MISSIO AMARE HEALTH AND WELLNESS PROGRAM

Program Overview

The **Missio Amare Health and Wellness Program** is a community-based initiative committed to promoting accessible, inclusive, and sustainable healthcare services, particularly for underserved and vulnerable sectors of society. The program seeks to provide free medical consultations, basic medicines, health education, and essential wellness support through collaborative partnerships with civic, faith-based, and community organizations.

Anchored on the principles of preventive healthcare, public health promotion, and community empowerment, the program likewise endeavors to establish and maintain the necessary medical, logistical, and human resources required for the continuous and effective delivery of healthcare-related services and interventions.

PROGRAMS AND ACTIVITIES

Community Medical Missions and Humanitarian Health Services

In partnership with ANCOP, Gawad at Kalinga Community Empowerment and Resource Development Foundation (GCARE), mission partners, healthcare volunteers, and local stakeholders, the program conducts medical and humanitarian missions in various communities nationwide. These activities include free medical consultations, basic diagnostic screening, distribution of medicines and vitamins, nutritional support, and feeding initiatives intended to address immediate healthcare and wellness needs of beneficiaries, particularly indigent families, senior citizens, children, and other vulnerable populations.

Nutrition and Preventive Health Education

The program promotes nutrition awareness and preventive healthcare through the conduct of educational seminars, healthy cooking demonstrations, dietary counseling, and wellness-oriented workshops. These initiatives aim to encourage informed lifestyle choices, improve nutritional practices, and strengthen public awareness on the importance of proper diet, disease prevention, and long-term health maintenance.

Physical Fitness and Active Lifestyle Development

Recognizing the importance of physical activity in disease prevention and overall well-being, the program seeks to implement subsidized and community-based fitness and wellness activities such as Tai Chi, Zumba, low-impact exercise programs, wellness mobility sessions, and other age-appropriate physical fitness initiatives. These activities are designed to promote cardiovascular health, mobility, mental wellness, and active community participation among individuals of all ages.

Community Health Awareness and Peer Support Initiatives

The program continues to develop and strengthen peer-led support groups and community learning platforms through face-to-face and online health seminars focusing on prevalent medical and psychosocial concerns. Topics may include hypertension, diabetes, arthritis, breast and prostate health, mental health and psychosocial support, stress management, cognitive health conditions including dementia and Alzheimer's disease, and other public health concerns.

These activities aim to foster community awareness, early detection, responsible health-seeking behavior, emotional support systems, and greater public understanding of both physical and mental health conditions in a safe, respectful, and inclusive environment.

Program Commitment

The Missio Amare Health and Wellness Program remains committed to advancing holistic community wellness through sustainable healthcare initiatives, collaborative partnerships, volunteerism, and public health education, while upholding the values of compassion, inclusivity, human dignity, and social responsibility.