

Open to all Regular/Reserve Force members and DND civilian employees.

TOP FUEL FOR TOP PERFORMANCE

Wednesday, 17 July 2019

1300hrs-1600hrs, 4 CDTC

What you eat makes a difference!
This course will provide you with knowledge and practical tips to tune-up your food choices.

Top Fuel 101
Fuel for Training and Recovery

Operational readiness starts with fit and healthy personnel.

Register by 10 July 2019