Marjorie G. Pudín, Dentist III, DepED Region I.
5. For information and compliance.

TOLENTINO G. AQUINO
Director IV

To be included in the Perpetual Index
under the following subjects:

HEALTH EDUCATION

PROGRAMS

ESSD-SQC/mgp/2025 MEMO
February 24, 2025



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