



Republic of the Philippines
Department of Education
 REGION II - CAGAYAN VALLEY

030321044

March 8, 2021

REGIONAL MEMORANDUM

No. 046, s. 2021

CONDUCT OF HEALTHY AGING AND RETIREMENT TRANSITION (HEART) SEMINAR

To: **Chiefs of Functional Divisions**
Schools Division Superintendents
This Region

1. This Office, through the Human Resource Development Division (HRDD) announces the conduct of **Healthy Aging and Retirement Transition (HeART)** for teaching and non-teaching employees of DepEd RO2 on the following dates, venue and clustered divisions:

Batch/Date	SDO	Number of Participants	Venue
Batch 1- April 7- 9, 2021	Regional Office	10	3 rd Floor, NEAP Building
	Cagayan	10	
	Tuguegarao City	10	
Batch 2- June 28- 30, 2021	Batanes	Slots to be determined	
	Cauayan City		
	City of Ilagan		
	Santiago City		
Batch 3- September 1- 3, 2021	Isabela	Slots to be determined	
	Nueva Vizcaya		
	Quirino		

2. The program is intended to orient potential retirees, aged 58- 65, on:
 - A. GSIS Retirement Packages;
 - B. Terminal Leave Benefits;
 - C. Financial and Social Wellness;
 - D. Fitness and Nutrition in Your Golden Years;
 - E. Mental and Emotional Wellness; and
 - F. Documentary Requirements.
3. SDOs through the SGOD- HRDS are enjoined to submit the list of participants on or before March 22, 2021 indicating among others their **Name, Date of Original Appointment, Birthdate, Mobile Number and Office/School,**



Address: Regional Government Center, Carig Sur, Tuguegarao City, 3500
 Telephone Nos.: (078) 304-3855; (078) 396-9728
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4. Meals of participants, trainers and program management team and honorarium for invited speakers shall be charged against HRDD MOOE/HRTD funds/OPDNTP Budget Allocation, whichever is available while travel and other incidental expenses of the participants shall be charged against their respective local funds subject to the usual accounting and auditing rules and regulations.
5. A separate advisory shall be issued re details for the succeeding batches.
6. For more inquiries, please contact HRDD at 09173099239/09175702839 or email at hrdd.region2@deped.gov.ph.
7. Widest dissemination and compliance to this Memorandum is desired.



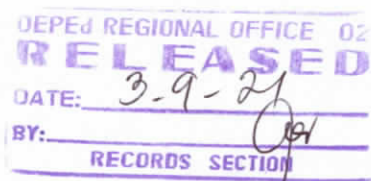
BENJAMIN D. PARAGAS, PhD, CESO V
 Director IV/ Regional Director

Reference: none

To be indicated in the Perpetual Index
 Under the following subjects:

TEACHERS
 TRAINING

HRDD/JBS/ltu



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