



UNIVERSITY OF SANTO TOMAS
OFFICE OF THE SECRETARY-GENERAL

UST:SO06-00-CI08
A.Y. 2024-2025

TO : THE THOMASIAN COMMUNITY
FROM : OFFICE OF THE SECRETARY-GENERAL
RE : LAUNCH OF THE INSTITUTIONAL WELLNESS PROGRAM
DATE : 16 September 2024

The University, through the UST Health Service, will launch the Institutional Wellness Program for the Thomasian Community on 20 September 2024 (Friday) at the UST Central Seminary Gymnasium from 7:00 am - 12:00 nn. Please see Annex A (Event Poster) and Annex B (Program).

This program introduces two (2) key initiatives that aim to improve the health and well-being of our students; custodial, maintenance, and security personnel; support staff; librarians; guidance counselors; academic staff; administrative and academic officials; and other stakeholders:

- A. 'F.E.E.L. Good' Friday - Regular Wellness Day in the University
- Highlighted on this day are activities that focus on Food and Fitness, Environmental Sustainability, Emotional Well-being, and Living a Balanced Lifestyle.
B. Wellness Breaks
- One (1) - minute seated exercises (or alternative exercises), guided by an audio-visual presentation of fitness coaches, will be put into practice daily at 10:15 am and at 3:15 pm.

The aforementioned event will also offer various activities, namely, Health & Wellness Screening (i.e., bone mineral density test, nerve screening, hemoglobin & hematocrit level, uric acid determination, Fasting Blood Sugar screening) and Wellness Fair (i.e., Health Information Campaign, Product Sampling, and Tigerobics). Please see Annex C (Wellness Activities).

The Thomasian Community is highly encouraged to join the upcoming launch and actively participate in the Institutional Wellness Program. For those joining the launch, please fill out the Google form for pre-registration through this link or scan the QR code at the right.



Let us begin fostering a culture of wellness in the University by creating a habit of healthier lifestyle and empowering ourselves to take responsibility of our well-being with 'a healthy mind in a healthy body' (Mens sana in corpore sano). Thank you.

FR. LOUIE R. CORONEL, OP
Secretary-General

