



# COOPERATIVE DEVELOPMENT AUTHORITY Region V Extension Office

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## CDA TOUCH: HEALTH AND WELLNESS CORNER FOR SENIOR CITIZENS' AND PWDs MEMBERS OF COOPERATIVES

*“Wrinkles merely mark where smiles have been.” – Mark Twain.* As part of the Gender and Development initiatives of the Cooperative Development Authority, the CDA provided free massage services to senior citizens and PWDs coop members during the 2023 Bicol Cooperative Congress held on October 20-21, 2023 at the Tent, Avenue Plaza Hotel in Naga City. Two (2) members of the Naga City Visually-Impaired Association (NACIVIA), were commissioned to provide the needed massage services for 2 days, from 9AM to 5PM. A total of **124** beneficiaries have received the free massage services.



Additionally, the CDA also provided health kits to the first thirty (30) senior citizens/PWDs coop members. The kit includes alcohol spray bottle, medicine case and 2 pieces handkerchiefs. The said kit ensures extra care for their health and safety.





This GAD initiative of CDA did not only provide relaxation to our senior citizens/PWDs clients but it had also brought a smile to their faces. A manifestation of a positive response that they felt appreciated and loved. In the same way, this gave them confirmation of their roles and contributions to the cooperative sector that only gets better with age.

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