



# health promotion



## Health Promotion Schedule

### Fall/Winter 2017

PROGRAM	DATE	TIME	LOCATION
<a href="#"><u>Better Health Plus</u></a> (8 sessions)	16 Oct – 4 Dec	1300-1530 hrs	Stadacona
<a href="#"><u>Inter-Comm</u></a> (Interpersonal Communication)	3 Oct – 4 Oct	0800-1530 / 0800-1200 hrs	Windsor Park
<a href="#"><u>Stress.Calm</u></a> (3 sessions)	5 Oct – Oct 19	0800-1530 hrs	Shearwater
<a href="#"><u>Injury Reduction Strategies for Sport and Physical Activity</u></a>	20 Oct	0800-1200 hrs	Stadacona
<a href="#"><u>Mental Fitness &amp; Suicide Awareness</u></a> (MFSA)	17 Oct – 18 Oct	0800-1530 / 0800-1200 hrs	Dockyard
	Dec 6 – Dec 7	0800-1530 / 0800-1200 hrs	Shearwater
<a href="#"><u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training</u></a> (AODGGA)	25 Oct – 26 Oct	0800-1530 / 0800-1200 hrs	Shearwater
	29 Nov – 30 Nov	0800-1530 hrs / 0800-1200 hrs	Stadacona
<a href="#"><u>Managing Angry Moments (MAM)</u></a> (4 sessions)	7 Nov – 28 Nov	0800-1200 hrs	Dockyard
<a href="#"><u>Family Violence Awareness: Supervisor's Training</u></a>	17 Nov	0800-1200 hrs	Shearwater
	15 Dec	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)

Email: [hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca) | Phone: (902) 722-4956