

# JANUARY TO MARCH 2019 COURSE SCHEDULE

## HEALTH PROMOTION



Mental Fitness & Suicide Awareness Supervisor	26 & 27 February	0800-1600 hrs/ 0800-1200 hrs
Mental Fitness & Suicide Awareness General	29 January	0800-1600 hrs
	05 March	
Alcohol, Other Drugs, Gambling & Gaming Awareness Supervisor	31 January – 1 February	0800-1600 hrs/ 0800-1400 hrs
Alcohol, Other Drugs, Gambling & Gaming Awareness General	26 March	0800-1600 hrs
Managing Angry Moments	15 & 17 January	0900-1600 hrs
	19 & 21 March	
Stress Take Charge	5 & 6 February	0900-1600 hrs
Weight Wellness Lifestyle Program	15 January - 5 March 26 March – 7 May	Tuesdays for 8 weeks 0730-0900 hrs
	1 & 8 March (2 Days)	0800 - 1600
Top Fuel for Top Performance	13 & 14 February	0900-1600 hrs
Inter-Personal Communication	19 & 20 February	0900-1600 hrs

Registration is mandatory.  
FREE to CAF members and their families, DND and Civilians employees.

Call ext. 4685 to register or visit  
[www.cafconnection.ca/Petawawa](http://www.cafconnection.ca/Petawawa)

Health Promotion in the Canadian Forces  
**STRENGTHENING  
THE  
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Promotion de la santé dans les Forces canadiennes



A division of CFMWS  
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