

240-1468



16 October 2024

**MS. VILMA D. EDA, CESO V**  
Schools Division Superintendent  
Vigan City, Ilocos Sur Division

**Ma'am Eda:**

Youthful greetings!

In celebration of World Mental Health Day reminds us of the healing power of nature, we firmly believed that having a good mental health makes it possible for people to handle life's stressors.

The Provincial Government of Ilocos Sur through its Provincial Youth Development Office will conduct a **Hiking X Healing: The Pahinga" You Needed "Ako naman muna"** at **Kapan-Awan Campsite, Lingsat, Bantay, Ilocos Sur on 26-27 October 2024**. This Activity aims to help the youth with their physical, social, and mental state. Embracing the outdoors can be the ultimate therapy for our minds.

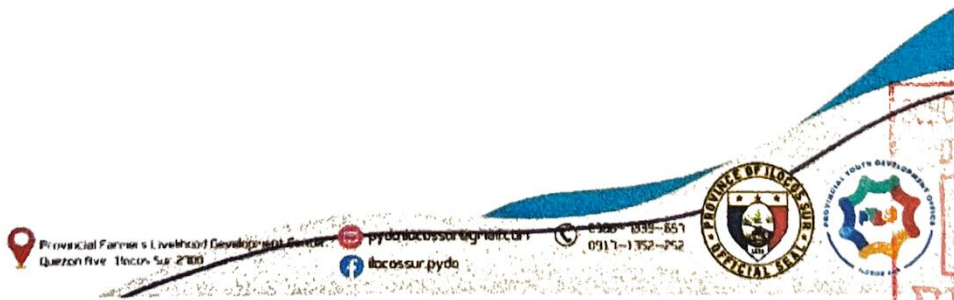
With this, we would like to invite **participants from your organization** to participate in the above-mentioned event.

Should you have concerns or clarifications, please don't hesitate to contact us at [pydo.ilcossur@gmail.com](mailto:pydo.ilcossur@gmail.com) / Ms. Anicah Arce 09171352252 / Pydo Ilocos Sur FB page.

Thank you for always supporting our programs and activities.

Yours truly,

  
**OLIVIA MARIE A. IBATUAN, RM, MAN**  
Provincial Youth Development Officer



SCHOOLS DIVISION OFFICE  
VIGAN CITY  
18 OCT 2024  
**RELEASED**  
BY: \_\_\_\_\_

October 17, 2024

**To:** Assistant Schools Division Superintendent  
Chief Education Supervisor – SGOD & CID  
Public Elementary and Secondary School Heads

All personnel are encouraged to attend the World Mental Health Day Activity. The participation of the learners shall be on a voluntary basis only.

**VILMA D. EDA, CESO V**  
Schools Division Superintendent

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