

**HEALTH & WELLNESS PROGRAMS FOR NHA OFFICIALS AND EMPLOYEES
CY: 2013-Present**

ACTIVITIES	DATE	LECTURER
1. Wellness & Affordable Nutrition and Free Body Analysis	February 2013	Herbalife International
2. Cervical Cancer Lecture	March 2013	Glaxo Smith Kline
3. Free Fasting Blood Sugar (FBS)	March 2013	Innovative Marketing Solutions (IMS)
4. Heart Watch Caravan/campaign	April 2013	Phytopharma Inc.
5. Flu Vaccine	May 2013	Sanofi Pasteur
6. Nutritional Management of Diabetes Mellitus type II and Hypertension	July 2013	Encarnacion Ramos, RND
7. Lecture on Hypertension & Diabetes	September 2013	Dr. Joy Guerrero
8. Common Eye Problems	September 2013	Dr. Sarah Kaw
9. Obesity and its Associated Problems "Rock the Fat Away"	October 2013	Xenical
10. Geriatrics: Aging & Grace	October 2013	Dr. Napoleon Pagsinohin
11. Adult Immunization: Flu & Pneumococcal Vaccines	October 2013	Sanofi Pasteur Dr. Paolo Mendoza
12. Arthritis: Living a Quality Life with Arthritis	October 2013	Dr. Melissa Aquino-Villamin
13. Dyslipidemia & Fatty Liver Fat Facts: The Good and The Bad	October 2013	Dr. Josephine Bautista-Guerrero
14. Integrative Wellness	October 2013	Dr. Jaime Galvez-Tan

15. Lecture on Diabetes	October 2013	Dr. Mikhail Fritz Licop
16. Launch of Joint Asia Diabetes Evaluation(JADE) Program	October 2013	JADE Program
17. Pneumococcal Vaccine	February 2014	PITC Pharma
18. Free Services on Health & Wellness	March 2014	Forever Rich Philippines Inc.
19. Cervical Cancer Vaccine	April 2014	Glaxo Smith Kline
20. FNRI Vitamin D & Milk study	April 2014	DOTC
21. Bioessence Spa And Wellness	April/Oct/Dec. 2014	Bioessence Spa & Wellness
22. Free Kidney and Prostate Ultrasound Screening	June 2014	Phil Academy of Medical specialist Foundation
23. Flu Vaccine	August 2014	Abbott Philippines
24. Breast Cancer Lecture	October 2014	Dr. Vittoria Vanessa Velasquez
25. Prostate Cancer Lecture	October 2014	Dr. Wilfredo Tagle
26. Ear Acupuncture	November to December 2014	National Acupuncture Detoxification Association (NADA)
27. Wellness Spa	March 2015	Erase Skin Center
28. Phil Red Cross Blood Donation	April 2015	Phil Red Cross
29. Body Scan Muscle Grip Test	May 2015	Multimedia Exponents
30. Discounted Medical Examination	October 2015	Heart and Lung Diagnostic Clinic.
31. Sarabia Comprehensive Eye Examination.	October 2015	Sarabia Optical
32. Hypertension & Coronary Heart Disease	October 2015	Dr. Jose Yulde
33. Lung Diseases “Dispelling the Myths and Misconceptions of Common Lung Diseases.	October 2015	Dr. Irene Felipe

34. Wellness Spa & Facial	December 2015	Heavenly Spa
35. Acupuncture	Every Friday (continuing)	Dr. Galvez Tan