



health promotion



Health Promotion Schedule

Fall/Winter 2017

PROGRAM	DATE	TIME	LOCATION
Better Health Plus (8 sessions)	16 Oct – 4 Dec	1300-1600 hrs	Stadacona
Inter-Comm (Interpersonal Communication)	3 Oct – 4 Oct	0800-1530 / 0800-1200 hrs	Windsor Park
Stress.Calm (3 sessions)	5 Oct – Oct 19	0800-1530 hrs	Shearwater
Injury Reduction Strategies for Sport and Physical Activity	20 Oct	0800-1200 hrs	Stadacona
Mental Fitness & Suicide Awareness (MFSA)	17 Oct – 18 Oct	0800-1530 / 0800-1200 hrs	Dockyard
	Dec 6 – Dec 7	0800-1530 / 0800-1200 hrs	Shearwater
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA)	25 Oct – 26 Oct	0800-1530 / 0800-1200 hrs	Shearwater
	29 Nov – 30 Nov	0800-1530 hrs / 0800-1200 hrs	Stadacona
Managing Angry Moments (MAM) (4 sessions)	7 Nov – 28 Nov	0800-1200 hrs	Dockyard
Family Violence Awareness: Supervisor's Training	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
Email: hfxhealthpromotion@forces.gc.ca | Phone: (902) 722-4956