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KAGAWARAN NG PANANALAPI  
**KAWANIHAN NG INGATANG-YAMAN**  
(BUREAU OF THE TREASURY)  
Intramuros, Manila



## Press Release

### Bureau of the Treasury Kicks Off National Women's Month Activities



**MANILA, Philippines, 3 March 2025** – In celebration of National Women's Month, the Bureau of the Treasury (BTr) held a kick-off event featuring the soft launch of the BTr Wellness Program, the Smart Start Session: "Why Choose Health? Everyday Nutrition and Stress Management," and a Zumba workout.

During the flag-raising ceremony, a video featuring an all-female cast singing *Lupang Hinirang* was played, and a short video related to Women's Month was presented by the host division at the end. Additionally, Dr. Romulus C. Hilario, MD, FPAFP, MMHeA, gave a brief presentation on the BTr Clinic's initiative: *Fit and Healthy BTr*. One of the highlights of his presentation was the introduction of Themed Days: *A Week of Wellness*, which encourages employees to participate in daily wellness activities aligned with specific themes. These include "Move It Monday" (achieving a 10,000-step goal), "Tasty Veggie Tuesday" (increasing vegetable intake), "Water Only Wednesday" (hydrating with 8 glasses of water daily), "Thriving Thursday" (encouraging fruit consumption), "No Fry Friday" (focusing on wholesome, nutrient-dense foods), "Sunny Side Saturday" (doing outdoor activities and mindfulness exercises), and "Selfless Service Sunday" (engaging in acts of kindness and community service).

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*Ms. Mara Sison-Pasco discussing practical tips for managing and reducing daily stress levels*

Meanwhile, the Smart Start Session: "Why Choose Health? Everyday Nutrition and Stress Management," featured talks by Dr. Samantha R. Reburiano, IM Endocrinologist, and Ms. Mara Sison-Pasco who led separate discussions on Hormone Harmony. The discussions provided an understanding of women's health across all life stages, and practical tips for managing and reducing daily stress levels.

The event concluded with an energetic Zumba session led by Anytime Fitness - UN Branch, with active participation from BTr employees from the Central Office and Regional and Provincial Offices (ROPOs) through Zoom.

Furthermore, the following are the upcoming activities of the Bureau for National Women's Month:

- Musika ng Kababaihan #MNKWednesdays
- Woman Rising to the TOP: A Celebration of Leadership and Resilience
- Feel Good and Look Good: Empowering Women through Self-Care and Growth
- Negosyo ni Juana
- Weekly Women's Month Feature in the BTr GAD Corner - Employee Spotlight Series
- Gender Fair Language Seminar
- Film Screening: *Hilom* or Adventures of Kween Jhonabelle
- GADians: Promoting a Gender-Responsive Environment
- DOF Sectoral Activity: Gender and Finance Summit - Women Inspiring Juan/a Forum
- Re-Opening of Child-Minding Center