

3RD PASOO WELLNESS SUMMIT
WASTONG BIGAT, KALUSUGAN ANG KATAPAT
MEGATRADE HALL 2, LEVEL 5, MEGA B, SM MEGAMALL
MANDALUYONG CITY

SEPTEMBER 12, 2009 (Saturday)

P R O G R A M

9:00 am	Start registration	
10:00 – 10:15	National Anthem / Invocation	Fellows
10:15 – 10:30	Welcome Address	Dr. Elizabeth Paz-Pacheco President, PASOO
	Special Message	Special Guest
	Opening Remarks	Dr. Rosa Allyn G. Sy Immediate Past President, PASOO
10:30 – 11:00	Tai Chi	Servier Philippines
11:00 – 11:05	Rest	Emcee
11:05 – 11:30	Belly Dancing	Servier Philippines
1:55 pm – 2:00pm	Reopening of Exercise Demo	Joey Salazar
2:00 – 2:30	Dance Workout	LRI
2:30 – 2:35	Rest	Emcee
2:35 – 3:00	Tai Chi	Servier Philippines
3:00 – 3:05	Rest	Emcee
3:05 – 3:35	Cardiovascular aerobics	Sanofi Aventis
3:35 – 3:40	Closing Remarks	Dr. Mia C. Fojas Chair, 3rd Wellness Summit

Joey Salazar - Emcee

BOOTH THEME / ACTIVITIES

Booth #		
1	Video: Are you obese or overweight	LRI Fellows for Q & A
2	Your vital statistics I Needs: Sphygmomanometer Height Tape measure Weighing scale	Therapharma <u>Measurements</u> Weight, Height Resident: Waist Circumference, Hip Circumference Resident: Blood pressure Resident: Person to check forms if complete Resident:
3	Video: What are the kinds of Fat?	Eli-Lilly and Schering-Plough Fellow for Q and A:
4	Screen your risk factors I	Merck, Bayer Pfizer, Natrapharm, A-Z Random blood sugar: Merck and Bayer FBS : Pfizer Random triglycerides: Natrapharm hsCRP: Astra-Zeneca Person to fill up form Fellow/Resident:
5	How much of your weight is fat?	Corbridge % Body Fat Person to fill up form Fellow/Resident:
6	Video: Medical consequences of being obese	Sanofi-Aventis Posters LCD Projector Laptop and speakers Fellow for Q and A:
7	Your vital statistics II Needs: Sphygmomanometer Height Tape measure Weighing scale	Servier <u>Measurements</u> Weight, Height Resident: Waist Circumference, Hip Circumference Resident Blood pressure

		Resident: Person to check form if complete: Resident:
8	Your risk for developing heart disease	GSK (software) Person to fill up form: Fellow:
9	Screen your risk factors II	Merck, Bayer, Pfizer, Natrapharm, A-Z Random blood sugar: Merck and Bayer Random cholesterol: Pfizer Random triglycerides: Natrapharm hsCRP: Astra-Zeneca Person to fill up form Resident/Fellow:
10	Combine Fun and Fitness	Abbott Laboratories Wii fit and Wii console, TV