

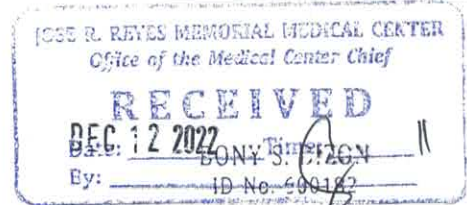


Republic of the Philippines  
Department of Health  
**JOSE R. REYES MEMORIAL MEDICAL CENTER**  
**DR. EVA MACARAEG MACAPAGAL NATIONAL CENTER FOR GERIATRIC HEALTH**  
Gen. Solano St, Malacañang Complex, San Miguel, Manila  
Telephone No. (02) 8254-6963



December 11, 2022

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



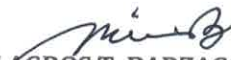
Dear Sir:

Good day!

Respectfully submitting to your good office the Health and Wellness Program for Senior Citizens November 2022 report.

Please see attached.

Respectfully yours,

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

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## Health and Wellness Program for Senior Citizens

November 2022

In coordination with the Public Health Unit and Health Education Promotion Officers, the following activities were made feasible and enjoyable for our Senior Citizens

### Mango Jelo Making (Christmas Livelihood)

Date: Nov. 11, 2022

Number of Participants: 23



### Diabetes Awareness Lecture

Date: Nov. 18, 2022

Number of Participants: 42





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### **Elimination of Violence against women and children Lecture**

Date: Nov. 25, 2022

Number of Participants: 36



### **Senior's Zumba**

Date: Nov. 4, 11, 18, 25, 2022

Number of Participants: 119

