

**ECC OCCUPATIONAL HEALTH AND WELLNESS  
ACCOMPLISHMENT REPORT FOR CY 2023**

ACTIVITY	DATE OF ACTIVITY
First Friday Mass-	1/6/2023
	2/8/2023
	3/3/2023
	5/5/23
	6/2/23
	7/07/2023
	8/04/2023
	10/06/2023
	11/03/2023
	12,01/2023
Boodle Fight	7/27/2023 - OED 9/14/2023-IPAD 11/21/2023 - PPSMD
Ash Wed	3/17/2023 2/22/2023
Heritage Tour	3/30/23
Lenten Recollection	4/2/23
Valentine's Day	2/14/2023
PHILVOLCS seminar	2/27/2023
Chorale	3/3/2023
	3/14/2023
	3/17/2023
	4/30/23
	5/3/23
	5/4/23
	5/05/23
	5/31/23
6/02/2023	
7/06/2023	

	7/07/2023 8/03/2023 8/04/2023 8/31/2023 10/05/2023 10/06/2023 12/11/2023 12/13/2023 12/14/2023
Aerobics	3/9/2023 5/16/23 3/23/2023 4/13/23 4/20/23 4/27/23 4/30/23 5/11/23 5/18/23 6/8/23 6/15/23 6/22/23 6/29/2023 7/06/2023 7/13/2023 7/20/2023 7/27/2023 8/03/2023 8/10/2023 8/17/2023 8/24/2023 8/31/2023 9/07/2023 9/14/2023 9/21/2023 9/07/2023 10/05/2023 10/12/2023 10/19/2023 10/26/2024 11/09/2023 11/16/2023 12/07/2023
Fire Prep	3/9/2023

	3/14/2023
Earthquake Drill	2/23 3/23 6/23 9/07/2023
Annual Physical Examination	4/23
Flu Vaccination	4/23
Redcross Seminar	5/16/23
Labor Day	4/30/23 (5/1/23)
Mother's Day	5/11/23
Corporate Activity (Teambuilding)	5/24-26/23
Father's Day	6/19/23
Nutrition Month	7/19/2023
Thanksgiving/Welcome (Exec. Dir.)	8/10/2023
Linggo ng Wika	8/29/2023
ECC Culminating Activities	8/14/2023