



UNIVERSITY OF SANTO TOMAS
OFFICE OF THE SECRETARY-GENERAL

UST:SO06-00-CI78
A.Y. 2023-2024

TO : DEANS, REGENTS, DIRECTORS, PRINCIPALS,
AND HEADS OF DEPARTMENTS

FROM : OFFICE OF THE SECRETARY-GENERAL

RE : HEALTH AND WELLNESS ACTIVITY (10 May 2024)

DATE : 3 May 2024

The University, through the UST Faculty of Pharmacy, in cooperation with the UST Health Service, and in collaboration with industry partners (*Pocari Sweat* and *Otsuka Pharmaceuticals*), invites University staff and students to a health and wellness activity dubbed as ***“UST Rx: Prescription for Wellness—Refresh, Recharge, Rejuvenate”*** on **10 May 2024 (Friday)**, from **7:00 am to 12:00 nn** at the **UST Central Seminary Gymnasium**.

The said event ushers in the *Institutional Wellness Program* of the UST Health Service advocating for holistic health and wellness.

The administrative and academic officials are requested to send a maximum of three (3) representatives, representing the officials/academic staff, support staff, and students who will be advised to register through this [link](#) not later than 9 May 2024 (Thursday), 5:00 p.m.

The participants in their fitness attire will be engaged to a series of activities, namely, a Zumba fitness session and informative health seminars, focusing on essential topics such as hydration, mental well-being, and respiratory health.

Furthermore, a free chest x-ray service is offered for the first 200 UST employees. This x-ray can be used for securing the Manila City Health Permit requirement. The mobile x-ray will be located along Ramon Ampuero Drive, behind the UST Main Building, from 8:00 am to 12:00 nn or until all available slots are filled.

May we cultivate balance in our lives, *mens sana in corpore sano* (a healthy mind in a healthy body) underscoring the crucial role of nurturing both our physical and mental health for overall well-being and vitality.

Thank you.

FR. LOUIE R. CORONEL, OP
Secretary-General

