

## 2019 Health and Wellness Programs

Programs	No. of Participants/Recipients	Date of Implementation
Conduct of Annual Physical Examination	144	07 August-13 September 2019
Administration of Influenza Vaccines	239	5-6 December 2019
Distribution of Vitamin Supplements a. Multivitamins b. Vitamin C c. Vitamin B complex	239	28 January 2020
Creation of PSALM: a. Senior Basketball Team b. Junior Basketball Team c. Men's Volleyball Team d. Women's Volleyball Team	15 15 9 14	09 May 2019 09 May 2019 25 October 2019 25 October 2019
Participation in the CSC Fun Run	20	01 September 2019
Participation in the NEA Solidarity Fun Run	5	
Participation in the Department of Energy-National Energy Consciousness Month Activities: a. Inter-Agency Fun Games b. Chess Tournament c. Badminton Tournament	13 6 4	10 December 2019 12 December 2019 17 December 2019
Participation in the DOE-NECM Chess Tournament	6	13 December 2019