



Republic of the Philippines  
**Bangsamoro Autonomous Region in Muslim Mindanao**  
**OFFICE OF THE CHIEF MINISTER**

Bangsamoro Government Center, Governor Gutierrez Avenue, Rosary Heights VII, Cotabato City 9600

**MEMORANDUM**

Circular No. 014 *QW*  
Series of 2023

**TO :** ALL PARTICIPANTS OF THE BIGGEST LOSER PROGRAM  
SEASON 3  
Bangsamoro Autonomous Region in Muslim Mindanao

**SUBJECT :** ORIENTATION AND NUTRITION COUNSELING

**DATE :** 15 Safar 1445 AH | 31 August 2023

- Pursuant to Memorandum Circular No. 0124, s. 2023,<sup>1</sup> and with the objective of promoting the significance of practicing health and wellness in the workplace in accordance with CSC Memorandum Circular No. 21, s. 2009, and CSC Memorandum Circular No. 08, s. 2011, **all qualified participants of the "Biggest Loser Program Season 3" are enjoined to attend the "Orientation and Nutrition Counseling" on 18 September 2023 (9:30 am to 12:00 pm) via Zoom Teleconference by using the below meeting details:**

Meeting ID: **894 4675 6047**  
Passcode : **228386**

- Attached is the program for your reference.
- For questions and/or other clarifications, please coordinate with Mr. Romil B. Iyog of AMS-HRMD at mobile no. 09494189036.

For information and guidance.

**By Authority of the Chief Minister**  
**AHOD D. EBRAHIM**

*ABU*  
**ABUNAWAS L. MASLAMAMA**  
Senior Minister *9*

Bangsamoro Autonomous Region in Muslim Mindanao Office of the Chief Minister OFFICE OF THE SENIOR MINISTER <b>RELEASED</b>	
Name: <u>ABDUL AZIS LU ALI</u>	<i>11:10 AM</i>
Date: <u>11 SEP 2023</u>	
Bangsamoro Autonomous Region in Muslim Mindanao Office of the Chief Minister Records Division - AMS <b>RELEASED</b>	
BY: <u>Bhai Elham M. Hadji Guialil</u>	<i>QW</i>
DATE: <u>11 SEP 2023</u>	
TIME: <u>11:27 AM</u>	

<sup>1</sup> Biggest Loser Program (Lose Big, Win Bigger) Season 3

OCM-BARMM AMS-RD  
AAA149602



**RECEIVED FOR ROUTING**  
By: Norodin Daniel B. Lu  
Date: 11 SEP 2023  
Time: 11:22 AM



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Biggest Loser Program (*Lose Big, Win Bigger!*) Season 3

**ORIENTATION AND NUTRITION COUNSELING**

*18 September 2023 via Zoom Teleconference*

*9:30 AM to 12:00 AM*

**PROGRAMME**

<b>Time</b>	<b>Activity</b>	<b>Person-in-charge</b>
9:30 – 9:35 AM	Opening Prayer	<b>HAMDI Z. ABDULSAMAD</b> <i>Administrative Aide IV</i> AMS-Human Resource Management Division
9:35 – 9:40 AM	National Anthem & Bangsamoro Hymn	<i>Secretariat</i>
9:40 – 9:45 AM	Roll Call	<i>Moderator</i>
9:45 – 9:50 AM	Welcome Remarks	<b>NARCISA D. MACOG</b> <i>Director III</i> Administrative Management Service
9:50 – 9:55 AM	Inspirational Message	<b>ABUNAWAS L. MASLAMAMA</b> <i>Senior Minister</i>
9:55 – 10:20 AM	<b>Guidelines of the Program</b>	<b>DATU ALDREN S. UTTO</b> <i>Administrative Officer II</i> AMS-Human Resource Management Division
10:20 – 11:20 AM	<b>Nutrition Counseling</b>	<b>MARILYN C. VALEZA, RND</b> <i>Nutrition Program Coordinator</i> National Nutrition Council – BARMM
11:20 – 11:50 AM	Open Forum	<i>Participants</i>
11:50 – 11:55 AM	Closing Remarks	<b>LADY HANIFAH R. MINDALANO</b> <i>Chief Administrative Officer</i> AMS-Human Resource Management Division
11:55 – 12:00 PM	Photo Ops	

**DATU ALDREN S. UTTO**

*Moderator*