

# THE VIBE

VOL 3 • ISSUE 2 • 2019

YOUR  
GUIDE TO  
MODERN  
LIVING IN  
THE SOUTH

LIVE

**BOTANIKA  
NATURE  
RESIDENCES**  
A REFRESHING  
NEW ADDRESS

WORK

**GREEN  
BUILDINGS**  
A STEP TOWARDS  
SUSTAINABILITY

PLAY

**FESTIVAL OF  
POSSIBILITIES**  
BRINGING THE  
COMMUNITY  
TOGETHER

## CREATING A BETTER FUTURE

A corporate social response of companies in  
Filinvest City towards sustainable living



# BRENTVILLE

— INTERNATIONAL COMMUNITY —

PRESTIGE BY FILINVEST



*Artist's perspective of the Village Front*

Live in a master planned community with the luxury of open space and a full suite of amenities surrounding your home for the redefined living experience.

0917 854 0121  
[www.brentville.com](http://www.brentville.com)



## MESSAGE FROM THE VIBE TEAM

**W**e are pleased and thrilled to share with you our first-ever Sustainability issue! Every day we are faced with reminders of how our environment is fast diminishing. Water and air pollution, the extreme heat, and excess plastic waste are just some of the most noticeable effects that we can no longer ignore. With the presence of social media and the efforts of concerned citizens to continuously raise awareness on these pressing concerns, it was just right that we dedicate our mid-year issue to this worthy movement.

In Filinvest City, the location of our office, we are fortunate to work in a site that is enhanced with well-designed open spaces and lush surroundings. Here, we get to enjoy fresh air, open skies, and clean surroundings—life's luxuries that we truly appreciate. Our excitement to focus on Sustainability mainly stems from our desire to share with you, our readers, the beauty and benefits of being part of a township that has always focused on preservation and enhancement. It is remarkable to note that while Filinvest City has been very aggressive in its commitment to be a green development, its locators and citizens have not turned a blind eye, and if anything,

seems to be even more inspired to make their impact. In this issue, you will read about environmental initiatives of companies and individuals. You will also discover eco warriors from our immediate commune who are doing their small part for the greater good.

Finally, no issue will be complete without our recommendation of where to eat. Please also check out our first walking tour guide and discover how many things you can do in Filinvest City on foot. Not only will you help decrease carbon footprint but you also get to exercise in the process. But, if you prefer indoor options, we also rounded up new fitness and wellness places to try in the area.

As we join the crusade to raise more awareness on sustainability through **The Vibe** and our real estate works, we hope to inspire you to live more consciously and appreciate our surroundings. Allow us to leave you with a quote from our favorite Dr. Seuss—"Unless someone like you cares a whole awful lot, nothing is going to get better. It's Not."

Happy reading!

*The Vibe Team*



**PUBLISHER**  
JOSEPHINE GOTIANUN-YAP

**EXECUTIVE DIRECTOR**  
CATHERINE ILAGAN

**EDITOR-AT-LARGE**  
DON UBALDO

**CREATIVE EDITOR**  
RULA GONGORA

**MANAGING EDITOR**  
MARLA MENDOZA

**FOR ADVERTISING  
INQUIRIES, CALL**  
**846-0278**  
LOC. 7070



**FILINVEST CITY**  
Inspiring Possibilities

FILINVESTCITY.COM

# ENVIRONMENTAL SUSTAINABILITY



**02 ONE GREAT MOVE**  
*The Holistic Approach of Filinvest City towards Sustainability*

**04 LIVE: BOTANIKA NATURE RESIDENCES**  
*A Sanctuary in Metro South*

**06 SPECIAL FEATURE**  
*Sustainable Condo Living*

**07 WORK: GREEN BUILDINGS**  
*Know More About the Environmentally Friendly Structures in the City*

**08 SUSTAINABILITY TIPS**  
*How to Run an Eco-conscious Business*

**09 GARDENS IN THE CITY**  
*Check Out the Green Spaces in the City*

**10 A WALKABLE CITY**  
*Defining the Features of a Modern City thru its Walkability*

**12 AT YOUR OWN PACE**  
*Find New Things to do by Exploring the City on Foot*

**13 COVER STORY**  
*Sustainable Practices and Initiatives from Companies in the Big City*

**17 EATS**  
*Must-try New Restaurants*



**18 SPECIAL FEATURE**  
*New Fitness and Wellness Destinations*

**20 COMMUNITY**  
*Taking Action to Save our Planet*

**21 PLAY: FESTIVAL OF POSSIBILITIES**  
*Limitless Fun on its Second Year*

**23 SEEN & HEARD**  
*PRUride 2019 and Color Manila Run*

**24 CITY NEWS**  
*Fire Olympics and Earth Hour*

### WE WOULD LOVE TO HEAR FROM YOU!

Share with us your comments and suggestions for our upcoming issue.  
Send us a message on Facebook @FilinvestCityOFFICIAL





# AT A GLANCE

*Filinvest City is the city of the future. Built on the tenets of a live+work+play concept, the CBD has transformed itself into a modern metropolis, convergence hub, garden city, and economic capital—one that is dynamic and progressive, and is paving the way for others to follow.*

**F**ilinvest City, as a future-ready development, was master-planned to become a sustainable community, one that never compromises its natural surroundings for progress. It puts a premium on sustainable practices and green architecture, and is well on its way to securing its LEED (Leadership in Energy and Environmental Design) certification.

Considered the gold standard, LEED is the globally renowned green building rating system that provides a framework to create and recognize “healthy, highly efficient, and cost-saving green buildings.” Hopefully, within the next few months or short years, Filinvest City will be able to garner its LEED for Neighborhood Development Plan with the help of Dean Barone of Barone International.

Guided by its green approach, Filinvest City has launched numerous integrated sustainable programs and installed citywide systems to ensure that energy and resources are maximized with minimal to no impact on the environment. But beyond the city and developers’ initiatives, Filinvest City supports and encourages its very citizens, partners,

and locators to adopt a green-mindset. Two such locators, Botanika Nature Residences and Filinvest Axis, share how they are integrating eco-friendly, energy efficient features into their own development.

Decathlon, another CBD partner, hosts regular Eco-Runs and plastic drives in its stores, while EarthOrigins promotes proper disposal and educates the public on the importance of mindful consumption through its in-store campaigns.

In this issue, learn more about how Filinvest City, is striving to become a walkable city, and why this means greater economic growth and more benefits for the community. As part of its efforts to boost its “walk score,” Filinvest City also opens up new spaces for community, relaxation, and exercise.

Transforming Filinvest City into a full, green, sustainable community is a continuous process, one that always seeks better, elevated ways to protect the environment and serve its citizens. It takes great vision to build such a development, and Filinvest City has proven time and time again that it has the commitment to transform that very vision into reality.

# FILINVEST CITY TOWNSHIP UPDATES

Filinvest City has cemented its position as the premier Garden CBD of Metro South with commanding land values reaching P378k/sq.m net as of December 2018, representing approximately

**300%  
INCREASE IN  
THE LAST TEN  
YEARS**

Development in Filinvest City has seen an uptick with almost 100 buildings completed or has commenced construction from 2012 to date.

## TRAVEL AND CONNECTIVITY

South Station houses provincial and city buses and vans to bring commuters point to point in various areas of Manila and key provinces. The South Station, together with Spectrum Linear Park, has been equipped with 30 minutes free Wi-Fi daily with bandwidth of up to 100 Mbps.

## MASTER-PLANNED COMMUNITY

AS A PREMIER  
RESIDENTIAL  
AND BUSINESS  
ADDRESS,  
FILINVEST CITY  
WILL SOON BE  
HAVING NEW  
FEATURES:

- Central Park
- The Lady of Lourdes Chapel
- Creekside Park
- Water Recycling Facility
- Water Treatment Plant
- Active Wellness and Lifestyle Hub

## GREENER CITY

Filinvest City prides itself as the first in the Philippines to be registered in the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED)—version 4 under the Neighborhood Development Plan category. There are only two certified projects in the same category located in Japan with Platinum and Italy with Gold.

## RESIDENTIAL

ACTUAL BUILD-UP AS OF DEC. 2018:

**312,000 SQ.M**

- TOTAL NO. OF UNITS: 3,900 units  
From Studio to 5-bedroom units
- RECENTLY COMPLETED:  
Bristol at Parkway Place,  
Botanika Tower 1, Studio City  
Tower 3
- SOON TO RISE: 100,000 sq.m\*  
Approximately 3,000 units by 2021  
(Studio City Tower 4, Studio City Tower 5, The Levels Burbank Tower, Southkey Place Residences, and Dormitel)

## RETAIL

ACTUAL BUILD-UP AS OF DEC. 2018:

**542,000 SQ.M**

- RECENTLY COMPLETED:  
Festival Mall Expansion
- SOON TO RISE: 8,400 sq.m\*

## OFFICES

NORTHGATE AND THE REST OF  
FILINVEST CITY OFFICES

ACTUAL BUILD-UP AS OF DEC. 2018:

**618,000 SQ.M**

CURRENT LEASING RATES:

**P780/ SQ.M  
LEASE RATES**

- SOON TO RISE: 180,000 sq.m\*

\*In the next three (3) years



# BOTANIKA NATURE RESIDENCES: HEARTH AND HOME



FOR MOST OF HIS LIFE, 22-YEAR-OLD **CARLOS ILAGAN** HAD CALLED MAKATI HIS HOME. BUT AS HE FLIES OFF TO AUSTRALIA FOR HIS STUDIES IN A FEW WEEKS (AFTER GRADUATING WITH A DEGREE IN INDUSTRIAL ENGINEERING FROM LA SALLE), HE'S ALSO MARKING THE NEW CHAPTER IN HIS LIFE BY MAKING A BIG MOVE TO THE SOUTH. "WE JUST MOVED IN TO BOTANIKA A FEW MONTHS AGO WITH MY FAMILY, AND AM EXCITED FOR WHAT THE FUTURE HOLDS."

**B**otanika Nature Residences, tucked in a quiet community in Filinvest City, becomes an exciting new abode for the young professional as it's surrounded by greens and exudes a dynamic vibe, perfect for calming the soul as well as inspiring the spirit.

Sharing the three-bedroom flat along with his two brothers, sister, and his parents are his loyal fluffy companions, a Beagle and Pomeranian. The big move, like for the rest of his family, didn't bother him one bit as "For the longest time, my mom had been working in Filinvest City, so I wasn't a stranger to the South. Also, a lot of my friends live in BF Parañaque and Alabang, so it wasn't really a big adjustment, since I was already here a lot."

As an active individual, he regularly jogs around the neighborhood even when they were still residing in Makati. But in the Metro South, he's given new energy and reason to run because there's so much more of the city to explore. "What I like about the place is that even when it's hot, there are a lot of shaded areas, and the scenes are so inviting. And it's exciting





to run without having to think about your route. Every day can be different, and you discover new places. By the end of my run, I'm usually surprised that I've covered so much ground for the day," he says. Despite the heat and humidity, Carlos can also safely bring along his trusted doggy friends because they too can enjoy the cooler, southern breeze.

"Here, there's less stress, cleaner air, quieter ambience, and even when you go out on a hot day, it's breezy. Botanika really lives up to its name as a respite in the big city," he adds.

As he settles into his new home in Botanika, Carlos is joyfully discovering all the comforts and surprises the community has to offer. At the top of his current list of favorite places to hang out is Neil's Kitchen in Westgate—where he heads out for sumptuous Filipino fare every so often—and Festival Mall, where shopping has become an even more fun pastime. "Compared to living in Makati, the traffic here is so much better, and you have everything you need all in one area," he shares. Filinvest City, as a modern cosmopolitan, prides itself for being a future-forward, walkable city, where marketplaces, schools, malls, and hospitals are situated within a short drive or walk from each other.

"Here, it's nice to drive because it's relaxing. It's a huge change of pace compared to living in Makati. It's quiet, peaceful, and the scenery is beautiful," he adds.

When asked how it's been since moving to the South, Carlos quickly answers: "Definitely no regrets."



*"Here, there's less stress, cleaner air, quieter ambience, and even when you go out on a hot day, it's breezy. Botanika really lives up to its name as a respite in the big city."*





# THE PERFECT PLANTS FOR YOUR HOME

*As you step outside of your abode, Filinvest City refreshes the soul with its wonderful swathes of green gardens, parks, and bright sunshine. But on days when you just want to stay in, enjoy the same rejuvenating touch of nature with these helpful tips from Marvz Conti, an urban gardener, all-around-crafter, and the founder of Studio Hábil—maker of living art wall pieces, handmade decorations, moss terrariums, and moss wall.*



**A**ccording to Conti, you don't necessarily need to have a green thumb to take care of a plant at home, just a little love, commitment, and creativity! "I think as humans we have this innate tendency to connect and reconnect with nature. That is why we love to go outdoors and head to the beach, go on a hike, or trek up a mountain. With our longing for nature, plants will always be an essential in city-living as it not only helps calm our soul, but helps clean the air. Having greenery is proven to increase positivity and well-being."

Here are some perfect plant varieties for your home:

**1. Pothos and Devil's Ivy** For starters, these are good candidates for those who want to try out their gardening skills. Pothos can thrive both in soil and in water. It thrives in different lighting conditions, but low light may diminish the colors of the leaves.

**2. Snake Plants** Also known as Mother-in-Law's Tongue or Ribbon Plant, this type of succulent has thick, waxy leaves. It loves being pot-bound and thrives on being ignored and grows well in different lighting conditions, perfect for condos.

**3. Air Plants/Tillandsia** A relative of pineapple, these denizens of warm climates cling to trees, rocks, or anything that keeps them suspended where they receive abundant humidity, breeze, and light. These can be grown indoors with adequate lighting and care as most types do not require soil or any planting medium. You can mount or place them in any vessel like a glass or wood as long as there is a good air circulation and bright indirect or filtered light. You can water them with either the misting or soaking technique.

**4. Lucky Bamboo** (*Dracaena Sanderiana*) Perfect as a house-warming gift, this is an easy-to-care houseplant that thrives in water or soil. Just provide an adequate amount of water and it'll grow well even in indirect light.

**5. Peace Lily** One of NASA's air-purifying houseplants, peace lilies provide dark foliage and pretty, curving white

blossoms. It tolerates low light and prefers moist soil. You may even place it in a room or in bathrooms with fewer windows.

**6. Rubber Plant** This requires a very moist but well-drained environment, a good balance of light and shade, and needs bright light. Keep large leaves dust-free, repot as needed, and prune to keep compact.

**7. Moss** If you seriously have very little light, consider creating a glass mossarium. It just needs moisture and glances of light. They love damp environments, so it's important to keep the soil consistently moist for your plant. Position your tiny ecosystem on a window where it can get reflected light and it should thrive.

For most city dwellers, there are innovative ways to bring the outside in. But before buying a plant or growing one, consider how much room and light you have in a particular area.

It is also important to do your homework; read as much as possible about local plants and their maintenance before digging your first plot. When it comes to containers, you can easily find them at hardware stores and the like. But if you want to commit to a green, sustainable lifestyle, why not DIY and upcycle existing materials found at home.





# FILINVEST CITY'S GREEN BUILDINGS

Going green and thinking about a sustainable future are essential to modernizing any city. Filinvest City, one such capital, aims to be a pioneer in this aspect, master-planning its development and encouraging the construction of a full and complete Green Community.

Not only are Green Buildings more technologically advanced and environmentally and socially more responsible choices, they are able to call for higher market value, which benefits property owners and the community. According to a recent study on the European Green Building market, building owners were able to command a 7% increase in asset value for their green buildings over non-certified buildings.



## BOTANIKA NATURE RESIDENCES

Botanika Nature Residences, located in the quiet portion of Filinvest City, aims to elevate city living with its green philosophy. A sustainable development, Botanika has dedicated 70% of its establishment to open spaces and greenery.

But beyond landscaping, Botanika is committed to making itself a true green building by getting a third-party certification. It is currently partnering with the Philippine Green Building Council for its BERDE Certification, which is the local counterpart of USGBC LEED Rating System. It is vying for its 4-star rating for New Construction: Vertical Residential Development V1.1.0 category.

As part of its commitment to sustainability and green-living, Botanika has been built with key energy-conservation features in mind. This includes a provision of 60% of total spaces with natural ventilation, 100% of interior spaces with access to exterior views and day lighting, inclusion of bicycle rider amenities within the building, accessibility to key establishments and internal public transport system within the neighborhood, and a dedicated storage facility for waste generation and segregation, among many others. Through this and its many other initiatives, Botanika is able to better apply energy management and bring down its environmental impact.

This eco-conscious aspect brings so much value, not only to the brand as builders, but most importantly to the end users, the unit owners. "With green buildings, tenants and homeowners are assured of a property investment that grows in value over time. Also, it ensures a better quality of life for everyone by nurturing and protecting the environment," says Filigree's Deputy Head, Daphne Odra-Sanchez.

## FILINVEST AXIS

Northgate Cyberzone is a premier PEZA-certified IT Park—where the newest Filinvest Axis Towers are located. The developer of Northgate Cyberzone is Cyberzone Properties, Inc. (CPI), a fully owned subsidiary of Filinvest Land Inc. and is one of the largest providers of standard and built-to-suit BPO office spaces in the country.

One of CPI's newest and biggest developments is the Filinvest Axis Tower One, which is a proud LEED Gold Certified Building. Filinvest Axis is consistent with CPI's initiatives to provide sustainable developments that enhance the way of life and the environment of its valued clients. A company truly committed to sustainability, it has utilized several approaches and technologies to achieve its green design. To name a few, these include using performance glass (double glazed with low E-coating) that controls thermal and UV rays and at the same time maximizes daylight; utilizing energy efficient equipment that brings down consumption by 20%, replacing fluorescent and CFL bulbs with 100% LED lighting, which brings down consumption by 50%; and installing water efficient plumbing fixtures (sensor-type faucets, sensor-type flush valves for urinal and water closets) resulting in improved water efficiency by 36%.

Further helping the environment, Filinvest Axis makes use of the existing centralized sewage treatment plant that recycles waste water to be used as irrigation and the centralized district cooling system (DCS) that generates and distributes the chilled water requirements of the buildings located in Northgate Cyberzone. The DCS plant is able to efficiently manage the generation and distribution of chilled water demand requirements per building, which translates to less power and water consumption.

There are numerous benefits to going green, not only for the city and community as a whole but also to the productivity of the company. "Filinvest City has provided the right environment to be able to integrate its desired Green initiatives. Through the innovative and meaningful efforts, we are able to complement each plan towards sustainability," ends Michael Mamalateo, Cyber Properties Inc.'s Senior Assistant Vice President for Business Development.





# A SUSTAINABLE APPROACH TO BUSINESS AND LIVING

For over a decade, **Anna Meloto-Wilk** and her husband Dylan—the dynamic duo behind social enterprise, Human Nature which have a store in **Filinvest City**—have not only been trying to promote affordable, natural, eco-friendly and ethically made Filipino products, but are inspiring generations to lead a more **eco-conscious lifestyle**.

**T**ogether with Anna's sister, Camille, they envisioned a business that would produce high-quality, Philippine-made natural products that would restore productivity to the land and uplift impoverished communities.

“When we talk about sustainability in Human Nature, we always try to recognize the whole picture. We consider what's inside our products (natural, non-toxic formulations), outside (packaging and distribution), and everything in between (business practices and human relationships),” says President and Co-Founder Anna. “We take our responsibility of being nature's stewards very seriously. We carefully deliberate the impact of all our business decisions on the environment.”

For example, Human Nature's Natural Care Labs thoroughly research all their raw materials to ensure that they are naturally derived, biodegradable, are not processed using environmentally toxic processes. “These materials are not harmful to the ecosystems when released into the environment, so even after you've finished using the product or have washed it off, it's still safe,” Anna says.

In Filinvest City, Human Nature has found a fitting home as the Garden City of the Metro South embraces all businesses that promote green-living. The community is also well known for its green initiatives and welcomes others who aim to strengthen its sustainable practices. In Metro South, Human Nature currently has a shop in Entrata Urban Complex, but its products can be found in most malls and groceries.



Here, Anna shares some of her business philosophies to leading a more eco-conscious, green lifestyle.

## FOR US, TRUE SUSTAINABILITY MEANS BEING A GOOD STEWARD OF:



**Our planet.** We show love for our beautiful home by using natural ingredients that are biodegradable, renewable and nontoxic, and try to reduce waste wherever possible.



**Our local economy.** We strive to make responsible use of our rich natural resources and showcase the best of the Philippines to the world.



**Our people.** We treat workers with utmost value (and not as disposable resources) with business practices that provide a better quality of life through dignified living wages, no contractualization, and a no firing policy.



**Our health.** We make sure everything we create is genuinely natural and proven safe for our bodies and our families. In the 10 years we've been keeping these commitments, we've witnessed how the caring stewardship of people transforms lives, families, and communities.

*Human Nature in Filinvest City is located at the Ground Floor of Entrata Urban Complex, 2609, Civic Drive, Alabang, Muntinlupa City.*





# GREEN SPACES IN THE BIG CITY

Filinvest City as a master-planned community has dedicated spaces that allow one to live a full life. Along with defined places for play and work, Filinvest City assures that families and individuals have sanctuaries where they can relax, work out, and reconnect with nature. From parks to gardens, trekking sites and more, this burgeoning Green City finds innovative ways to make its verdant green spaces more dynamic!

*Here are some green spaces you should check out:*

## 1 SPECTRUM LINEAR PARK

This one-kilometer stretch of green offers a picturesque stroll connecting the north and south ends of the township. Here, enjoy the foliage-canopied walkway and the stimulating outdoor art installations perfect for your mid-day breaks. In the mornings and the evenings, active individuals can enjoy a breezy jog along the length of the park. And further allowing you to maximize your moments of “reconnection,” the park offers free WiFi access. Additional trivia: The red structures that you see around the park symbolize the strong sense of ambition and community of Filinvest City.



## 2 CENTRAL PARK

Soon to be added to the lush landscape and serve as one of the major public event places in Metro South, becoming another venue for concerts, festivals, and other community activities. Strengthening Filinvest City's position as a Garden City, this new sprawling space will be designed with overarching trees, beautiful gardens, and calming corners for citizens. So whether you just want to spend a moment to pray, play, or practice, you can definitely find a safe space here.

## 3 WATER GARDEN AND RIVER PARK

Filinvest City redefines the mall experience by integrating the Water Garden and River Park at Festival Mall. This nature hub, which boasts relaxing views of the river and expansive greens to sit and have a picnic, allows families to enjoy a new and exciting range of activities at the mall. Plan a fun afternoon now!



## 4 CREEKSIDE PARK

Leaning into Filinvest City's penchant for art in the outdoors, the Creekside Park is envisioned to become a mixed-use development and new public stage for community art. While in a more natural setting, this space aims to stimulate the mind, soul, and spirit with great works from the city's most talented artists.







# FILINVEST CITY, A WALKABLE CITY

THERE ARE MANY ASPECTS THAT DEFINE A MODERN CITY—ITS SMART URBAN PLANNING, DEDICATION TO GREEN ARCHITECTURE, BALANCE OF GREEN SPACES, COMMITMENT TO SUSTAINABILITY, AND MORE. THE LIST IS LONG AND MANY. BUT ONE OF THE MOST IMPORTANT DEFINING FEATURES IS ITS WALKABILITY.

**B**ut what does it mean to be a walkable city? According to Vox (an American general news site owned by Vox Media) article on why walkable cities are good for the economy, a city's walkability which is rated through Walk Score (a website that aims to promote walkable neighborhoods) is determined by analyzing how many errands can be done without a car. Walkability is an important feature for any modern development, because it reflects people-oriented city-planning, which is found to benefit local economies and make societies more equitable.

## Why aren't there more walkable cities?

It's been cited in the article that one of the biggest reasons many cities aren't walkable is, because when it comes to deciding whether a space should be utilized for gardens or buildings, the latter is usually always given priority, leading to overbuilding and the congestion of CBDs.

Another is that land is dissected into "uses," something called "single-use zoning." For example, once a zone has been designated for retail, a medical office or a single-family home cannot be built next to it. This poses an unnecessary hurdle for an individual, because in order for a person to, for example, eat lunch, go to the doctor, and buy a birthday present, he has to travel to three different zones. This is neither convenient nor efficient, especially if you don't have a car or easy access to transportation.

Filinvest City addresses this by not following the "single-use zoning." Rather, it formed nine different districts—each



one with its distinct character—and followed the live+work+play concept for each. This allowed the development of fully supported sub-communities that are essentially complete and able to support themselves.

One of the perfect examples of this is Spectrum. For the live aspect, it has Aspen Tower, La Vie Flats, Vivant Flats, Mondrian Residences, and Parque Espana offering residential spaces. Then there's Insular Life, Asian Star, and other corporate buildings that have become a center for work within the area. On the aspect of play, Spectrum has pockets for leisure and relaxation with Commercenter, Somerset Alabang, Acacia Hotel, and Spectrum Linear Park.

Within this smaller community, its citizens are fully supported and everything the population needs to live and go about their day is within a short, walkable distance from each other. Filinvest City is a CBD that's designed to help the people, and makes their daily lives as enriching and convenient as possible.



## Walkable means more profitable

According to studies online, cities with high walk scores not only nurture happier, healthier communities, but gain higher property values. This is because walking costs the city very little, unlike those that are dependent on public transit and cars. The cost to provide public transportation and to maintain roads and citywide services like police and ambulances cost the city more than for example maintaining sidewalks and parks for pedestrians.

Walkable cities are also more equitable for citizens as it opens up the world to those who do not have the means to drive and afford public transportation. Improving the walkability of a city helps better serve a greater population.

As a master-planned development, Filinvest City—in this aspect—takes into account the entire community, ensuring that its people are well taken care of. Aside from offering eco-friendly transportation with the 360 Eco Loop, it has invested in the beautification and safety and security of its roads and sidewalks with canopied walkways, bridges, and gardens for rest.

## Future-ready and people-oriented

Filinvest City, with every masterplan enhancement, invests in making itself more people-centered. Pedestrian lanes are widened and improved with designated bike lanes. When it comes to pedestrian design, buildings are close to the street and parking lots are relegated to the back. Intentional green landscaping is found all over the township to make the walking experience more pleasurable. Safety and security is a top concern that is ensured through a sophisticated traffic management system and 24/7 security force and road CCTVs.

As a walkable city, Filinvest City is more than dedicated to enhancing its public spaces, and continually builds more green and spacious open areas where the community can come together. Aside from its Bike Trail, the one-km Spectrum Linear Park has become a key



fixture, distinct to Filinvest City. Two more park venues are expected to open soon.

In addition, further helping its population, Filinvest City ensures that it is able to cater to all individuals by offering affordable housing located near businesses. Filinvest City has proudly built numerous residential options for different markets. It is home to the Studio brand, which is geared towards the working market, offering studio units. The Levels is perfect for professionals with studios, and one- and two-bedroom suites. Bristol at Parkway Place, Vivant and La Vie have become the top choice of executives and families with their one- to two-bedroom options. Delighting those who are looking for a sanctuary in the South, Botanika Nature Residences offers spacious two-bedroom and three-bedroom apartments for the most affluent. For families seeking community, there is also Palms Pointe, which is a gated neighborhood masterplanned with spacious house and lots. Across the board, Filinvest City supports and services its diverse populations.

From its defined districts for business and leisure, to its thoughtful people-oriented master-planning, Filinvest City has become a true model of a modern city. Not only does the CBD make life easier for its people as a walkable city, it encourages everyone to live their best life possible.





# FILINVEST CITY AT YOUR OWN PACE

EXPLORE THE GARDEN CITY ON FOOT AND DISCOVER NEW ACTIVITIES,  
FOODIE SPOTS, AND LIFESTYLE HUBS!





# GOING GREEN FOR PROGRESS

FILINVEST CITY, AS THE FLOURISHING GARDEN CITY OF METRO SOUTH, HAS BECOME SUCH A STRONG MODEL FOR SUSTAINABILITY, BECAUSE IT NOT ONLY INSPIRES ITS CITIZENS TO TAKE A PRO-ACTIVE ROLE IN PROTECTING THE ENVIRONMENT BUT IT ALSO WORKS WITH LIKE-MINDED LOCATORS AND BUSINESSES TO HELP STRENGTHEN ITS GREEN INITIATIVES.

Filinvest City, was master-planned to become a complete and sustainable township, one that embodied the ideals of a modern city. Dynamic, progressive, and sustainable, Filinvest City has become the perfect home and community of the future, where its citizens—regardless of passions and backgrounds—live a full and enriching life.

And as the city grows, Filinvest City ensures to never lose sight of its greater goal of sustainability by partnering up with other like-minded locators and businesses that believe in the potential and future of the Metro South. Here, they share their stories.





*“Creating sustainable communities, like Filinvest City, is a great step forward for us. It’s necessary and urgent—especially with the current climate crisis—and we should commit to ensure that we leave a better world to our children.”*

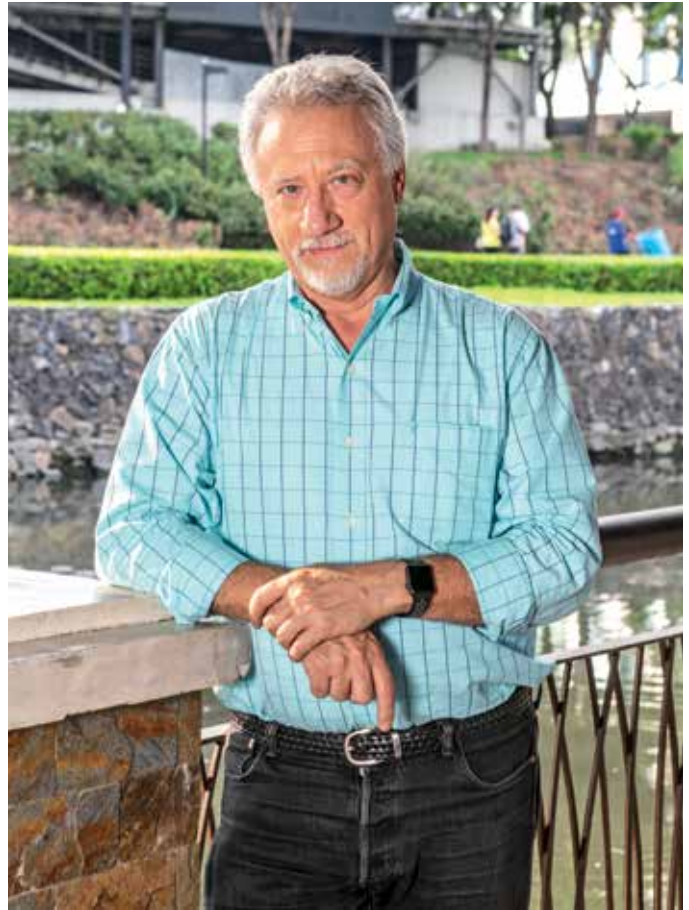
### SUCCESS OF A SUSTAINABLE CITY

A few years ago, Filinvest City had begun working towards its LEED (Leadership in Energy and Environmental Design) certification, one that would recognize the city’s efforts in transforming itself into a modern and accredited township.

LEED is the globally renowned green building rating system that provides a framework to create and recognize healthy, highly efficient, and cost-saving green buildings. LEED for Neighborhood Development, for which Filinvest City is currently undergoing its accreditation, was initiated to recognize large-scale townships that successfully protect and enhance the overall health, natural environment, and quality of life of the community. The LEED-ND rating system demonstrates the sustainability of neighborhoods using an integrated set of smart growth, new urbanization, and green construction principles.

And helping Filinvest City secure the certification with flying colors is Texas-based Dean Barone, an accredited LEED Professional and President of Barone International.

“Filinvest City embodies the principles of smart growth with walkable streets and an inviting mix of trees and development that foster a sense of community,” begins Dean. “The fact that Filinvest City is aiming to become a sustainable community and



**DEAN BARONE**  
PRESIDENT OF BARONE INTERNATIONAL

the first LEED Neighborhood Development in Southeast Asia is, indeed, noteworthy, because this means that the CBD is setting a high bar for future developments in the Philippines and the region.”

It’s important that Filinvest City succeeds and sets the path for others to follow, Dean says, as Filinvest City will become a model for implementing sustainable solutions for all communities across the country, especially in terms of water and energy consumption, transportation and mobility, increased efficiencies and improved health.

Filinvest City, which is well on its way to securing its accreditation, is willing to share the secret to success when it comes to sustainability. “Sustainability and the future of the country relies on the sharing of best practices, and Filinvest City—generous with its wisdom—is willing to share what it has done for the township with other communities.”

The road to LEED is long and arduous, “but I’m sure Filinvest City will be able to secure it,” affirms Dean. “I believe that all townships should strive to become sustainable, because this is the best way to pay it forward. Meaning, our efforts are not only meant to improve the current experience of the community, but to also consider the bigger impact on future generations. “Creating sustainable communities, like Filinvest City, is a great step forward for us. It’s necessary, urgent—especially with the current climate crisis—and we should commit to ensuring that we leave a better world to our children,” Dean concludes.



*“For us, sustainability is a commitment, and so hand-in-hand with Filinvest City, we’re trying to make Metro South the best place where people can live, work, and play!”*

## THE EXTRA MILE

Filinvest City has proudly established itself as the world-class Central Business District in Metro South, harmoniously blending modern, state-of-the-art urban lifestyle and innovative master-planning with green, open spaces and eco-centric features that make it a walkable and bike-friendly community.

As the Garden City of the South, Filinvest City welcomes and supports the lifestyles of active individuals by developing parks, gardens, trekking routes, and other nature-centric features that encourage people to play and discover the great outdoors. But more than just playing up its natural assets, Filinvest City, as a supporter of sustainability, ensures to put in place systems that ensure the proper and efficient use of every natural resource.

This love and respect for nature is what persuaded Decathlon to open up its flagship store in Filinvest Alabang, the first in the country. “Decathlon shares the same values of Filinvest City, as a master-planned development. We believe in a holistic lifestyle and the positive impact of nature and the outdoors,” shares Ryan Mendoza, the Store Leader of Decathlon Festival Mall.

Decathlon, as a socially and environmentally responsible company, believes in giving back to the community and in fulfilling one’s duty as a steward of the environment. As one of its sustainability and eco-efforts, Decathlon hosts regular eco-runs, wherein teams pick up trash along their running routes. Not only do they get to rev up their heart rate for the day’s cardio, but they’re able to exercise their duty of protecting the environment.



A waste segregation system at Decathlon store



**RYAN MENDOZA**  
STORE LEADER, DECATHLON

“We really are conscious about our sustainability efforts. From our eco-runs to the proper disposal of our store waste, to the partnerships we build with other brands and contractors, we make sure that they align with our values,” he adds.

One of these proud partners is Plastic Flamingo, another French social company based in the Philippines, that takes care of collecting and recycling plastic waste from the store. From the waste collected, the company creates sustainable products, furniture, emergency shelters, and other useful items. “We encourage our employees and loyal patrons to take part in the initiative by making Decathlon one of the drop off points for plastic waste.”

In addition to the Eco-Run, the French sporting goods retailer, further supports the active community in the South by hosting numerous fun activities. Decathlon has a bird watching group called Nature Watching with #DecathlonPH led by their Wild Discovery Leaders to help nature lovers discover the most beautiful corners of Metro South by heading out to where the birds feed and nest. In addition, Decathlon makes the most of the relaxing spaces within the Garden City by hosting Zumba classes, free yoga sessions, and even sports events in the scenic spots around the CBD.

“For us, sustainability is a commitment, and so hand-in-hand with Filinvest City, we’re trying to make Metro South the best place where people can live, work, and play!” ends Mendoza.





*“And this is why finding a home in Filinvest City is good, because it’s built to nurture all aspects of one’s life and health.”*

**R'MAN LORENZO**  
MANAGING DIRECTOR  
OWNER & FOUNDER,  
EARTHORIGINS

As an eco-conscious company, EarthOrigins takes pride in its sustainability efforts which aim to complement the initiatives of the CBD. “As one of the pioneers and surviving business models in our category, one of our key initiatives when it comes to sustainability is our continued collaboration with the farmers. By working with them using seasonal crops, this helps us balance and protect the environment, spread awareness to our customers, and continue a sustainable business operation.”



## DOES THE BODY GOOD

**W**hen it comes to wellness, it’s no longer about maintaining a healthy body, but ensuring a balance of mind, body and spirit. And this can be achieved through the food we eat and what we surround ourselves with.

“This is why finding a home in Filinvest City is good, because it’s built to nurture all aspects of one’s life and health,” shares R’man Lorenzo, the managing director, owner, and founder of EarthOrigins.

R’man had started his business of supporting wellness some eight years as he was a staunch advocate of healthy living. From San Juan, he soon decided to grow his enterprise in Alabang, which was ripe for such a concept as his health food store.

“When we were considering a new branch, we immediately thought of Filinvest City, and months later, we’re very happy with our store in Westgate because there’s so much greenery and open space. It has such a vibrant, energizing feel,” he shares. “Our location—in the midst of bright sunlight and gardens—adds on to the brand, strengthening what we’ve been advocating to others which is to reconnect with nature and make sustainability achievable in every community that we serve.”

Within its stores, EarthOrigins also promotes the exercise of proper disposal and educates the public on the importance of being mindful consumers through its campaigns.

“Healthy living is sustainable living, because the better decisions we make today will have a direct impact on our children. Living a healthy, eco-conscious, sustainable lifestyle starts with small acts, and it’s time we make better choices.”





# EATS

## DINE WITH A VIEW

IT'S ONLY IN FILINVEST CITY THAT YOU'RE FULLY IMMERSSED IN NATURE. SO, TAKE ADVANTAGE OF THE VIEWS AND ENJOY MEMORABLE MEALS WITH STUNNING SCENERY.

DISCOVER THE EXCITING EATS ALONG FESTIVAL MALL'S WATER GARDEN.



Sizzling Sisig



### CHILL BAR HAPPY HOUR

After a hard day's work, sit back and relax with a beer or cocktail in hand as you watch the calming view of the river outside. With an array of sumptuous appetizers—from sizzling sisig to calamares and more—find heavyweight eats to fill you up!



Pink Slush and Nacho Nasty



All variants of Tenya Tempura Tendon

### TENYA TASTE OF THE SEA

As the sun sets, enjoy cuisine from the Land of the Rising Sun. At Tenya, bite into their famous tempura—deep-fried battered seafood, meats, and vegetables—which are cooked using infrared heat technology, ensuring consistent tempura every time.



### JUAN'S BISTRO CLASSIC FAVORITES

Enjoy the cool breeze as you dine al fresco at Juan's Bistro. Find the comfort food from your childhood like the classic Crispy Pata, Bangus Bistek, and Turon. Indulge in other fresh seafood dishes at this family favorite destination!



Crispy Pata



Turon Saba na may Nangka



Bangus Bistek



# A HAVEN FOR FITNESS AND HEALING

*As a community that supports the diverse lifestyles of active individuals, Filinvest City prides itself in nurturing an environment for self-empowerment and healing. Helping to maximize the benefits of its rejuvenating surroundings, check out the spas and new fitness spots as an alternative to your usual workout routine.*



## ONELIFE STUDIO WOMEN EMPOWERMENT

*Westgate*

ONELIFE is a proudly homegrown, 100% Filipino-owned brand, with a studio that employs over 30 licensed physical therapists and partner doctors—and that number is still growing! As it's focused on women's health, the studio is predominantly run by women, so you can feel safe, secure, and supported as you go about your healthy journey.

ONELIFE understands that when it comes to exercise, everyone's abilities and needs are different—most especially women's. And this is why they've developed their ONELIFE CARE CIRCLE™, so that generations of women can find the support and direction to help them achieve their fitness goals. ONELIFE combines the best of Pilates, Physiotherapy, and Functional Training, and shares this with every woman in a highly personalized program. From injury rehab, pre- and post-natal fitness, optimal health for a complete lifestyle change, the ONELIFE team can be with you every step of the way.

## FOCUS ATHLETICS FITNESS AND FORM

*Commercenter*

Focus Athletics was founded on the belief that everyone has the right to train like a professional athlete. Focus Athletics Alabang is a two-operation facility. Thus, its numerous classes and programs revolve around key areas of Sports Performance, Physiotherapy and Rehab, Nutrition, Skills Training, and Health and Wellness. In addition to athletic training and manual therapy, its most unique offerings include Focus Training System classes (an intense 60-minute system comprised of weight training, plyometrics, functional movements, and fat-torching ESD cardio-strength circuits), and recovery treatments like Laser Therapy and Cryosauna, which help reduce injury and hasten healing.





## MANDARINE REFLEXOLOGY & SPA TOUCH OF HEALING

*Westgate*



Tucked in Westgate, Mandarin Spa has become a go-to for those seeking a respite for relaxation. Step into this warm and inviting abode, accented with Asian-inspired décor, and be immediately enveloped by a soothing calm. The spa offers various pampering treatments. But when here, do try their renowned Chinese-style foot reflexology, which aims to unblock the energies within your body and removes toxins from your system. For more traditional treatments, the Shiatsu and Swedish massages, delivered by the expertly trained personnel, will have you feeling truly relaxed.



## CENTRO HOLISTICO AT THE HEART OF HEALTH

*Commercenter*

According to Centro Holistico, health is a fluid concept, and there is more to health than just the physical aspect. Thus, the clinic aims to address the whole well-being of an individual—physical, mental, emotional, and spiritual—through the use of both traditional Western medicine methods and complementary and alternative medical theories and treatments.

Guided by a more holistic approach, the center's team of licensed medical doctors integrate alternative and conventional medical principles in their practice. Here, you can try out acupuncture, energy healing, intuitive counselling, Ventosa, colon cleanses, laser therapies, and other detox treatments.





# TAKING ACTION

SOUTHERNERS SHARE THEIR ENVIRONMENTAL CONCERNS AND THE LITTLE THINGS THEY DO TO HELP SAVE OUR PLANET.



**CHRYSTEL ILANO-ACUÑA**  
Digital Marketing Manager

The environmental issue I'm most concerned about is the excessive use of plastic, so I minimize my use by bringing eco bags to the market, and I also always bring reusable straws in my bag so there's no need to ask establishments. These small changes together can hopefully help make a big difference for our environment.



**YOGI PAJARILLO**  
Data Director

I help reduce pollution and traffic during workdays by taking the bus and walking. I also turn the lights off when I leave the room, and I unplug our electronic devices when not in use to conserve energy.

## FRANCIS DE LEON

Chief Hotel and Project Development  
Consultant/Lifestyle Writer

The world produces roughly 300 million tons of plastic each year and unfortunately half of it is disposable. What's deeply concerning is that only 10-13% of plastic items are recycled. Conversely, the components of petroleum-based disposable plastic make it difficult to recycle, and they have to add new potent materials and chemicals to do so. Obviously, we need to use less plastic, move towards environmentally sustainable products and services and come up with technology that recycles plastic more efficiently. To help ease the problem, it begins with a renewed mindset and it is as simple as using re-usable items. For instance, I started using a refillable stainless metal drinking bottle whenever I travel or go out for work. This is more economical and healthy choice than buying plastic bottled water every day, right? Moreover, I now use stainless metal straws at home to drink my favorite thirst quencher.



**PATRICK LOPEZ**  
BPO Executive

I would not consider myself an eco warrior or champion, however one issue which concerns me is the water situation we have experienced recently in our area. For the last two years, during the summer months, there is a supply shortage affecting our area as well as neighboring areas. This made me realize, we often take this resource for granted because it's always there, and makes me ask if we are doing our part no matter how small to help the situation. What my family has done to help in our own small way is the following: Stopped using our inflatable pools, stopped using the bath tubs which kids enjoy! We've also limited the washing of cars to at most once every two weeks and also being more conscious when we need to flush the toilet.



**CHIARA MARIE TOPACIO**  
Analyst

I'm most concerned about the plastic litter that it has started to invade our oceans and harm marine wildlife. I try to do my part by refusing single use plastic utensils, bringing my own mess kit in the office, and in case I forgot my tumbler, buying drinks in cans instead of plastic bottles.



**JOY GUZMAN**  
Revenue Manager

The issue that greatly bothers me at present is the widespread use of non-biodegradable plastic by consumers. Most products currently—water bottles, toys, cookware, and other basic stuff—still utilize the use of such materials. Yes, these plastic products are highly recyclable but the fact that they are non-biodegradable still poses a high risk to the environment. I always tell my kids to think twice before purchasing any plastic-made item, as it takes about 700 years for these plastics to decompose. Nowadays, I bring my own water jug wherever I go, as well as my own bamboo and metal straw. I also encourage my friends to do the same, hoping that eventually, awareness would spread and more people would follow suit.







## LIMITLESS FUN AT THE FESTIVAL OF POSSIBILITIES 2019

DRAWING AN ASTOUNDING 11,000 FESTIVAL GOERS, THE SECOND, GRANDER INSTALLATION OF FESTIVAL OF POSSIBILITIES HAD UNDOUBTEDLY BECOME ONE OF THE HIGHLIGHTS OF THE SUMMER WITH AMAZING MUSIC, FOOD, AND FUN FESTIVITIES.



**F**ilinvest City once again proves that there are endless possibilities with the resounding success of its Festival of Possibilities 2019, held at the Filinvest City Events Grounds.

Last April 26, the entire Filinvest City community came together, as well as guests from neighboring cities, for an unforgettable night of music and play. On the grand stage performed some of the country's hottest bands such as **The Itchyworms**, **Rivermaya**, **Spongecola**, **I Belong To The Zoo**, and **This Band**.

As the music played into the night, the Festival of Possibilities amped up the fun with attractions and activities to keep guests entertained on the sprawling event grounds. There were stilt walkers, arcade booths and giant board games, and a food bazaar that kept the drinks and food flowing.

"We're extremely pleased that this year's Festival of Possibilities was another huge success," says Don Ubaldo, Filinvest Alabang, Inc. vice president for townships. "Here at Filinvest City, we believe in creating a community that's conducive for work and productivity, as well as fun and leisure. We assure our 'cityzens' that we will mount more fun events like these in the near future."





# THE MUSIC PLAYS ON

THE VIBE TEAM SITS DOWN WITH SOME OF THE NIGHT'S PERFORMING BANDS AND HAVE THEM SHARE SOME OF THEIR THOUGHTS ON MUSIC AND THE **FESTIVAL OF POSSIBILITIES**.

## CHICQUERELLA

### Who is your musical influence?

Our common influence is John Mayer; he's really talented.

### Describe your music in three words.

Cozy, sweet, and spicy.

### What are your thoughts on OPM today?

The number of up-and-coming bands in our country is overwhelming if you look at OPM as a competition. Chiquerella is just starting, and we only wanted to write and play. Then we realized that maybe we should do more. We can't just write and play. *Sa daming bandang magagaling, kailangan din namin mapansin*. We need to perform! So whenever

opportunities come to us, we just grab it!

### What can your fans look forward to this year?

We're almost done recording our originals. You'll be able to download and stream our



songs on all digital music platforms soon!

### Favorite moment at Festival of Possibilities?

The applause and whenever the audience sang the lines of our songs. They vibed! The food was awesome, too!

for their support and warm response. It's really overwhelming, and we do have a lot of projects and a possible collaboration that we're working on now.

### Favorite moment at Festival of Possibilities?

We are so thankful to be part of Festival of Possibilities 2019, and we enjoyed every second of it—from the VIP treatment, to the attentive staff, and the moment we played on stage. Although we are the first band to perform, a lot of people already gathered to watch and sang along with the songs we played. It was a really a great experience.

## WRITTEN BY THE STARS

### Who is your musical influence?

Mostly international bands like Mayday Parade, All Time Low, We the Kings, etc. The type of music they offer reminds us of some of the best memories that we have from our childhood and teenage years.

### Describe your music in three words.

Nostalgic, emotional, heartbreak.

### What are your thoughts on OPM today?

It's good that a lot of people appreciate OPM. You can see that they are adding new songs from new bands onto their nostalgic playlists and the support is really great.

### What can your fans look forward to this year?

First of all, we are very thankful

## LUNARLIGHTS

### Who is your musical influence?

It's a mix of the bands we grew up listening to like Angels and Airwaves, Red Hot Chili Peppers, Fall Out Boy, and Rico Blanco, along with current artists like Post Malone, Dance Gavin Dance, LANY and Scandal.

### Describe your music in three words.

Groovy, Punk, Rock.

### What are your thoughts on OPM today?

OPM rules!

### What can your fans look forward to this year?

We'll be releasing new

music in the coming months so watch out!

### Favorite moment at Festival of Possibilities?

Playing for everyone at Filinvest City, Spongecola's Sea of Lights, and then our drummer, Mav, proposed to his girlfriend during our set.

## BRISOM

### Who is your musical influence?

A lot. It's hard to name 'coz we listen to a lot of music.

### Describe your music in three words.

Sunset, Roadtrip and City lights, that's the perfect vibe our music sets.

### What are your thoughts on OPM today?

Our local music scene is

booming with appreciation nowadays. Thank you to all who support their own.

### Favorite moment at Festival of Possibilities?

Our fave moment was how the organizers took care of the artists. We were in a big, cool tent, served delicious buffet, and, of course, THE CROWD was amazing!







## PRURIDE PH 2019: Ride Of A Lifetime

Last April 7, Filinvest City played host to Criterium, one of the two legs of PRURide PH 2019 in Manila. The race gathered hundreds of cyclists and pitted them against each other in action-packed races in the fixed gear, mountain bike, and road bike categories. After taking on the challenging routes that weaved their way through Filinvest City's natural landscape, riders Jan Paul Morales and Jermyn Prado reigned supreme, taking their place again as champions (after winning last year). At this race, 43 cyclists won grand prizes up to Php 50,000



## COLOR MANILA: Color Your World

Bringing more vibrant color and energy to your running adventures, Color Manila—the biggest, most colorful fun run in the country—held another successful edition last May 25, 2019. Encouraging runners to “Unleash your other side!”, Color Manila created an unforgettable and euphoric running experience, which took participants around Filinvest City. The events grounds was filled with splashing colors and an exciting musical festival awaited runners at the finish line.

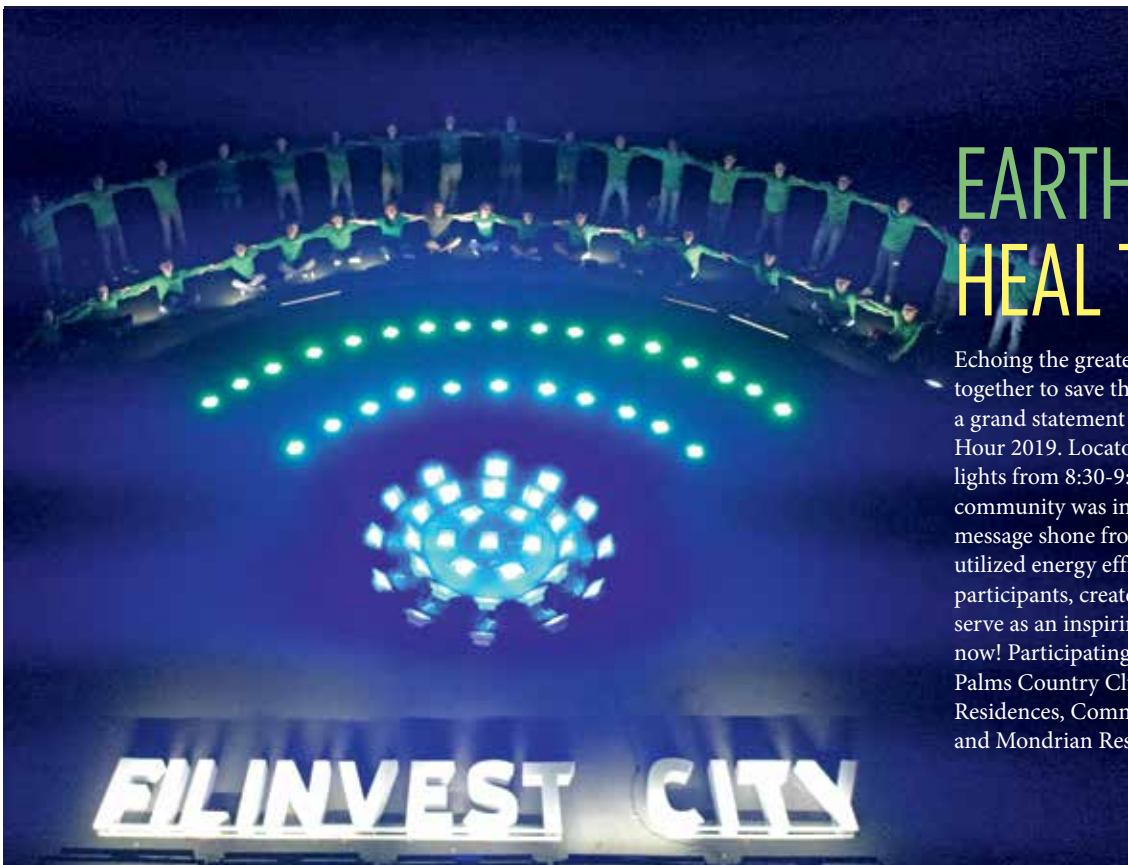
## FIRE OLYMPICS 2019 FIRE UP!

Every year, Filinvest City puts the different emergency response groups (ERGs) of city locators to the test with the highly anticipated Fire Olympics. Held May 4, from 7 am to 12 nn, eight locators joined in on the fun for some healthy competition. The annual event aims to not only test and train personnel, but serves as a refresher course on firefighting, rescue practices, and tactics. The teams from Commercenter Alabang, The Palms Country Club, South Station Terminal, Cyberzone Properties Inc. (CPI), Acacia Hotel Manila, Studio City, The Levels, and Festival Mall participated in several events like the Rescue and Transfer Relay, Hose Laying and Replacement of Busted Hose, Blitz Attack, and Flammable.



## EARTH HOUR HEAL THE WORLD

Echoing the greater call for the community to come together to save the environment, Filinvest City made a grand statement on the night of March 30 for Earth Hour 2019. Locators and residents turned off their lights from 8:30-9:30 pm in solidarity. And while the community was in total darkness, an illuminated message shone from Block 30. And LED image, which utilized energy efficient bulbs, along with several participants, created a formation, which aimed to serve as an inspiring reminder that we have to act now! Participating in this year's celebration were The Palms Country Club, Asian Star, Polaris, Botanika Residences, Commercenter, Landmark, Festival Mall, and Mondrian Residences.







# Does your child have an undetected eye problem?

Children rarely complain about eye problems. They think whatever vision they have is normal and they have no alternative experience to compare it with. However, having poor vision can affect the way they learn in school, play sports, or even the way they interact with other children.

Get your child's eye checked immediately when you notice any of these signs:



**Squinting or covering one eye**



**Holding materials close to the face**



**Tilting the head to one side**



**Rubbing eyes frequently**



**Having one or both eyes turn inward or outward**



**Using a finger to keep track of what they are reading**

## Schedule an appointment today!

**Asian Eye Commercenter Alabang**

Ground Floor, Commercenter, Commerce Ave. cor. Filinvest Ave.,  
Alabang, Muntinlupa City

Tel. No.: (02) 403.9013 • Mobile No.: (0917) 628.2807



asianeyeinstitute



asianeyephil



FILIGREE

*Embracing* Distinction

Actual Photo of Botanika Nature Residences

