

JUNE TO AUGUST 2019 COURSE SCHEDULE

HEALTH PROMOTION



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

Mental Fitness & Suicide Awareness Supervisor	August 14 & 15	0800-1600 hrs/ 0800-1200 hrs
Mental Fitness & Suicide Awareness General	19 June	0800-1600 hrs
Alcohol, Other Drugs, Gambling & Gaming Awareness General	13 June	0800-1600 hrs
Managing Angry Moments	9 & 11 July	0900-1600 hrs
Stress Take Charge	25 & 26 June	0900-1600 hrs
	7 & 8 August	
Top Fuel for Top Performance	Warrior edition 17 July	0900-1600 hrs
Weight Wellness Lifestyle Program	11 June & 18 June	0800-1600hrs

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

