



# health promotion

## Health Promotion Schedule

### Winter/Spring 2019

PROGRAM	DATE	TIME	LOCATION
<a href="#">Respect in the CAF</a>	23 Jan Jr NCM	0800 -1600 hrs	Shearwater
	6 Feb Officers		
<a href="#">Family Violence Awareness</a>	22 Feb	0900 -1100 hrs	Windsor Park
<a href="#">Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</a>	20 & 21 Feb	0800 -1500 / 0800 -1200 hrs	Stadacona
<a href="#">Managing Angry Moments</a>	5 Mar	0800-1600 hrs	Willow Park
<a href="#">Stress.calm</a>	8 - 22 Mar <i>Fridays only</i>	0800 -1200 hrs	Shearwater
<a href="#">Top Fuel for Top Performance</a>	12 & 13 Mar	0800-1500 hrs	Dockyard
<a href="#">Respect in the CAF</a>	19 Mar Jr NCM	0800 -1600 hrs	Stadacona
	16 April Officers		
	18 April Sr NCM		
<a href="#">Inter-Comm</a> <i>(Interpersonal Communication)</i>	20 & 21 Mar	0800 -1530 / 0800 -1200 hrs	Shearwater
<a href="#">Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</a>	28 & 29 Mar	0800 -1500 / 0800 -1200 hrs	Shearwater



PROGRAM	DATE	TIME	LOCATION
<a href="#">Better Health Plus</a>	8 Apr – 3 Jun <i>Mondays only</i>	1300 -1530 hrs	Shearwater
<a href="#">Mental Fitness &amp; Suicide Awareness (MFSA) (MITE Code)</a>	9 May	0800-1530 hrs	Shearwater
<a href="#">Managing Angry Moments</a>	15 May	0800-1200 hrs	Shearwater
<a href="#">Family Violence Awareness</a>	17 May	0900 -1100 hrs	Windsor Park
<a href="#">Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</a>	29 & 30 May	0800 -1500 / 0800 -1200 hrs	Dockyard
<a href="#">Stress.calm</a>	4 – 18 Jun <i>Tuesdays only</i>	0800-1200 hrs	Stadacona
<a href="#">Top Fuel for Top Performance</a>	5 & 6 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)  
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