

**WEB UPLOAD**  
**March 31, 2010**

**NMP Ladies are "Proud to be a Woman"**



On March 26, wearing pink t-shirts with an emblem "*Babae, Tagumpay ka ng Bayan!*", NMP ladies perk up the day with an early morning **Hataw Exercise** to mark the 2010 Women's Month celebration. It was followed with **lecture-fora on Magna Carta of Women** and "**Healthy Lifestyle: It's a Choice**" by Atty. Gloriosa C. Guinocor and Bryant Labistida of DOH Regional Office 8, respectively.



NMP employees and trainees alike get special treat of **free services on haircut, manicure and pedicure and reflexology.**



Pink t-shirts and metal button pins (above) were given to NMP ladies as memento of the occasion.

The activities were successfully carried out in collaboration with the employees' union, the National Maritime Polytechnic Services Association (NMPSA).

**Copy approved for release:**

**GRACE MARIE T. AYASO**  
**OIC Executive Director**