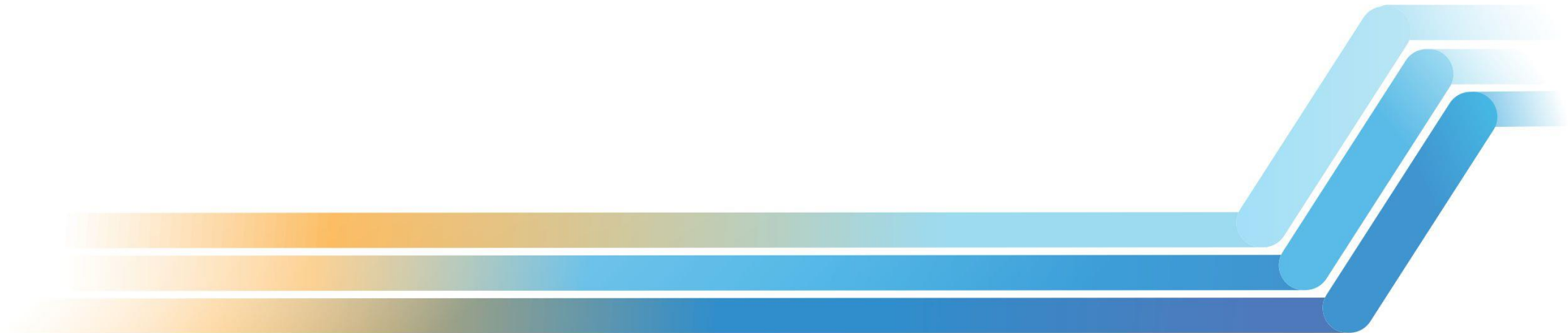
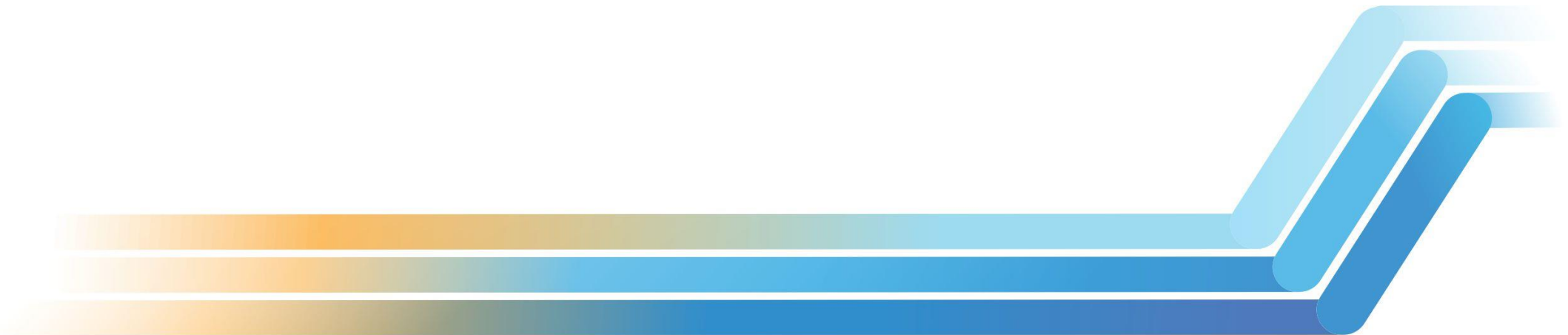


EMPLOYEE WELLNESS PROGRAMS



2023 Athletics and Wellness Programs



2023 Basketball Tournament





2023 Chess Tournament





2023 Tenpin Bowling Tournament

B. EXTERNAL SPORTS PROGRAMS



SSS Participation to the UNTV Basketball Cup Season 10



SSS Participation to the UNTV
Basketball Cup Season10



UNTV SPORTS ROADSHOW

4 DECEMBER, MONDAY

**AWARDING OF PLAQUE OF
APPRECIATION**

FLAG RAISING CEREMONY, 8:00 A.M.



5 DECEMBER, TUESDAY

LIVE INTERVIEW

**UNTV SSS KABALIKAT BASKETBALL TEAM &
DM III/CAH MARISSA C. MAPALO
MAIN OFFICE GROUNDS, 1:00 P.M. - 2:00 P.M.**



2023 LISEA INVITATIONAL VOLLEYBALL TOURNAMENT
08 JUNE 2023 | BIR GYMNASIUM, QUEZON CITY

SSS Men's Volleyball Team



1. Paul Wilvin Remalla
2. Morry David
3. Fernan Lopez
4. John Kenneth Galapia
5. Paolo Antonio Gomez
6. Theodore Sare
7. Lee Harvy De Guzman
8. Fausto Valle Cobarrubias III
9. Allan Jon Javate
10. Oliver Clarion

Head Coach - Jerome Cyril Eugenio
Assistant Coaches - Jonathan Cedric Eugenio
- Richard Tolentino

INDIVIDUAL AWARDS:

Best Outside Hitter - Lee Harvy De Guzman
Best Libero - Paolo Antonio Gomez
MVP - Fausto Valle Cobarrubias III



2023 LISEA INVITATIONAL VOLLEYBALL TOURNAMENT
08 JUNE 2023 | BIR GYMNASIUM, QUEZON CITY

SSS Women's Volleyball Team



1. Rebecca Sarmiento
2. Regine Bernadette Camacho
3. Grace Ann Reforma
4. Karen Carmela Gatchalian
5. Susan Rebecca Larion
6. Rachel Navarro
7. Dyan Parinas
8. Maryrose Reymundo
9. Kimberly Suba
10. Elysa Lopez
11. Ma. Judith Velasco
12. Reylynda Coronado

Head Coach - Jerome Cyril Eugenio
Assistant Coaches - Jonathan Cedric Eugenio
- Richard Tolentino

INDIVIDUAL AWARDS:

Best Outside Hitter - Grace Ann Reforma
Best Libero - Elysa Lopez





2023 LISEA Volleyball Tournament



2023 GAA Volleyball Tournament

Congratulations SSS Golf Team for placing **2nd Runner-Up**
in the **2023 GAA Golf Tournament** held on **21 April 2023** at **Splendido**
Golf & Country Club, Taal Ridge, Laurel, Batangas



Team Members & Awards

1. Comm. Robert Joseph M. De Claro **(Most Number of Birdies)**
2. Comm. Jose C. Julio **(Class B Champion)**
3. SAPCEO Joseph C. Abad
4. SAPCEO Manuel Luis C. Antonio
5. Acting Head/DM III Robert D. Clemente

Ferdinand T. Garcia
GAA Interim Auditor
SSS Sports ExeCom Treasurer

SSS Participation to the GAA Golf Tournament

C. SPECIAL EVENTS PROGRAMS



The poster features a central sunburst design. At the top, there are two logos: a blue square with white diagonal lines and a circular logo with the number '66' and a Philippine flag. Below these is a yellow banner with the text '2023 SSS SPORTSFEST'. The main title 'Larong Pinoy' is in large, stylized blue and red letters. To the right of the title is an illustration of a hand holding a Philippine flag. Below the title, the date and time are listed: '18 November 2023, Saturday' and '6:00 am - 4:00 pm'. The location is 'New Amoranto Sports Arena'. A section titled 'GAMES:' lists nine activities in three columns. The bottom of the poster features illustrations of children playing various games: three children jumping rope on the left, a group of children playing a board game in the bottom left, a group of children playing a drum and dance on the right, and a group of children playing a game with a rope on the bottom right. The bottom edge is decorated with a row of colorful rings.

2023 SSS SPORTSFEST

Larong Pinoy

18 November 2023, Saturday
6:00 am - 4:00 pm
New Amoranto Sports Arena

GAMES:

- Patintero
- Lawin at Sisiw
- Kadang-Kadang
- Karerang Higad
- Karerang Sako
- Larong Palaisipan
- Hilahang Lubid
- Karerang Tubig
- Cheer Dancing Competition

Registration is extended until **11 November 2023**. Interested Participants may contact their respective Group Sports Coordinators.



2023 Sportsfest “Larong-Pinoy”



2023 Sportsfest “Larong-Pinoy”



2023 Sportsfest "Larong-Pinoy"



2023 Sportsfest "Larong-Pinoy"





2023 Run for Fun





2023 SSS Run for Fun

2023 Araw Ng Parangal

13 December 2023
2:00pm, RM Hall

PROGRAM

- I. Invocation - Johanna Erika Puzon
- II. Special Message - Atty. Jacinto Renato Cuisia
- III. Awarding
- IV. Photo Ops
- V. Dinner

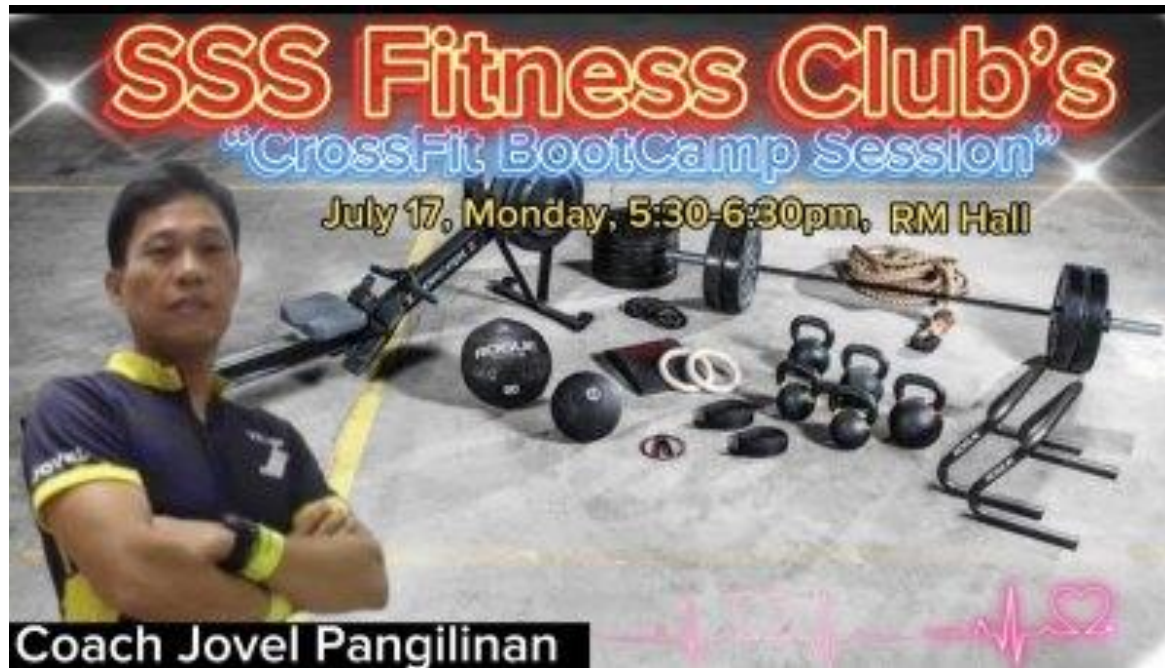
Emcee - Maria Dulcinea Allena



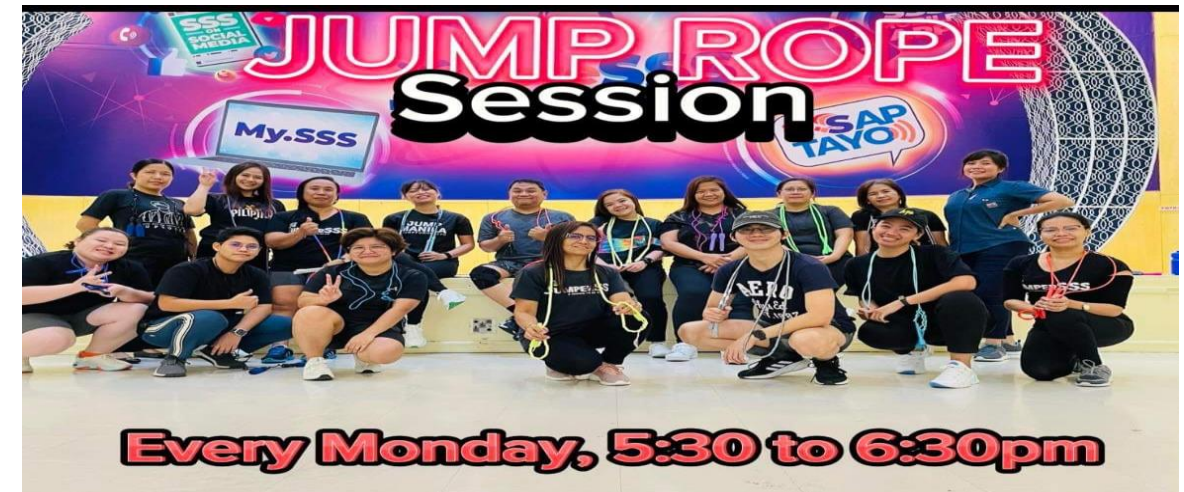
D. WELLNESS ACTIVITIES



2023 Yoga Sessions



2023 Crossfit Session



2023 Jumping Rope Session



2023 Running Sessions



2023 Running Sessions



2023 Running Sessions

Congratulations SSS Runners Team for the successful participation to the Fun Run titled "A safe & Healthy Working Environment: A Fundamental Right," sponsored by the Department of Labor & Employment - Occupational Safety & Health Center, held on 28 April 2023 at QC, Memorial Circle



Participants:

1. Acting Head/DM III - Robert Clemente
2. Mayola Oftana
3. Armela Garcia
4. Neptali Asuncion
5. Kathleen Gail Arcega (1st Runner-Up, Women's Category)

2023 DOLE's Invitational Fun Run "A Safe & Healthy Working Environment"



2023 SSS Runners' Club Various Invitational Fun Run



2023 Cycling Club's Night Ride



Eid'l Adha Bike Ride





2023 Cycling Club's Visita Iglesia Ride



SSS Cycling Club's Participation to PRURidePH
21 May 2023 at Clark, Global City, Pampanga



E. Wellness Webinars



The Performance Management and Employee Relations Department
invites you to attend the Health & Wellness Webinar on

BACK TO BASICS:
DISCOVER THE FOUNDATIONS OF
NUTRITION AND FITNESS TOWARDS A
HEALTHY & ACTIVE LIFESTYLE

April 14, 2023, 1:00 - 3:00 pm via MS Teams



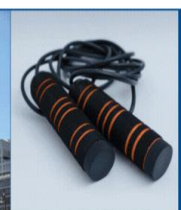
Resource Speaker:
Coach Anne Aniag, ISSA, ACE





**2023 SSS JUMPING
ROPE ORIENTATION 101**

20 June, Tuesday 10:30 am-12:00 nn
via MS Teams



Coach John Vincent Ona

Certified Fitness Trainer, Philippine Jump Rope Coach,
& Greenfield Jump Crew Founder

REGISTER NOW

Registration is open until
19 June, Monday, 5:00 pm



THE PERFORMANCE MANAGEMENT AND EMPLOYEE RELATIONS DEPARTMENT

INVITES YOU TO JOIN THE

**WEBINAR ON
FINANCIAL
WELLNESS**

07 SEPTEMBER 2023
2:00-4:00 PM
VIA MS TEAMS



REGISTER NOW



RESOURCE SPEAKER:



Victor M. Samaniego, Jr.
Registered Financial Planner

