



M- AADF-2021-09-007

Republic of the Philippines  
**Tourism Infrastructure & Enterprise Zone Authority**

**MEMORANDUM**

TO : All Interested Employees  
FROM : The Manager, Administrative Services Department  
SUBJECT : 121st Philippine Civil Service Anniversary (PCSA) Celebration  
DATE : 06 September 2021

In connection to the above subject and as part of our Physical Fitness Program, TIEZA is inviting everyone to join in the following activities below via zoom every Friday at 7:30 to 8:30 a.m. This will start on September 10, 2021.

Below are the schedule of activities:

Activities	Schedules
Zumba	1 <sup>st</sup> Friday
Retro Dance	2 <sup>nd</sup> Friday
Modern Dance	3 <sup>rd</sup> Friday
Yoga	4 <sup>th</sup> Friday

The activities aim: 1) promote psychological well-being; 2) enhance productivity; 3) manage stress; 4) improve cognitive skills; and 5) prevent cardiovascular diseases of employees during this pandemic.

Interested employees may submit their names to Human Resource Service Division for attendance purposes.

  
ROSANNA M. OLGADO

nov 9/7/21