



4th PCLM Midyear Conference

Residential Lifestyle Medicine Program

STRESS MANAGEMENT & MENTAL HEALTH

DATE	EVENT	Person-In-Charge
Day 1 - May 4, 2025		
1:00 pm	Registration & Billeting	Events team
2:00 pm	Welcome and Overview	
2:30 – 3:30 pm	Keynote Session: Psychoneuro-Immunology	Dr. Mary Ann Joy Aguadera
3:30 pm	Exercise break	
3:45 pm	Co-Creation Workshop Topic: Psychoneuro-Immunology Personalized LM Intervention and Coaching	6 Care Groups
5:00 pm	Care Group Walk	
6:00 – 8:30 pm	Dinner & Socialization	
6:30 pm	Dinner break	
7:30 pm	Recreation, Relaxation Massage	

DATE	EVENT	Person-In-Charge
Day 2 - May 5, 2025		
5:30 am	Guided Yoga & Meditation	
6:30 am	Brain-Boosting Breakfast	
8:30 am	Scientific Session 1 GUT-Brain Axis: Influence of Microbiota on Mood and Mental Health	Dr. Mechelle Palma
9:30 am	Scientific Session 2 Running from Stress: Neurobiological Mechanisms of Exercise-Induced Stress Resilience	Dr. Joandel Navarro
10:15 am	Health Break / Exhibit	Exhibitors



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11:00 am	Scientific Session 3 Depression and Sleep: Understanding the Connection	Dr. Vigilanda Solijon
11:45 pm	Lunch break	
1:00-3:00 pm	Workshop 2 Mindfulness crafts: Tangible outlet for creative expression <ul style="list-style-type: none"> • Handcrafting • Candle making Self-massage	Group 1 & 2 Group 3 & 4 Group 5 & 6
3:00-5:00 pm	Workshops 3 Culinary Medicine: Food and Your Mood	Dr. Mechelle Palma Dr. Maria Lourdes Lesaca
6:00 pm	Fellowship night Recreation, Relaxation Massage	

DATE	EVENT	Person-In-Charge
Day 3 - May 6, 2025		
5:30 am	Morning Zumba and Group Walk	
7:00 am	Breakfast	
8:00 am	Devotional and Gratitude Exercises	
9:00 am	Panel Discussion Social Connectedness: A Determinant of Mental Health	Dr. Mechelle Palma Dr. Bysshe Fernan Dr. Joandel Navarro
10:00 am	Co-creation Workshop Reporting	Groups 1-6
11:30 am	Closing Program	
12:00 nn	Closing Luncheon	

GROUPING ASSIGNMENT

Group 1	1	Abellera	Amor	Group 2	1	Baleros	Angeli
	2	Afable	Aileen		2	Bantugay	Anna Lorraine
	3	Alcedo	Glenn Paul		3	Batulan	Gay Laarni
	4	Alquizar-Ogalesc	Maria Olivia		4	Becina	Allan Paul
	5	ANDAMAN	CAROLINE		5	Beniga-Ho	Jeanette
	6	Varona	Chinky Grace		6	Timoteo	Celestina
	7	Velez Fernando	Jocelyn		7	Tinamisan	Razzy Arian
	8	Venzon-Dizon	Viviane		8	Torreda	Maria Victoria
	9	Vergara	Jennie II		9	Tubino	Eralyn
	10	Villanueva	Sheila Marie Esther		10	Uy	Celeste Joy
	11	Ardanas	Gay		11	Bertos	Maria Blesilla
	12	ATIENZA	GEAN		12	Bitao	Jerlita
	13	Avila-Tequillo	Frances Angelique		13	Bonifacio	Erika Anne
	14	Bacaltos	Jocie Jean		14	Brion	Jan
	15	Laurezo	Maria Florence		15	Letaba	Jordan Phoebe L
Group 3	1	Brun	Princess Marivic	Group 4	1	Custodio	Jose Christopher
	2	Cabilitan	Giselle		2	Danganan	Haydee
	3	Camalongay	Rose May		3	De Leon	Maria Isabel
	4	Canastillo	Evee		4	DE LEON-INTAL	PINKY
	5	Carbon	Gina		5	Diones	Paula Corazon
	6	Sim-Alcedo	Jennifer		6	Perez	Sarah May
	7	Soriano	Imelda		7	Racelis	Melinna Giann
	8	Suico	JANE		8	Sabularse	Stephanie Carolin
	9	TARRAZONA	YSSA NICOLE		9	Shih	Chun I
	10	Celestino	Imelda Teresita		10	Siega	Marlon
	11	Co	Vincent Levi		11	Dizon	Editha
	12	Corpuz-Escobar	Mary Hanzelle		12	Dizon	Jan Nathleen
	13	Cue-Agasi	Marnovie		13	Domingo	Adolovenee Faith
	14	Llm	ARTESA MARIE MAE		14	Egarle	Alejandro
Group 5	1	Egarle	Thelma	Group 6	1	Guanco	Rhalf Jayson
	2	Escobar	Deniel		2	Hermosisima	Ana Rita
	3	Fabella-Narciso	Charlene		3	Japzon	Junnel Tom
	4	Felix	Carina		4	Jara	Margarita
	5	GEROCHE	TERESITA		5	JAVIER	KEVIN
	6	Narciso	Mayan Chesna		6	MERANO	MYLYN
	7	Olitan	Karen		7	Mojica	Jose Alvin
	8	Pacheco	Rodolfo Eduardo		8	Montenegro	Franz genevieve
	9	Pagayatan	Vivien Irene		9	Montillano	Marocel
	10	Paspe	Ma. Stella		10	Nacpil-Bucaneg	Nenette
	11	Geroche	Avril		11	Jusayan	Kristine Joy
	12	Geron	Ma. Margarita		12	Labor	Amabel
	13	Gregorio	Nina		13	Lacuin	Gladys Ann
	14	Guanco	Wendy Jel		14	Lanete	Scott Davies
	15	Marco	Maricel				