



health promotion

Fall 2018 Programs:

Better Health Plus	16 Oct – 4 Dec Tuesdays only	1300-1530 hrs 1430 – 1530 Gym /	Shearwater
Injury Reduction Strategies for Sport and Physical Activity	14 Nov	0800-1200 hrs	Dockyard
Family Violence Awareness	16 Nov	0800-1200 hrs	Shearwater
Respect in the CAF	20 Nov Jr NCM 21 Nov Sr NCM 22 Nov Officers	0800-1600 hrs	Dockyard
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	29 & 30 Nov	0800-1500 / 0800-1200 hrs	Stadacona
Mental Fitness & Suicide Awareness (MFSA) (MITE Code)	5 & 6 Dec	0800-1530 hrs/ 0800-1200 hrs	Dockyard
Top Fuel for Top Performance	11 & 12 Dec	0800-1500 hrs	Stadacona
Family Violence Awareness	14 Dec	0800-1200 hrs	Stadacona

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