



**[HSO] Animo Wellness Fair**

**Help Desk Announcement** <announcement@dlsu.edu.ph>

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Reply-To: clinic@dlsu.edu.ph

Bcc: announce\_university@dlsu.edu.ph

**Health Services Office**

☎ (632) 524-4611 Ext. 221

✉ [clinic@dlsu.edu.ph](mailto:clinic@dlsu.edu.ph)

**11 May 2018**

TO : **The Lasallian Community**

FR : **Health Services Office**

RE : **Animo Wellness Health Fair**

Everyone is invited to attend the **Animo Wellness Fair** on **16 May 2018**, Wednesday from **9:00 a.m. to 12:00 noon**, at the **Verdure Multi-purpose Room, 5F Henry Sy, Sr. Hall**.

**Program**

<b>Time</b>	<b>Activity</b>
8:30 am	1. Registration 2. Blood Pressure Measurement 3. BMI station
9:00 am – 10:00 am	Health Talk: Diabetes Speaker - Dr. James Edward P. Sison
10:00 am – 12:00 noon	Exercise Demonstration - Gold's Gym *
10:00 am – 12:00 noon	Yoga Class – Yoga + *
8:30 am – 12 noon	Free Body Fat Analysis Free 12 Lead ECG - Eastern Doctors Diagnostic Clinic Visit to Booths

\* Please come in jogging pants or leggings.

Attendees will get one point to the Balay Program and get a chance to win a **raffle prize**.

To register in any of the activities, please click [HERE](#).

For queries regarding this announcement, email [clinic@dlsu.edu.ph](mailto:clinic@dlsu.edu.ph).

Thank you.

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