



health promotion



Health Promotion Schedule

Winter/Spring 2021

PROGRAM	DATE	TIME	LOCATION
Respect in the CAF	12 Jan	0800-1600 hrs	Willow Park
Better Health: Nutrition Edition	14 Jan	0800-1500 hrs	Willow Park
Respect in the CAF	19 Jan	0800-1600 hrs	Shearwater
Better Health: Top Performance	21 Jan	0800-1500 hrs	Willow Park
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	26 & 27 Jan	0800-1600 / 0800-1200 hrs	Willow Park
Family Violence Awareness	12 Feb	0900-1100 hrs	Shearwater
Respect in the CAF	17 Feb	0800-1600 hrs	Willow Park
Respect in the CAF	24 Feb	0800-1600 hrs	Shearwater
Better Health: Nutrition Edition	3 Mar	0800-1500 hrs	Shearwater
Better Health: Nutrition Edition	4 Mar	0800-1500 hrs	Willow Park
Better Health: Top Performance	10 Mar	0800-1500 hrs	Shearwater
Better Health: Top Performance	11 Mar	0800-1500 hrs	Willow Park
Respect in the CAF	16 Mar	0800-1600 hrs	Willow Park
Mental Fitness and Suicide Awareness	18 Mar	0800-1600 hrs	Shearwater
Respect in the CAF	23 Mar	0800-1600 hrs	Dockyard

PROGRAM	DATE	TIME	LOCATION
Respect in the CAF	30 Mar	0800-1600 hrs	Shearwater
Respect in the CAF	7 Apr	0800-1600 hrs	Willow Park
Family Violence Awareness	9 Apr	0900-1100 hrs	Willow Park
Inter-Comm (Interpersonal Communication)	14 Apr	0800-1530 hrs	MFRC Halifax Site
Mental Fitness and Suicide Awareness	15 Apr	0800-1600 hrs	Willow Park
Respect in the CAF	20 Apr	0800-1600 hrs	Willow Park
Respect in the CAF	22 Apr	0800-1600 hrs	Shearwater
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	27 & 28 Apr	0800-1600 / 0800-1200 hrs	Shearwater
Respect in the CAF	11 May	0800-1600 hrs	Willow Park
Respect in the CAF	13 May	0800-1600 hrs	Shearwater
Respect in the CAF	18 May	0800-1600 hrs	Shearwater
Respect in the CAF	20 May	0800-1600 hrs	Willow Park
Respect in the CAF	1 Jun	0800-1600 hrs	Willow Park
Better Health: Nutrition Edition	3 Jun	0800-1500 hrs	Shearwater
Respect in the CAF	8 Jun	0800-1600 hrs	Shearwater
Better Health: Top Performance	10 Jun	0800-1500 hrs	Shearwater
Inter-Comm (Interpersonal Communication)	16 Jun	0800-1530 hrs	MFRC Shearwater Site
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	23 & 24 Jun	0800-1600 hrs / 0800-1200 hrs	Willow Park

FREE! Open to CAF members, civilian DND employees and CAF dependants 18 yrs +

For more information and/or to register, please visit www.cafconnection.ca/Halifax/hpschedule

Email: hfxhealthpromotion@forces.gc.ca | Phone: (902) 722-4956