



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF HEALTH
Cordillera Administrative Region



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September 23, 2022

Dir. ESTELA L. CARIÑO, EdD, CESO IV
Director IV
Department of Education
Wangal, La Trinidad, Benguet, 2601

Dear Director Cariño:

Greetings!

As part of our strengthened advocacy on Raising awareness about the mental health continuum, Reducing Stigma associated with mental illness and Promoting help seeking behaviors and emotional well-being practices, The Department of Health-Center for Health and Development- CAR will be conducting a Webinar entitled "*Self – Care Prescriptions: Powerful Solutions to Manage Stress, Reduce Anxiety and Increase Well Being*" in celebration of the **World Mental Health Day** with the theme: "**Making Mental Health & Well Being for all a Global Priority**" on October 10, 2022 from 1:30-3:30 in the afternoon.

In line with this, may we invite your good office to attend and participate in the said activity. Below are details for the webinar.

Join from the meeting link:

<https://doh.webex.com/doh/j.php?MTID=m569c1f649317febdbf799970d8c7b733>

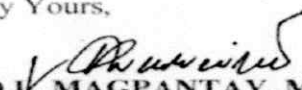
Meeting Number: 2515 286 2537

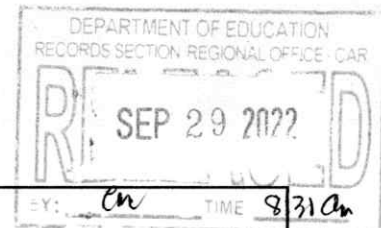
Meeting Password: hPcaryae973

For further inquiries, you may contact **MR. SHAMGAR DOUGLAS T. MANGIDA JR.**, Senior Health Program Officer through mobile number **0938-757-6458**, or email at **chdcar.noncom02@gmail**.

Thank you very much.

Truly Yours,


RIO L. MAGPANTAY, MD, PHSAE, CESO III
Director IV




Republic of the Philippines
Department of Education
Cordillera Administrative Region

28 September 2022

**TO: SCHOOLS DIVISION SUPERINTENDENTS
CHIEFS/OIC, FUNCTIONAL DIVISIONS
HEADS, PUBLIC AND PRIVATE ELEMENTARY AND SECONDARY SCHOOLS
ALL OTHERS CONCERNED**

For information and appropriate action.


ESTELA P. LEON - CARIÑO EdD, CESO III
Director IV / Regional Director