

LIST OF AGENCY-WIDE ACTIVITIES AND WELLNESS PROGRAMS ATTENDED BY CITEM EMPLOYEES C.Y. 2021

PROGRAM TITLE	OBJECTIVE	DATE	VENUE	NO. OF ATTENDEES		
				MALE	FEMALE	TOTAL
Lecture on COVID-19 Vaccines	To discuss the: 1. Types of vaccine available in the Ph 2. Importance of getting vaccinated 3. Possible side effects of vaccine 4. Dos and donts after vaccination 5. Address vaccination myths	June 03, 1:00 PM	via Zoom	5	30	35
37th Anniversary Celebration	To commemorate and celebrate the milestones of the agency	October 11, 10:00 AM - 12:30 PM:	via Zoom	CITEM Employees		
Elevating Work Productivity: Building Immunity, and Managing Pain in the Workplace	To provide employees a holistic idea in strengthening immunity in the times of pandemic and to be guided by physician and proper medications/vitamins in handling managing pain	November 26, 10:00 AM - 12:00 NN	via Zoom	9	36	45
Webinar re High Blood Pressure	Discussion about: 1. How to monitor blood pressure 2. How blood pressure affects daily routine Orientation on using digital blood pressure monitor	December 16, 10:00 AM	via Zoom	10	35	45
The Show Must Go On - 2021 Year-End Celebration	CITEM's annual celebration with focus on celebrating resilience and creativity in times of uncertainty	December 17, 3:00 PM - 6:00 PM	via Zoom	CITEM Employees		