

## CITEM EMPLOYEES WELFARE PROGRAMS

Employees' Health, Safety and Welfare

PROGRAM TITLE	OBJECTIVES	DATE	NO. OF DAYS /	VENUE	NO. OF ATTENDEES		
					MALE	FEMALE	TOTAL
Financial Literacy Seminar	To equip employees with right knowledge and attitude on handling finances	March 12	4 hours	CITEM Office	8	17	25
Stress Management Seminar	Stress Management Seminar forms part of the annual health and wellness program wherein the focus of the seminar is to equip employees on how to effectively cope up in mentally taxing situations and increase awareness towards the effects of stress to our health.	April 04	4 hours	CITEM Office	2	13	15
CITEM Team Building cum Gender Learning Activity	To promote camaraderie that involves teamwork and cooperation in the organization and to incorporate CITEM goal in helping employees understand and appreciate gender differences	June 06 - 07	2 days	Palm Beach Resort, Laiya, San Juan, Batangas	40	69	109
Reproductive Health Wellness	To provide employees information about: The fundamental right to decide whether and when to become parents, regardless of socioeconomic status. • Consultation • Counselling • Free sampling	July 02	4 hours	CITEM Office	1	16	17
Blood Sugar Level Screening	Forms part of our annual health and wellness program to provide employees free blood sugar screening to increase awareness in the importance of a healthy well-being	July 16	4 hours	CITEM Office	33	80	113
Workplace Emergency Preparedness	Annual program focused on emergency preparedness of the employees during calamities, fires, earthquakes.	July 29	4 hours	CITEM Office	43	68	111
Flu Vaccine	To create / sustain a healthier workforce and raise awareness in the significance of having a good health	August 02	8 hours	CITEM Office	19	58	77
CSC Fun Run	A kick-off activity of Civil Service Commission in celebration of its 119th Anniversary which also serves as a fund-raising activity for the Pamanang Lingkod Bayani Program of CSC	September 01	4 hours	Quirino Grandstand, Manila	23	39	62
Drug Testing	To promote a safer workplace for all employees and emphasize the importance of being a drug free workplace	November 12	8 hours	CITEM Office	36	30	66