

Republic of the Philippines  
Department of Health  
**JOSE R. REYES MEMORIAL MEDICAL CENTER**  
Rizal Ave., Sta. Cruz, Manila

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September 07, 2022

**EMMANUEL F. MONTAÑA, JR., MD**  
Medical Center Chief  
This Center


Dear Sir:

Good day!

Respectfully submitting to your good office the Health and Wellness Program for Senior Citizens Accomplishment Report for the month of August 2022.

Please see attached.

Respectfully yours,

  
**MILAGROS T. BARZAGA, MD, FPAFP, FPCGM**  
Chairman, Health and Wellness Program for Senior Citizens



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The following programs for Senior Citizens were made feasible this month of August 2022 thru the coordination of our Public Health, Emerging Disease Wellness Unit, Headed by Ms. Nifa Leyte



”Pen Pen De Sarapen SENIOR ko Malakas parin!” – August 8, 2022



“Livelihood for Seniors: Kutkuting Pinoy – How to make dried dilis and squid (Sweet and Spicy)” – August 11, 2022, Led by Dra. Maria Lourdes Concepcion R. De Guzman our dear Dentist III



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“Kapag may bakuna, Ligtas sa Sakuna” – August 12, 2022; presented by our dear Geriatric Fellow – Dra. Maria Fanela C. Gaglac