

LIST OF WELLNESS PROGRAMS ATTENDED BY CITEM EMPLOYEES C.Y. 2020

PROGRAM TITLE	OBJECTIVES	DATE	NO. OF DAYS / HOURS	VENUE	NO. OF ATTENDEES		
					MALE	FEMALE	TOTAL
Seminar: How to Take Care of your Heart	A health & wellness seminar that aims to explain healthy ways to prevent chronic heart diseases and provide health ways in improving the overall physical condition.	February 13, 10 AM - 12 NN	2 hours	CITEM	1	16	17
Webinar: Anxiety and Depression in times of COVID-19	With the outbreak of COVID-19 that has taken a toll to Filipinos and caused overwhelming emotions such as stress and fear for own health and families, the webinar aims to help employees manage their emotions and address mental health in this time of pandemic	April 30, 10 AM - 11 AM	1 hour	via Microsoft Teams	6	9	15
Webinar on Managing Finances During Crisis	<ol style="list-style-type: none"> 1. Provide attendees simple and practical ways on managing their finances 2. Help them lessen the feeling of anxiety and stress in dealing with their finances 3. Provide ways on how they can prepare for possible crises in the future 4. Provide tips for those who treat crises as opportunity to invest 	June 11, 11 AM - 12 NN	1 hour	via Zoom	13	8	21
Basics on COVID-19	<ol style="list-style-type: none"> 1. Help employees identify the symptoms of COVID-19 2. Assess how likely they'll contract virus in different situations 3. Know the initial steps to take if they start showing symptoms 	September 17, 10 AM - 11 AM	1 hour	via Zoom	2	15	17

LIST OF WELLNESS PROGRAMS ATTENDED BY CITEM EMPLOYEES C.Y. 2020

PROGRAM TITLE	OBJECTIVES	DATE	NO. OF DAYS / HOURS	VENUE	NO. OF ATTENDEES		
					MALE	FEMALE	TOTAL
Lecture on Occupational Safety and Health Standards in Public Sector	1. To understand better the Joint Memorandum Circular on Occupation Safety and Health Standards in the Public Sector 2. To learn the Basic guidelines on creating Risk Reduction Management System and a Crisis Management Plan and Contingency Program, Occupational Safety and Health Programs, and Roles and Responsibilities of the Head of the Agency and Safety and Health Committee	September 23, 10 AM - 12 NN	2 hours	via Zoom	2	12	14
Healthy Tips to Prevent Chronic Heart Diseases	Health & Wellness Webinar that aims to address concerns about Angina. A discussion focused understanding its symptoms, risk factors, and prevention.	September 25	2 hours	Zoom	5	31	36
Obesity and Weight gain in times of Pandemic	Health & Wellness Webinar that aims to address obesity and weight gains in time of pandemic. This webinar is focused on factors affecting weight gain, misconceptions on <u>gaining and loosing weight, and how to</u>	November 26	2 hours	Zoom	6	26	32
Learn more about Diabetes Mellitus: Its symptoms and prevention	Health & Wellness Webinar that aims to address concerns about Diabetes. A discussion focused understanding its symptoms, risk factors, and prevention.	November 27	2 hours	Zoom	5	27	32
Living' La Vida Lockdown - CITEM Team Building 2020	1. To let employees create bonds and meaningful relationships 2. To instill the value of collaboration among employees despite working remotely 3. To help employees relieve stress and work	December 04 & 09	2 hours (1 hour each date)	via Zoom	56	88	144

LIST OF WELLNESS PROGRAMS ATTENDED BY CITEM EMPLOYEES C.Y. 2020

PROGRAM TITLE	OBJECTIVES	DATE	NO. OF DAYS / HOURS	VENUE	NO. OF ATTENDEES		
					MALE	FEMALE	TOTAL
CITEM 36th Anniversary x Year-End Celebration	1. To recognize the service and exemplary works of CITEM employees for the year amidst of the challenges of the "new normal". 2. To celebrate the accomplishments of the agency during the year and have a renewed vision and working spirit for the coming year. 3. To reward the employees for their hard work and promote work-life balance by engaging into exciting and fun-filled activities.	December 18	4 hours	via Zoom	64	98	162