

## World Heart Day 2018

The Philippine Heart Center (PHC) will celebrate **World Heart Day** on September 28, 2018, 8:00 am to 5:00 pm, at the Dr. Avenilo P. Aventura Hall. This year's celebration with the theme "**My Heart, Your Heart**" is being spearheaded by the PHC Employees' Wellness Committee as part of the Wellness Program to impart and encourage fellow workers in government on the benefits of a healthy lifestyle.

***The main call to action for this year's campaign is to make a promise.  
A promise as an individual to get more active,  
to say no to smoking or eat more healthily...  
as a healthcare individual to save more lives...  
or as a policymaker to implement a non-communicable disease (NCD) action plan.  
A simple promise...  
for MY HEART, for YOUR HEART, for ALL OUR HEARTS.***

*(by: World Heart Federation)*

PHILIPPINE HEART CENTER

# WORLD HEART DAY 2018

September 28, 2018, 8:00 am – 5:00 pm  
Dr. Avenilo P. Aventura Hall

**“My Heart, Your Heart”**

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more active, say no to smoking or eat more healthily...  
as a healthcare professional to save more lives...  
or as a policymaker to implement a non-communicable disease (NCD) action plan.  
A simple promise...  
for MY HEART, for YOUR HEART, for ALL OUR HEARTS

*(by: World Heart Federation)*

**Registration Fee: P 1,000.00**  
(inclusive of seminar kit, certificate, lunch and snacks)

To confirm your participation or inquire on additional details, please coordinate with the following:  
Mr. Renato C. Doctor - 928-0141 (DL) / 09206217823 / [rcdoctor@phc.gov.ph](mailto:rcdoctor@phc.gov.ph)  
Ms. Jean A. Wong - 925-24-01 ext. 3815 or 3816  
Ms. Nanette U. Adraneda - 925-24-01 ext. 3817 or 09183190078

For check payment please make it payable to: PHILIPPINE HEART CENTER

The **Registration Fee of Php 1,000** (inclusive of seminar kit, certificate, lunch, and snacks) is your health investment, as the whole-day activity covers the holistic approach in developing physical, emotional, and spiritual wellness.

To confirm participation or inquire on additional details, please coordinate with the following:

*Mr. Renato C. Doctor - 928-6141 (DL) / 0920-6217823 / rcdoctor@phc.gov.ph*

*Ms. Jean A. Wong - 925-2401 ext. 3815 or 3816*

*Ms. Nanette U. Adraneda - 925-2401 ext. 3817 / 0918-3190078*

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