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**Association of Special Libraries of the Philippines, Inc.**



**Come and join the ASLP seminar/workshop on**  
**Effective Library Management and Workplace Productivity through Stress Management, Wellness and Good Nutrition, April 18 –20, 2012 at Skylight Hotel, Puerto Princesa, Palawan**

**PROGRAMME**

**Day 1****April 18, 2012**

- 8:00 Registration  
9:30 Opening Ceremonies  
Welcome Remarks by *Mayor Edward S. Hagedorn*
- 10:00 **Food and Stress: Its Connection to Nutrition**  
*(Nutrition Council of the Philippines)*
- Fit Forever:* Healthy Lifestyle Habits you can handle-for-life  
Nutrition after fifty (tips and recipes)  
Good Anti-stress Eating Habits  
Best Foods to Fight Stress and Improve Mood  
(the Stress Relieving Foods - the Bliss Out Foods)  
The Bad-Mood Foods and Foods that Cause Physical Stress
- Open Forum
- 12:30 Lunch Break
- 1:30 **Basic Principles in Understanding Health and Wellness**  
*(Corporate Wellness, Nestle Philippines)*
- Definition of Wellness  
Six Dimensions of Wellness (Social & Environmental, Occupational, Spiritual, Physical, Intellectual, Emotional)  
Tips toward a healthier mind  
Nestlé's MOVABA Plate  
Myth Busters: Fact or Myth
- 3:00 Open Forum
- 3:30 Coffee Break
- 4:00 **Taking Responsibility: CHOICES for Health and Well-Being of Librarians**  
*Ms. Catherine Brillantes-Turvill. Nature Spa.*
- C= Choose your Outlook  
H=Healthy Eating  
O=Oxygenate  
I=Immune System  
C=Cleanse (Body and Mind)  
E= Enhance your body with natural medicine  
S=Support System
- 5:30 Open Forum
- 7:00 Fellowship Dinner

**Day 2****April 19, 2012**

- 8:00 **Stress for Success for Librarians and Information Professionals**  
*Mr. Jef Menguin. Leadership Academy.*  
Why Stress for Success?  
Stressors and Coping Strategies  
Personal-Symptom Inventory
- 12:00 Lunch Break
- 1:00 What do we know about Stress?  
Energizer Stretch  
Managing Stress Effectively
- 3:00 Working afternoon break  
Relaxation technique  
Evaluation of life style  
Action Planning

4:30 Open Forum  
7:00 Dinner

**Day 3**      **April 20, 2012**

7:00 Closing Ceremonies  
onwards Distribution of certificates  
Announcements  
Field exposure