

PLAWD NEWSLETTER

PLARIDEL WATER DISTRICT

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WATER DISTRICT



GAD Project

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And

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PLARIDEL GADGET

**Construction of Hand Washing Stations in Plaridel, Bulacan
Sixteen (16) in various Elementary Schools
Four (4) in BJMP**



**BJMP Female
Dormitory**

Brgy. Lagundi



Brgy. Sto. Niño

PLAWD CHRISTMAS

PARTY

And General Assembly 2024



Villa Emmanuela Wavepool Resort Brgy. Poblacion, Plaridel, Bulacan December 6, 2024



Office of the General Manager



Admin Division



Commercial Division



Finance Division



Engineering Division



Plaridel Water District

Salubong Festival 2024 December 29, 2024



Nakiisa ang PLAWD sa naganap na Salubong Festival 2024. Namahagi ng pantawid-uhaw sa mga lumahok.



PLAWD UNIFORM 2025



Monday



Tuesday



Wednesday



Thursday

Habits That Will Improve Your Life

Exercise (E.g. Walking, Running, Swimming, Yoga, Weightlifting, and Sports)

Some of the benefits are:

- (a) better sleep;**
- (b) weight management;**
- (c) increase in energy;**
- (d) reduce stress;**
- (e) improved heart health;**
- and (f) improved brain health.**

Plan your day(s)

You can plan out your days by: (a) making a to do list; (b) creating a schedule; (c) prioritizing task from least to most important; (d) setting a clear structure; (e) leaving room for unexpected events.

Meditation

With at least 15-25 minutes of daily meditation you will gain many benefits. Like - (a) increased awareness; (b) increased focus and memory; (c) greater emotional regulation; and (d) higher stress tolerance.

Waking up early

Waking up early gives you more time to accomplish the tasks that you need to complete for the day.

Reading

Benefits of consistent reading are: (a) improve vocabulary; (b) learn new skills; (c) expand overall knowledge; and (d) improve storytelling skills.

Gratitude

Being grateful on a daily basis greatly improves your overall outlook and emotional state. You begin to see positive in negative experiences and not taking anything for granted.

PLAWD CREATIVE TEAM

