

2017 Health Promotion Schedule



Mental Fitness Suicide Awareness-Supervisor (MFSA-ST) *MITE Code	15 August, 2017	0800-1600 hrs
	11 October, 2017	
	15 November, 2017	
	12 December, 2017	
Mental Fitness Suicide Awareness-General (MFSA)	19 July, 2017	0800-1600 hrs
	25 October, 2017	
Weight Wellness (WWLP)	9 to 30 August, 2017	0830-1200 every Wed
	5 October to 23 November, 2017	0900-1100 every Thur
Alcohol, Other Drug, Gaming & Gambling Awareness Supervisor (AODGGA) *MITE Code	13 & 14 June, 2017	0800-1600/0800-1200 hrs
	4 & 5 October, 2017	
	21 & 22 November, 2017	
Alcohol, Other Drug, Gaming & Gambling Awareness General(AODGGAG)	27 September, 2017	0800-1600 hrs
Stress Take Charge (STC)	27 & 28 June, 2017	0900-1600 hrs both days
	12 & 13 September, 2017	
	7 & 8 November, 2017	
Managing Angry Moments (MAM)	22 & 24 August, 2017	0900-1600 hrs both days
	24 & 31 October, 2017	
	5 & 7 December, 2017	
Top Fuel for Top Performance (TFTP)	<u><i>IRONMAN EDITION</i></u> 6 July, 2017 3 August, 2017	0900-1600 hrs
	28 & 29 November, 2017	0900-1600 hrs both days
Inter-Comm (ICM)	17 & 18 October, 2017	0900-1600 both days

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

