



## 2017 ECC Health, Safety and Wellness Activities

Activity	Date/s	No. of Participants
Earthquake preparedness seminar	May 22, 2017	77
Food as Medicine Seminar	July 24, 2017	50
Red Cross 143 and Disaster Management Seminar	August 2, 2017	
Financial Wellness Seminar	August 25, 2017	
Basic Occupational Safety and Health Training	February 20-24, 2017 August 4-7, 2017	4
Ergonomics on the Workplace	March 1-2, 2017	1
Seminar on Drug Awareness	July 20, 2017	2
Disaster Risk Reduction and Management for Public Sector	November 27-29, 2017	1
Corporate Activity	May 31 to June 02, 2017	53
Heritage Tour	June 01, 2017	50
Assessment therapy and lecture on low back pain	January 4,5,6,9,11,13, 2017	8
World Day for Safety and Health - Flash Mob	April 28, 2017	9
Zumba and ball Games, boating and swimming	May 29, 2017	
ECC-OSHC Fellowship Bowling Tournament	May 12, June 02, 09,16 June 30, 2017	70
Red Cross Million Volunteer Run IV	Oct. 21, 2017	16
DOLE Fun Run	Dec. 05, 2017	15
Visita Iglesia	April 4, 2017	22
Lenten Recollection	April 11, 2017	50
Fire Prevention	March 23, 2017	75
Earthquake Drill	May 22, 2017	77
Red Cross- and Seminar on Wellness	March 13, 2017	59
Facial	March 14, 2017	30
Massage	March 14, 2017	46
Haircut	March 15, 2017	25
Eye Check-up	March 16, 2017	23
Assessment therapy and lecture on low back pain	January 4,5,6,9,11,13, 2017	8
ECC Culminating Activity	December 20, 2017	