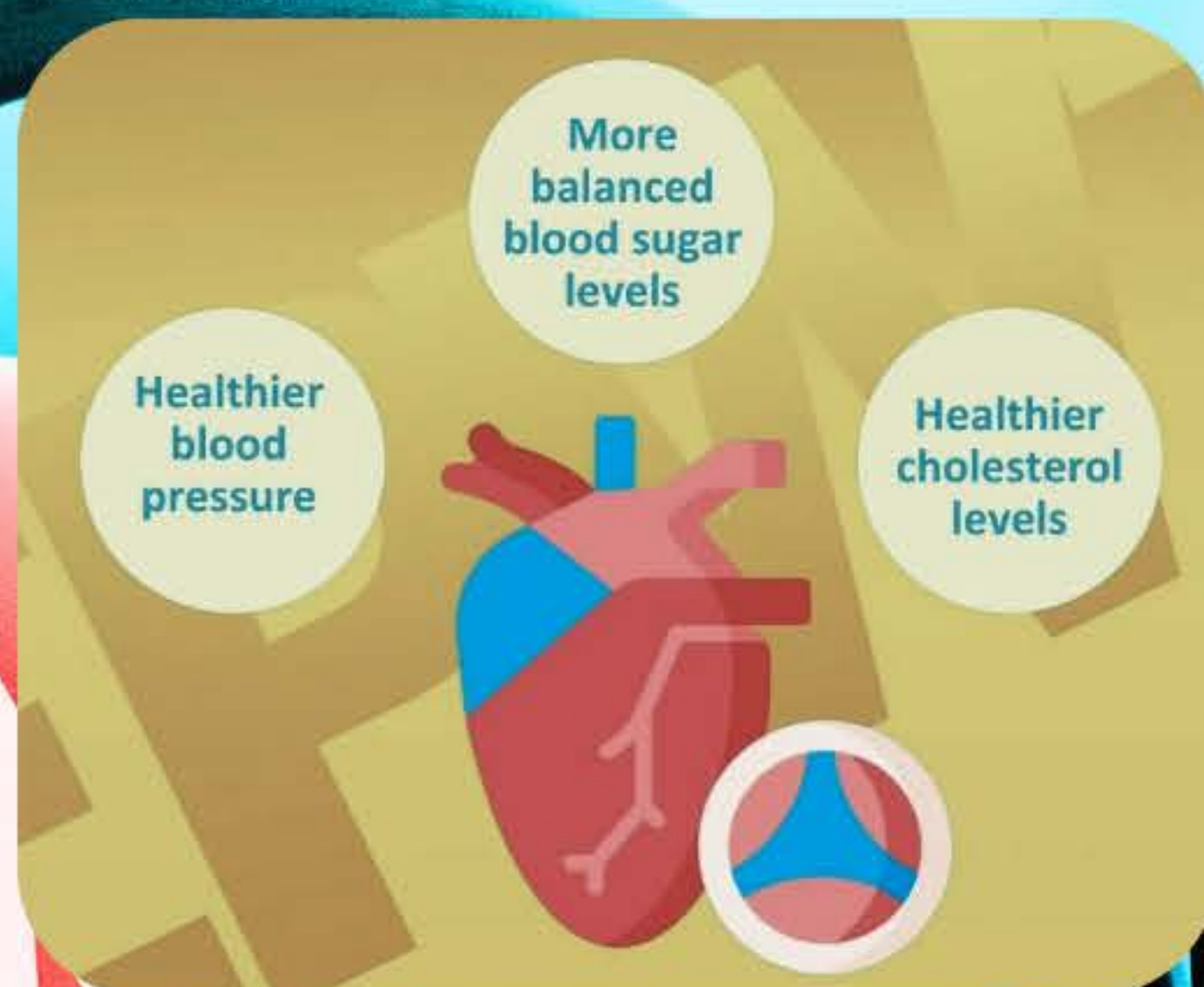




UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

What are the benefits of regular physical activity?

Supports the prevention
and management of
noncommunicable diseases



Improves your
cardiometabolic health

Helps to stay strong,
fit and healthy



#UHCares

Source: WHO HEALTH ADVISORY



Trunkline: (046) 481-1900

- ★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:30 am - 8:30 pm; Fri 11:30 am - 8:30 pm
- ★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm



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