



Republic of the Philippines  
Department of Education  
REGION I  
SCHOOLS DIVISION OF VIGAN CITY

DIVISION MEMORANDUM  
No. 90, s. 2025

**ORAL HEALTH AND HEART AWARENESS MONTH 2025**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Unit and Section Heads  
Public Elementary and Secondary School Heads  
All Others Concerned

1. Pursuant to Regional Memorandum No. 297, s. 2025, Oral Health and Heart Month 2025, all teachers and non-teaching personnel are encouraged to participate in the Live Event to raise awareness on the importance of oral health and heart health.
2. The details of the live event are as follows:
  - Activity: Oral Health and Heart Awareness via Facebook Live
  - Date and Time: March 5, 2025 at 10:00 AM – 11:30 AM
  - Platform: Facebook Live
  - Link to the Event: Department of Education Region 1 Facebook Page
3. Attached is the Regional Memorandum for your reference.
4. Immediate dissemination of this Memorandum is desired.

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



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SCHOOLS DIVISION OFFICE  
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Republic of the Philippines  
**Department of Education**  
REGION I

DEPARTMENT OF EDUCATION  
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By: [Signature]  
FEB 25 2025

**REGIONAL MEMORANDUM**  
No. 297, s. 2025

**ORAL HEALTH AND HEART AWARENESS MONTH 2025**

- In celebration of Oral Health Month and Heart Month this February 2025, the Education Support Services Division will conduct a Facebook Live Event. All School Divisions Offices and Schools are invited to join the live event to raise awareness on the importance of oral health and heart health.
- The Details of the Event:
  - Activity: Oral Health and Healthy Heart Awareness via Facebook Live
  - Date & Time: March 5, 2025, 10:00AM-11:30AM
  - Platform: Facebook Live
  - Link to Event: Department of Education Region 1 Facebook Page
- During the live event, expert speakers will provide valuable information on the following topics:
  - Dr. Lala Ann Bambico, Internal Medicine, Ilocos Training Regional Medical Center – Tips on diet, exercise, and lifestyle choices for a healthy heart and smile
  - Dr. Cynthia D. Coronado, Dentist III, BLSS-SHD DepEd Central Office – Healthy Smiles, Healthy Lives: Tips for Optimal Oral Care for Learners and Families
- All are encouraged to participate, watch, and share the event with family, friends, and the community to promote healthier lifestyles. For more information, please contact Dr. Marjorie G. Pudín, Dentist III, DepED Region I.
- For information and compliance.

[Handwritten Signature]

**TOLENTINO G. AQUINO**  
Director IV

To be included in the Perpetual Index  
under the following subjects:

HEALTH EDUCATION PROGRAMS

ESSD-SQC/mgp/2025 MEMO  
February 24, 2025



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