

APRIL TO JUNE 2019 COURSE SCHEDULE

HEALTH PROMOTION



Mental Fitness & Suicide Awareness Supervisor	25 & 26 April	0800-1600 hrs/ 0800-1200 hrs
	29 & 30 May	
Mental Fitness & Suicide Awareness General	08 May	0800-1600 hrs
	19 June	
Alcohol, Other Drugs, Gambling & Gaming Awareness Supervisor	02 & 03 April	0800-1600 hrs/ 0800-1400 hrs
	23 & 24 May	
Alcohol, Other Drugs, Gambling & Gaming Awareness General	13 June	0800-1600 hrs
Managing Angry Moments	14 & 16 May	0900-1600 hrs
Stress Take Charge	16 & 17 April	0900-1600 hrs
	25 & 26 June	
Top Fuel for Top Performance	10 & 11 April	0900-1600 hrs
	05 & 06 June	
Inter-Personal Communication	01 & 02 May	0900-1600 hrs
Weight Wellness Lifestyle Program	11 June & 18 June	0800-1600hrs

Registration is mandatory.
FREE to CAF members and their families, DND and Civilians employees.
Call ext. 4685 to register or visit www.cafconnection.ca/Petawawa

Health Promotion in the Canadian Forces
**STRENGTHENING
THE FORCES**
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

