



Republic of the Philippines  
**Department of Education**  
 REGION X - NORTHERN MINDANAO  
 DIVISION OF MALAYBALAY CITY

DM-2022-05-279  
 DEPED MALAYBALAY CITY DIVISION  
 RELEASED  
 DATE: MAY 16 2022 TIME: 2:33  
 BY: [Signature]

**DIVISION MEMORANDUM**

No. 279, s. 2022

TO: Assistant Schools Division Superintendent  
 Chief Education Supervisors, CID and SGOD  
 Public Elementary and Secondary School Heads  
 All Others Concerned

FROM:   
**VICTORIA V. GAZO, PhD, CESO V**  
 Schools Division Superintendent

DATE: May 13, 2022

**SUBJECT: CELEBRATION OF 2022 LIFESTYLE MEDICINE WEEK**

1. **LIFESTYLE MEDICINE** is the use of whole-food, plant-based diet, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection as primary therapy for the treatment and reversal of chronic disease. The **Division of Malaybalay City-School Health Section**, enjoins all schools to participate in activities related to the celebration of the **2022 LIFESTYLE MEDICINE WEEK** on **May 29-June 04, 2022**.
2. The theme for this year's celebration is "**Global celebration of healthy behaviours and a public awareness campaign on the impact our choices can have on chronic disease**", which focuses on public awareness on the six essential lifestyle elements that optimizes health-nutrition, exercise, sleep, stress, substance abuse, and social connection. In line with this celebration are the suggested activities:
  - a. Awareness Lecture
  - b. Walk with SDS and ASDS
  - c. Random Blood Sugar Test
3. Shall there be queries, contact **PAUL REGIE C. MABELIN, MD**, Medical Officer III, through **0917-718-1975**.
4. For immediate and widest dissemination.

Encl.: As stated

Copy Furnished:  
 SGOD-School Health Unit  
 Records Unit



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Celebrate

# Lifestyle Medicine Week

A global celebration of healthy behaviors and a public awareness campaign on the impact our choices can have on chronic disease.

MAY 29 - JUNE 4

## Lifestyle Medicine Week 2022

*Avoiding  
Risky  
Substances*

*Stress  
Management*

*Social  
Connections*

*Sleep  
Health*

*Physical  
Activity*

*Nutrition*

Save the Date

**May 29 - June 4**



# 2022

## Lifestyle Medicine Week