OFFICE OF THE FUTURE RESTAURATEUR AND HOTELIER CLUB

**OFFICE MEMORANDUM**

**No. 02, s. 2025**

11 March 2025

To: **CTHM DEAN**

**CTHM CHAIRPERSONS**

**CTHM FACULTY**

**CTHM STUDENTS**

Subject: **HEALTH AND WELLNESS DAY**

1. In line with our commitment to fostering a holistic and healthy academic environment, the Future Restaurateur and Hotelier Club (FRHC) invites all students and faculty of the College of Tourism and Hospitality Management (CTHM) to participate in the upcoming Health and Wellness Day.

Event details:

Date: March 28, 2025

Time: 1:00 A.M. - 5:00 P.M.

Venue: Pangasinan State University - Lingayen Campus

1. Health and Wellness Day aims to promote physical, mental, and emotional well-being through engaging sports and recreational activities that encourage teamwork, stress relief, and active lifestyles.

* Activities include:
* Tug of War
* Puk-pok Palayok
* Volleyball
* Basketball
* Agawan ng Buko
* Chinese Garter
* Karton Race

1. Participants will have the chance to win medals, trophies, and other tokens of recognition. This event also aligns with the Sustainable Development Goals (SDGs), particularly Good Health and Well-being (SDG 3) and Gender Equality (SDG 5), by fostering inclusivity and community engagement.
2. All students will be excused from their respective classes on this day to ensure maximum participation in the event.
3. Your active participation is highly encouraged as we work together in promoting a vibrant and healthy campus environment. Thank you for your cooperation and support.

Prepared by:

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Chairman of the Event

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