



# health promotion



## Health Promotion Schedule

### Winter/Spring 2018

PROGRAM	DATE	TIME	LOCATION
<a href="#">Better Health Plus</a>	15 Jan – 5 Mar <i>Mondays only</i>	1300-1530 hrs	Dockyard
<a href="#">Better Health Plus</a>	15 Jan – 5 Mar <i>Mondays only</i>	0800-1030 hrs	Stadacona
<a href="#">Managing Angry Moments</a>	19 Jan – 9 Feb <i>Fridays only</i>	0800-1200 hrs	Shearwater
<a href="#">Respect in the CAF</a> <i>(Military members only)</i>	23 Jan Jr NCM	0800-1600 hrs	Shearwater
	24 Jan Sr NCM		
	25 Jan Officers		
<a href="#">Respect in the CAF</a> <i>(Military members only)</i>	28 Feb Sr NCM	0800-1600 hrs	Dockyard
<a href="#">Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</a>	30 & 31 Jan	0800-1500 / 0800-1200 hrs	Shearwater
<a href="#">Mental Fitness &amp; Suicide Awareness (MFSA) (MITE Code)</a>	14 & 15 Feb	0800-1530 hrs/ 0800-1200 hrs	Dockyard
<a href="#">Family Violence Awareness</a>	23 Feb	0800-1200 hrs	Shearwater
<a href="#">Responsible Party Hosting</a>	1 Mar	1300-1600 hrs	Windsor Park
<a href="#">Stress.calm</a>	2 -23 Mar <i>Fridays only</i> <i>No class 16 Mar</i>	0800-1600 hrs	Stadacona
<a href="#">Top Fuel for Top Performance</a>	6 & 7 Mar	0800-1500 hrs	Stadacona
<a href="#">Respect in the CAF</a> <i>(Military members only)</i>	20 Mar Jr NCM	0800-1600 hrs	Stadacona
	21 Mar Sr NCM		
	22 Mar Officers		

PROGRAM	DATE	TIME	LOCATION
<a href="#"><u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u></a>	28 & 29 Mar	0800-1500 / 0800-1200 hrs	Stadacona
<a href="#"><u>Inter-Comm (Interpersonal Communication)</u></a>	4 & 5 Apr	0800-1530 / 0800-1200 hrs	MFRC Program Room Shearwater
<a href="#"><u>Better Health Plus</u></a>	9 Apr – 4 Jun <i>Mondays only</i>	1300-1530 hrs	Stadacona
<a href="#"><u>Managing Angry Moments</u></a>	10 Apr – 1 May <i>Tuesdays only</i>	0800-1200 hrs	Stadacona
<a href="#"><u>Mental Fitness &amp; Suicide Awareness (MFSA) (MITE Code)</u></a>	18 & 19 Apr	0800-1530 hrs/ 0800-1200 hrs	Shearwater
<a href="#"><u>Family Violence Awareness</u></a>	15 May	0800-1200 hrs	Stadacona
<a href="#"><u>Mental Fitness &amp; Suicide Awareness (MFSA) (MITE Code)</u></a>	23 & 24 May	0800-1530 hrs/ 0800-1200 hrs	Stadacona
<a href="#"><u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u></a>	29 & 30 May	0800-1500 / 0800-1200 hrs	Shearwater
<a href="#"><u>Responsible Party Hosting</u></a>	31 May	1300-1600 hrs	Stadacona
<a href="#"><u>Stress.calm</u></a>	5 – 19 Jun <i>Tuesdays only</i>	0800-1600 hrs	Shearwater
<a href="#"><u>Top Fuel for Top Performance</u></a>	6 & 7 Jun	0800-1500 hrs	Shearwater

**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