



# health promotion



## Health Promotion Schedule

### Spring/Summer 2017

PROGRAM	DATE	TIME	LOCATION
<u>Quit it! - NEW!</u> <u>CAF MEMBERS ONLY</u>	On-Going Registration		
<u>Managing Angry Moments (MAM)</u>	May 12 - Jun 9 (Fridays)	0800 - 1100 hrs	Shearwater
	6, 13, 20 Jul	0800-1500 hrs	Shearwater
<u>Mental Fitness &amp; Suicide Awareness (MFSA)</u> <u>*MITE Code</u>	Jun 8 & 9	0800 - 1530 hrs / 0800 - 1200 hrs	Shearwater
	Jul 26 & 27	0800 - 1530 hrs / 0800 - 1200 hrs	Stadacona
<u>Family Violence Awareness: Supervisor's Training</u>	Jun 2	0800 - 1200 hrs	Dockyard
<u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisors' Training (AODGGA)</u> <u>*MITE Code</u>	Apr 26 & 27	0800 - 1530 hrs / 0800 - 1200 hrs	Shearwater
	Jun 28 & 29	0800-1530 hrs / 0800-1200 hrs	Dockyard
<u>Top Fuel for Top Performance (TFTP)</u>	Jul 18 & 19	0800 - 1500 hrs	Stadacona
<u>Injury Reduction Strategies for Sport and Physical Activity</u>	Jul 21	0800 - 1200 hrs	Stadacona

**FREE! Open to CAF members and dependants (18 years +) and civilian DND employees**

For more information and/or to register, please visit [www.cafconnection.ca/Halifax/hpschedule](http://www.cafconnection.ca/Halifax/hpschedule)

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