

**“WEBINAR ON PHYSICAL ACTIVITIES and EXERCISES PRESCRIBED FOR PERSONS WITH CEREBRAL PALSY DURING the COVID-19 PANDEMIC”**  
**September 18 (Fri) 9:00AM**

*Prepared by: Jona Lucas*

Magandang araw po! Let me thank fellow workers and advocates from the government and the private sector, representatives from CSOs, NGOs, & DPOs, parents, CPAP members and resource persons for your **support** to the celebration of the 17<sup>th</sup> Cerebral Palsy Awareness and Protection Week with the theme, *"Ugnayan, Malasakit at Paglingap sa Taong May Cerebral Palsy sa Panahon ng COVID-19 Pandemic"*

May I acknowledge our distinguished resource speakers:

**DR. MARK HOMER TIANGCO**

Rehabilitation Medicine Specialist,  
Philippine Academy of Rehabilitation Medicine (PARM)

**MR. MARANGAL GONZALES**

National Coach, Philippine Boccia Team

**MR. ANTONIO ILAGAN**

President, Cerebral Palsied Association of the Philippines

Today's webinar on "PHYSICAL ACTIVITIES AND EXERCISES FOR PERSONS WITH CEREBRAL PALSY DURING THE COVID-19 PANDEMIC" is opportune as it will provide relevant knowledge and skills on how to **stay well** and **improve motor strength** by being physically active.

Living with cerebral palsy can be challenging. However, with **strong support** from families and stakeholders as well as **proper health care** which include physical **therapy and exercises**, a person with cerebral palsy may live a **productive, independent** and **successful life**.

**Rest assured that the NCDA will continue to partner with all stakeholders in our goal on health, empowerment and lifelong independence.**

**Tayo po'y sama-samang MAG-EXERCISE upang patuloy na maging masigla, malusog at masaya! IWAS virus pa!**

***Mabuhay po ang sector ng may kapansanan!***

This is EMER ROJAS, wishing you a day full of learning and vigor!