

UPCOMING COURSES & EVENTS 2019

FEBRUARY

Lunch & Learn: Make Your Own Bath Bombs

12 February 2019 (0900hrs-1200hrs), Classroom #8
Deadline to register: 5 February 2019

CLASS FULL

Stress: Take Charge! (HRMS #302023)

14 February 2019 (0800hrs-1600hrs), Classroom #9
Deadline to register: 7 February 2019

Lunch & Learn: Cannabis and Health Briefing

26 February 2019 (1200hrs-1245hrs), Classroom #8
Deadline to register: 19 February 2019

Respect in the CAF Workshop (HRMS #303129)

7 March or 17 April 2019
(0800hrs-1000hrs), Classroom #TEC
Deadline to register: 28 February 2019

CLASS FULL

MARCH

Spin & Learn: Nutrition

19 March 2019 (1200hrs-1300hrs), Spin Room
Deadline to register: 12 March 2019

Lunch & Learn: Salad in a Jar

21 March 2019 (1200hrs-1300hrs), Classroom #9
Deadline to register: 14 March 2019

Mental Fitness & Suicide Awareness Supervisor Training (Mite Code #119531)

26 March 2019 (0800hrs-1600hrs), Classroom #8
Deadline to register: 19 March 2019

EVENTS & CAMPAIGNS

Nutrition Month 2019 ~ 1-31 March 2019

*Unless specified otherwise, all upcoming courses are being held at Denison Armoury

** We reserve the right to cancel or postpone courses if there are fewer than 10 people registered

***Programs are open to CF Members (Reg & Res), immediate family of Military members, and DND/NPF staff (18+)

To register or for any other information, please contact Health Promotion Office
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