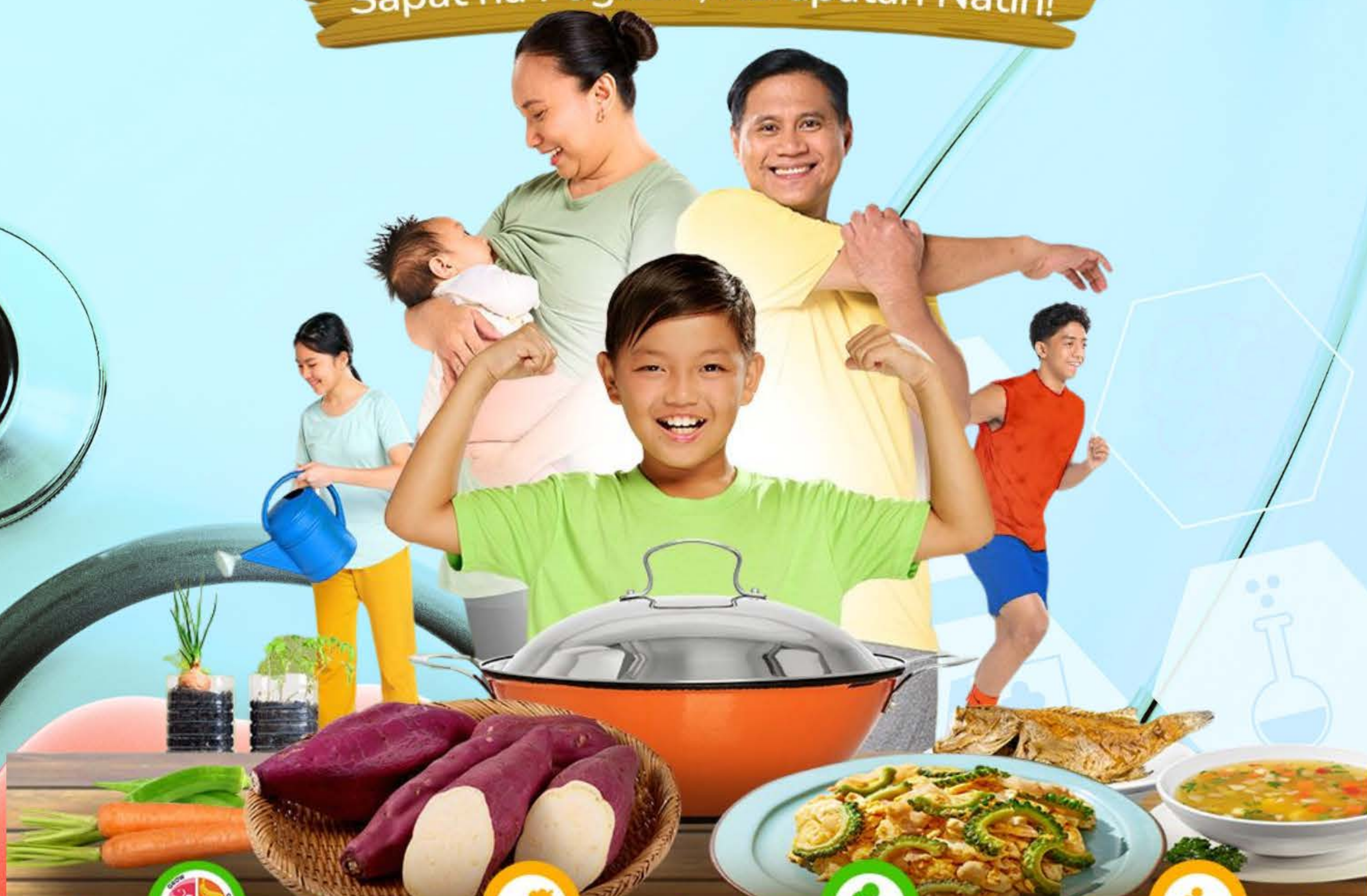




UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

Food at Nutrition Security Maging Priority!

Sapat na Pagkain, Karapatan Natin!



Kumain ng
Go, Grow,
at Glow
foods.



Mag-ehersisyo
ng 30 min.-
1 oras kada
araw.



Inay,
magpasuso
nang
eksklusibo
sa unang 6
na buwan.



Magtanim
ng gulay at
prutas sa
bakuran.

#UHCares

Source: DOH HEALTH ADVISORY



Trunkline: (046) 416 4531

★ 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 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm

★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm



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